



Firefly & Phoenix LLC

with
Water & Stone, a Creative Arts Therapy PLLC



2024 Spring Schedule

Registration Link

Details: <https://www.fireflyandphoenix.com>
Registration: <https://forms.gle/GkbAmpMnVtYbiD2A6>

Questions: Contact Emery – emery.mikel@creativelyhealing.com

Continuing Education

LCAT (NY), LPAT (NJ), ATR/ATR-BC
Others, check your organization's CE guidelines

Optional Payment Plan

Financial Accessibility - Payment Plan Available for All Programs and Workshops
5 equal payments (every other week) OR contact Emery for options

Preview of Calendar

Virtual Unless Otherwise Noted
Time Zone ET/NYC

Open Studios & Creative Writing Lab

Virtual Creative Arts Studio – Weekly Wednesday Meetings (register for a month at a time) – Wednesdays (10:30am-11:30am)

Creativity Based Workshops

Thurs 3/7 6:30-8:30pm 2 CE Hours - Visual Storytelling – Take Your “Joy” on a Journey
Thurs 3/21 6:30-8:30pm 2 CE Hours - Visual Storytelling – Take Your “Anxiety” on a Journey
Thurs 4/4 6:30-8:30pm 2 CE Hours - Visual Storytelling – Take Your “Anger” on a Journey
Sun 4/7 9:00- 11:00am 2 CE Hours - Finding the Magic Everyday Life: Creative Journaling
Tues 4/16- 1 CE Hour Each - When Words and Creativity Collide:
6:30pm Mixed Media
7:30pm Movement
8:30pm Spontaneous Poem

Ethics (NY, NJ), Professional Boundaries (NY), Social/Cultural Awareness (NJ)

2 CE Hours Each
Tuesday 4/2 6:30-8:30pm **Ethics: Understanding the Power a Therapist Has**
Friday 4/12 6:30-8:30pm **Ethics: Boundaries Within the Therapeutic Relationship**
Sunday 4/14 10am-12pm **Ethics: Creating an Open and Curious Mindset When Facing Challenges**

Private Practice

Dreaming: Envisioning What Is Possible (Firefly) – 5 Workshops - 1.5 CE Hours Each
(Take only the ones you want or all 5)

Saturday 3/2

9:00-10:30am Workshop 1 - What is Your Dream?
10:45-12:15pm Workshop 2 - How Do You Want to Work?
12:30-2:00pm Workshop 3 - What You Need to See Your First Client

Saturday 3/9

9:00-10:30am Workshop 4 - Financial Wisdom
10:45-12:15pm Workshop 5 - Intro to Marketing/Communicating with Clients

Private Practice Intensive – 6 Week Program

Tuesdays 7:00-8:30 - 5/21, 5/28, 6/4, 6/11, 6/18, 6/25 - 19.5 CE Hours

Virtual Community Open Studio

Community Creative Arts Open Studio – Non-Clinical Approaches to Creative Arts Therapy

Virtual - 1 CE Hour/meeting

ALL Modalities Welcome and while we will learn and base the hour on a community art studio approach, you can make art, explore movement, write poetry, etc. Whatever creative means you are drawn to explore each week are totally welcome!

Through setting intentions, exploring creatively, witnessing others, and having space to share about your experience, we will dive into the therapeutic space created by this approach. There will be guidance for intention setting, prompts, and a framework for sharing/listening at the end. Sharing at the end is optional and you choose what you would like to share. All welcome and no experience with anything necessary!

Wednesdays

10:30am-11:30am

\$25 per meeting

Register for a month at a time (March – 4 Meetings, April – 2 meetings, May – 2 meetings)

March

Dreaming: Envisioning What Is Possible (Firefly)

“The Overlap of Clients, Ethics, and Business: Building a Working Foundation”

Virtual – 1.5 CE hours per workshop (up to 7.5 total)

Focus - Foundational Skills, Client Communication, Confidence Mindset,

Dreaming is a series of workshops from which you can build the foundation for your entrepreneurial adventures, whether you are aiming for a couple clients on the side or a larger group practice. These workshops give you the foundational knowledge, tools, and confidence to move forward with what you want to create in your practice and put out in the world. Even if you don't know exactly what you want to do or have an idea, but aren't sure where to start, this program will help bring your vision into focus! Take just the workshops you need or sign up for all of them and get a few bonus offerings! This series is great for those just starting out and therapists feeling a need to reconnect with these topics after a practice is established. People have taken this series multiple times throughout their journey to reconnect with the foundational concepts from new perspectives or to reground as they expand in new directions.

