In collaboration with

中育心理

Sandtuary Therapeutic & Training Services
思緣諮商與培訓服務

Person-Centered Expressive Arts Therapy

Online Experiential Workshop

Speaker

Sue Ann Herron, Ph.D.

Director
Person-Centered Expressive Arts Institute

Interpreter

Loh Kar Heng

Registered Counsellor
Registered Art Therapist

Date

5 Dec 2026 (Saturday)
12 Dec 2026 (Saturday)

Time

9:00 AM-12:00 PM
Singapore/Beijing Time

Format

Zoom

Live workshop conducted in English
with live translation into Mandarin Chinese.

中育心理

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Person-Centered Expressive Arts Therapy
Online Experiential Workshop

Founded by the late Dr. Natalie Rogers, daughter of renowned humanistic psychologist Carl Rogers, Person-Centered Expressive Arts Therapy (PCEAT) brings together the principles of person-centered psychology and the healing potential of creative expression. Building upon her father's philosophy of empathy, authenticity, and unconditional positive regard, Natalie Rogers developed **The Creative Connection**, an approach that integrates multiple art forms to encourage self-exploration, emotional expression, and personal growth. Rather than focusing on artistic skills or interpreting finished artwork, PCEAT honors the creative process itself, trusting each individual's innate capacity for growth and transformation.

In this experiential workshop, Dr. Sue Ann Herron, a close collaborator of the late Dr. Natalie Rogers and Director of the Person-Centered Expressive Arts Institute, invites participants to experience The Creative Connection firsthand. Through guided imagery with music, movement, play, psychodrama, collage, storytelling, and painting, participants will explore how one art form naturally inspires another, opening new pathways for self-awareness, authentic expression, and meaningful connection.

To honor the pioneering contributions of Carl and Natalie Rogers to humanistic psychology and the person-centered approach, we are delighted to offer this special workshop in collaboration with our partner, Zhongyu Psychology in China. This introductory experiential workshop is designed for professionals interested in exploring PCEAT before pursuing the PCEAT Certificate Program. It provides an opportunity to experience the approach firsthand, become familiar with its underlying philosophy, and consider its relevance to personal and professional practice. Within a supportive, nonjudgmental environment, participants are invited to embrace curiosity, explore their inner experiences, and rediscover their innate creative potential. No prior artistic experience is required, only an openness to explore, create, and connect.

Come not to create a masterpiece, but to experience what unfolds through the creative process.

5 Dec 2026 (Saturday) &
12 Dec 2026 (Saturday)

9:00 AM – 12:00 PM
(Singapore / Beijing Time)

Zoom

Standard Fee
SGD 260

Early Bird Fee
SGD 180 (until 30 Nov 2026)

For Enquiries

Loh Kar Heng
artsandplay.karheng@gmail.com

Register Here

FEATURED SPEAKER

Sue Ann Herron, Ph.D. is the Director and Executive Faculty of the two-year Person-Centered Expressive Arts Program titled Expressive Arts for Healing and Social Change. She is on the faculty of Existential, Humanistic, & Transpersonal Psychology at Saybrook University and Meridian University and previously taught the PCEAT program at Sofia University.
Dr. Herron has co-facilitated PCEAT training programs with Dr. Natalie Rogers for psychology students, educators, counselors, and healthcare professionals from around the world. She completed a clinical postdoctoral fellowship at AgeSong in San Francisco where she enjoyed using PCEAT with the community of elders. In addition, she has led PCEAT workshops for women's spirituality groups, teenagers, and bereaved children.
Dr. Herron's dissertation, Natalie Rogers: An Experiential Psychology of Self-Realization Beyond Abraham Maslow and Carl Rogers, was published in 2010. As Natalie Rogers's official biographer, one of Dr. Herron's professional goals is to chronicle and elevate Natalie Rogers' work through her scholarly historical and biographical study and to promote her legacy and teachings around the world.