

**APA Symposium: "Exploring everyday creativity and promoting well-being:  
Professionally and personally"**

Joining in the spirit of spreading the word about upcoming APA convention. Please feel free to pass on the following to others who might be interested in this symposium or APA convention registration (info below)!

**Sym 21208: *"Exploring everyday creativity and promoting well-being:  
Professionally and personally"***

This symposium (60 min. 1 CE) explores the interface of everyday creativity as an inherent human capacity rich in potential for application, in the service of self-care and well-being - for us as clinicians, as well for our patients.

**PRESENTERS:**

- Paula Thomson, PsyD, California State University, Northridge, CA
- “Embodiment and Creativity: Clinical and Personal Relevance”
  
- Ilene Serlin, Ph.D., MS, Independent Practice, San Francisco, CA
- “Crocheting, Crafts and the Problem of Disembodiment during COVID”
  
- Joshua Upshaw, MS, Psychological Science, U. of Arkansas
- “Neuroscience Perspectives on Mindfulness Intervention Stress, and Creativity”
  
- Ellen K. Baker, Ph.D., Independent Practice, Washington, DC “An Experiential Process: Exploring Everyday Creativity as part of self-care and Well-being”

**OFFICE HOURS:** Thurs., Aug. 12, 5 – 6 PM EDT



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APA Convention Registration - <https://convention.apa.org/>

- **\$120** - APA member, APA fellow, APA associate, APA community college teacher affiliate, APA international affiliate. **ORIGINALLY \$315** for on-site convention.
- **\$35** - APA student affiliate, APAGS member, APA high school teacher affiliate. **ORIGINALLY \$100** for on-site convention.
- **\$190** - Nonmember. **ORIGINALLY \$495** for on-site convention. *Nonmember APA 2021 registrants are eligible to apply for a free first year of membership through the rest of 2022.*
- **\$75** - Nonmember full-time student. **ORIGINALLY \$195** for on-site convention.

*APA 2021 registration includes free CE credits for select virtual CE Sessions (1- and 2-hour) that meet Continuing Education criteria. Your ticket also gives you 3 months of unlimited on-demand access to all sessions and posters. Watch and rewatch at your convenience.*

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