Each Workshop \$75

OR

All 5 for \$300 (save \$75)

- Discounted Price
- Lifetime access to the private Firefly & Phoenix Online Group
- One free 1:1 mentoring session with Emery (30 min - \$100 value)

Detailed outline on website - “Core Program Descriptions” document

Saturday 3/2

9:00-10:30 Workshop 1 - What is Your Dream?

10:45-12:15 Workshop 2 - How Do You Want to Work?

12:30-2:00 Workshop 3 - What You Need to See Your First Client

Saturday 3/9

9:00-10:30 Workshop 4 - Financial Wisdom

10:45-12:15 Workshop 5 - Intro to Marketing/Communicating with Clients

Visual Storytelling – Take Your “Joy” on a Journey

Virtual – 2 CE Hours

Explore the use of storytelling and personification in relation to emotions and how this can help clients gain new insights into their own world. We will focus on anxiety and how that shows up so differently in each of our lives. First developing a creature representing that emotion for you and then taking a little journey as you learn more about how this little creature exists in the world. A great intervention for kids, teens, and adults.

Thursday 3/7

6:30 -8:30pm

\$50 or \$125 (save \$25) if you take all 3 Visual Storytelling workshops (3/7 Joy, 3/21 Anxiety, 4/4 Anger)

Visual Storytelling – Take Your “Anxiety” on a Journey

Virtual – 2 CE Hours

Explore the use of storytelling and personification in relation to emotions and how this can help clients gain new insights into their own world. We will focus on anxiety and how that shows up so differently in each of our lives. First developing a creature representing that emotion for you and then taking a little journey as you learn more about how this little creature exists in the world. A great intervention for kids, teens, and adults.

Thursday 3/21

6:30 -8:30pm

\$50 or \$125 (save \$25) if you take all 3 Visual Storytelling workshops (3/7 Joy, 3/21 Anxiety, 4/4 Anger)

April

Ethics: Understanding the Power a Therapist Has

2 LCAT Contact Hours (plus NJ and ATCB CE hours)

Hours count towards these specific requirements as well:

ATCB & NJ - Ethics

NYS - Professional Boundaries

NJ - Social and Cultural Competence

Explore the power dynamics at play in a therapy session. We will explore these topics on both a personal level and a cultural one. Looking at the foundational approaches we each use and the boundaries we hold in therapy, we'll gain a better understanding of how we can show up in session with more awareness and understanding.

Tuesday 4/2

6:30-8:30pm

\$60 or \$150 (save \$30) if you take all 3 Ethics workshops (4/2, 4/12, 4/14)

Visual Storytelling – Take Your “Anger” on a Journey

Virtual – 2 CE Hours

Explore the use of storytelling and personification in relation to emotions and how this can help clients gain new insights into their own world. We will focus on anger and how that shows up so differently in each of our lives. First developing a creature representing that emotion for you and then taking a little journey as you learn more about how this little creature exists in the world. A great intervention for kids, teens, and adults.

Thursday 4/4

6:30 -8:30pm

\$50 or \$125 (save \$25) if you take all 3 Visual Storytelling workshops (3/7 Joy, 3/21 Anxiety, 4/4 Anger)

Finding the Magic Everyday Life: Creative Journaling

Virtual - 2 CE Hours

Do you feel like it's hard to see the magical moments that make you smile or bring a sense of relief? Sometimes we get bogged down or so many things are happening in the world that we lose the ability to notice small things and feel moments of joy or curiosity. Bringing a magical sense of the world into your life can be as simple as noticing what's around you or giving space for your creativity to bring some light back into your life. Seeing the things in our lives that can make us smile, prepares us to and supports us in dealing with every challenge we face on a daily basis.

Sunday 4/7

9:00-11:00am

\$50

Ethics: Boundaries Within the Therapeutic Relationship

All Proceeds from this workshop will be donated to LCAT Advocacy!

