

- MENTAL HEALTH EDUCATOR SERIES -

# Expressive Therapies: Why Music & Art Therapy Are Vital Tools



**Thursday, February 10, 2022 | 9-10 AM**

Speaker: Josie Brown, APSW, Mental Health Therapist in Training with Catholic Charities

**About the Session:** Join us to learn why music and art therapy are crucial interventions for providers and school and ministry leaders to use. The endless physical and mental benefits of incorporating these expressive arts will be discussed, and examples of how to incorporate these interventions will be shared.

**Register Online for the Zoom Meeting:**

<https://docs.google.com/forms/d/e/1FAIpQLSdEpuAOmI7dB8ruHYPPDm4Z6tAKWYbcWq4AGUcFutVn65XIQ/viewform>

*(the meeting will be recorded)*

**Who Should Attend:**

Catholic school principals/administrators, religious education directors and leaders.



**Josie Brown, APSW,** is a Mental Health Therapist in Training with Catholic Charities. Growing up, she often participated in her mom's work activities — seeing

her passion as a social worker sparked her own interest in helping others. Josie decided to become a therapist because she wanted to empower others. Independence, self-love, and inner strength are all skills she values and wants to help build in others.

Born and raised in La Crosse, Josie moved to Eau Claire after high school to pursue her bachelor's degree in social work and eventually moved to Green Bay for her master's degree, which she earned in May.

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