

Expressive Awakenings

Vision

To free people's creative core so they can be more fully engaged in the world.

Mission

To actively engage peoples bodies in living a more full-filled live through expressive arts

Goals

To unblock and reengage the creative core with devalued populations

Objectives

To provide an environment where people can be more expressive and feel more fully heard and seen.

To facilitate fuller awareness of the potential of all people through the use of expressive arts.



Unlocking Creativity
and Fulfillment One
Life At A Time

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About

Expressive Awakenings is an organization designed to free people's creative core. The mission is to actively engage people's bodies and minds in living a more fulfilled life through expressive arts. Our primary goal is to unlock and reengage the creative core among devalued populations.

Rationale

- Individuals with disabilities and the elderly have been separated from others on the margins of society.
- This has made these groups of people feel unwanted, neglected, and unsupported.
- Expressive arts techniques can revitalize these groups to take pride in their lives and feel powerful and empowered in their lives.

Open • Exciting • Fun

Expressive Arts allows people who have found themselves in a place of invisibility to unlock their personal wisdom and creative voice to live a more fulfilled life.

Unlocking the Creative Core

Programs

Creative Writing, Storytelling, Art, Music, and Theater techniques will reinvigorate an understanding of self and what they can offer others.

- **Awakening Expressions (Module 1):** An overview of each of the expressive arts modalities, including but not limited to creative writing, storytelling, art, music, and theater (15 Weeks).
- **Active Expressions (Module II):** A theatrical production leveraging key expressive art modalities and developed by the program participants, including a final show and guided discussion (10 Weeks).

Model

Expressive Awakenings is grounded in a strengths-based approach. As a result, learning comes more naturally and in a way that doesn't feel overwhelming. Yet, many of the insights that can come from these techniques can be astounding and life affirming.



The framework is based on the **L.I.F.E Model** and works on a circular framework. The model is centered on there being no end but a continuance of what is going on with the person, such that each point in the model leads to another and the last point leads right back to the first point. It allows there to be a continual sense of growth that can last as long as the model is helpful for the person.

Contact Us

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