

2026 SA-ACAPAP CONGRESS ● ● ●

● ● ● WORKSHOP:

Anchored in Humanity: Arts-Based Well-being in Community Spaces

- **ORGANISERS:** Sp(i)eel arts therapies collective
- **TARGET AUDIENCE:** Psychologists, Counsellors and Social Workers
- **FOCUS AREA:** Early Career, Intermediate and Advanced



FACILITATORS | CHAIRS | PRESENTERS:

- Marlize Swanepoel
- Uné Conradie

● SUMMARY |

This creative and experiential workshop will explore the role of arts-based, trauma-informed practice in supporting mental health and well-being in community spaces.

It will leverage the potential of the arts to anchor us in our humanity during times of distress and to support a connection to Self, others, and the environment. The core focus of the organization is that people can access their unique cultural resources for health and wellbeing when they feel safe and connected in a particular space and moment and this workshop draws on a recently published peer-reviewed paper entitled: The medicine in the circle: A case example of embodied arts-based community practice to address intergenerational trauma in rural South Africa. (Swanepoel, M., & Conradie, U. (2023). The medicine in the circle: A case example of embodied arts-based community practice to address intergenerational trauma in rural South Africa. *Dramatherapy*, 44(2-3), 119–131.

<https://doi.org/10.1177/02630672231214649>)

The facilitators will bring a culturally- and trauma-informed approach with practical tools that can be implemented by anyone with an interest in the application of therapeutic arts-based programs in community settings.