2 LCAT Contact Hours (plus NJ and ATCB CE hours)

Hours count towards these specific requirements as well:

ATCB & NJ - Ethics

NYS - Professional Boundaries

NJ - Social and Cultural Competence

We all set boundaries as therapists, but how do we know which ones to bend and when to be flexible? Explore where your strengths lie in terms of setting “good” boundaries, the reason to have boundaries, and when to bend them. We will look at boundaries from both a personal and cultural perspective to better understand ourselves and our clients’ needs.

Friday 4/12

6:30-8:30pm

\$60 or \$150 (save \$30) if you take all 3 Ethics workshops (4/2, 4/12, 4/14)

Ethics: Creating an Open and Curious Mindset When Facing Challenges

2 LCAT Contact Hours (plus NJ and ATCB CE hours)

Hours count towards these specific requirements as well:

ATCB & NJ - Ethics

NYS - Professional Boundaries

NJ - Social and Cultural Competence

Whether exploring the power differential in therapy or working with clients from diverse backgrounds and cultures, therapists constantly need to adapt to clients’ unique needs. How do we remain open to building awareness without burning out? One option is to cultivate a mindset that centers on curiosity. If you can be curious about yourself, your clients, the changing world, etc. you will be more open and ready for conversation and self-discovery leading to deeper levels of awareness and engagement in your work.

Sunday 4/14

10am-12pm

\$60 or \$150 (save \$30) if you take all 3 Ethics workshops (4/2, 4/12, 4/14)

When Words and Creativity Collide

1 CE Hour Each (Up to 3 Total)

Explore a few of the different ways we can combine words and other creative modalities to express thoughts, feelings, and experiences. All comfort levels welcome and plenty of options to explore plus choice in how much you feel like sharing as we adventure into words, art, and movement or stillness.

\$30 each or \$75 for all 3 (save \$15)

Tuesday 4/16

6:30pm Mixed Media (Collage/Drawing)

7:30pm Movement/Stillness

8:30pm Spontaneous Poems

May

Private Practice Intensive – 6 Week Program

Virtual – 19.5 CE Hours (Program Runs Annually)

Focus – Deep Dive into Private Practice

This intensive is a combination of aspects from Dreaming, Innovating, and Trailblazing! 6 weeks of weekly meetings to set goals, get personalized support, hear others' thoughts, receive feedback, and jump start whatever the next step is in your practice. This combines building business skills with communicating and connecting in meaningful ways with clients. Recordings of all 5 Dreaming Workshops (1.5 hours between each meeting) are included and discussed, so you can solidify your foundational wisdom and discuss more advanced layers of each topic. If you want to dive in and feel more immersed in the next steps of your journey, join us as we explore what it will take for you to realize your dreams. Very supportive and will help you move through any challenges or road blocks you're currently facing!

Tuesdays 6:45-8:45pm
5/21, 5/28, 6/4, 6/11, 6/18, 6/25
\$1200 (ex. payment plan - 10 biweekly payments of \$120)
Personalized Payment Plan Available – contact Emery

Detailed outline on website - “Core Program Descriptions” document

- 6 Weeks
 - o 12 hours, weekly 2hr meetings
 - o 7.5 hours, recorded Dreaming Workshops (\$450 value - all 5 workshops, 1.5hrs each)
 - o 2 individual 30 min mentoring meetings with Emery (\$200 value)
 - o 19.5 NY LCAT, NJ LPAT, and ATR/ATR-BC CE Contact Hours
 - hours also meet following requirements:
 - 3 ATCB Ethics hours
 - 3 NYS Professional Boundaries hours
 - o Lifetime access to the private Firefly & Phoenix Online Group
- Content
 - o 5 Dreaming Workshops – Foundational Wisdom
 - o Setting Goals and Creating Action Steps
 - o Facing Fears/Building Confidence
 - o What Do You Actually Want to Create?
 - o Knowing How to Build Toward Your Dream Practice (not others' ideas of private practice!)

June

Water & Stone Conference– (20+ CE Hours in 1 Weekend!)

Details: <https://www.fireflyandphoenix.com/conference>

Registration: Coming in March 2024, see details on conference page on website!

LCAT (NY), LPAT (NJ), ATR/ATR-BC
Friday 6/7 – Sunday 6/9

In-Person and Online!
All modalities!

Fall Programs Start in Mid/Late September (schedule will be posted in August)

Registration Link

Details: <https://www.fireflyandphoenix.com>

Registration: <https://forms.gle/GkbAmpMnVtYbiD2A6>

Questions?

Contact Emery

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