

CADD 0011: Creativity and Coping

This topics course is offered under the Addiction Studies Discipline. Creativity is an important source of connection to our emotions, our experiences and our body. Many people in early recovery have a multitude of experiences they need to process and a need to develop helpful coping strategies for challenging emotions. Through voice, movement, art and symbology these practices are meant to assist the individual in truly centering oneself in the body and mind, and to help process repressed and traumatic material which may make the difference between struggling through or striving in recovery. This will be a highly experiential training so come prepared to sing, dance and play!

Clock Hours: 8

Discipline: [Addiction Studies](#)

Clock Hours per Week: 8