

The
Interwoven
Series
Presents:

AN
INITIATIVE
BY
METTA.ART.
THERAPY

Introduction to
Filmmaking in Therapy
by *Bevan Klassen*

🕒 January 22, 2026 — 7 PM IST / 7.30 AM CST



THIS WORKSHOP IS FOR:

- ◆ This session is designed for **Creative and Expressive Arts Therapists, Mental Health Professionals, Therapists-in-training, Educators, Social workers, and Allied practitioners** who are curious about integrating creative digital media into therapeutic contexts.
- ◆ It is especially relevant for those interested in **expanding their expressive toolkit and exploring alternative, accessible forms of creative engagement with clients.**

PURPOSE & INTENTION:

The primary intention of this workshop is to introduce mental health practitioners to **therapeutic video making as a supportive and expressive modality.** ◆

Participants will be guided to understand how video can help clients creatively process personal **challenges, strengthen emotional awareness,** and develop a **sense of agency and self-worth.** ◆





THE INTERWOVEN SERIES



WHAT TO EXPECT

The session will unfold through a combination of **presentation, clinical examples, discussion, and hands-on video making.**

Attendees will be introduced to the **therapeutic lens** in video making and engage in **reflective dialogue** while **experiencing the hands-on creation of a therapeutic video, both as a personal reflective practice and as a model for their practice,** offering a **first-hand embodied understanding** of the **medium** and the **rich process.**

AIM OF THIS WORKSHOP

- ◆ This workshop aims to open a **new creative doorway** for participants by introducing video as an **expressive medium** that can **complement existing therapeutic approaches.**
- ◆ It invites practitioners to experience how **moving images, sound, and narrative** can gently **support** clients in meaning-making, emotional expression, and regulation non-verbally & holistically.





DISCLAIMER

Participation in this workshop does **NOT** certify participants to practice the techniques without adequate training. The session is offered for the purpose of engaging with new perspectives, exploring alternative languages of care, and supporting professional reflection, learning, and development.

Stay tuned and stay connected for trainings on these workshops!

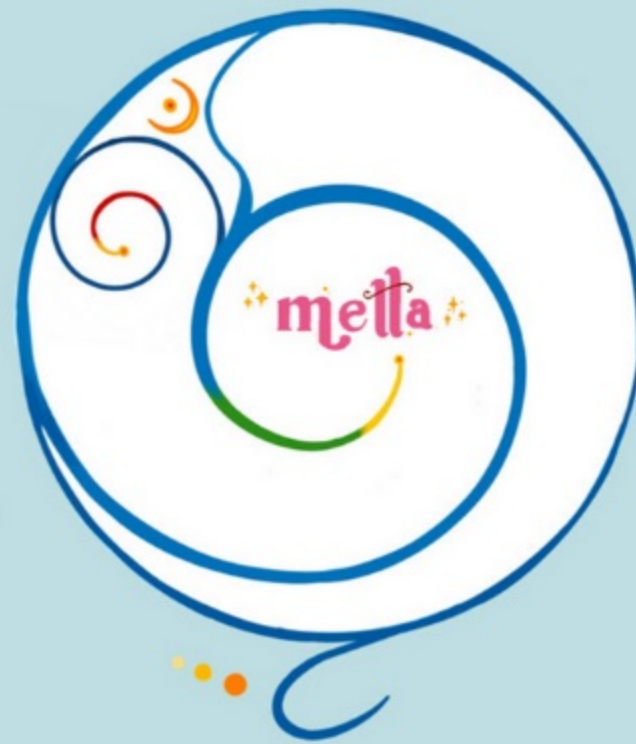
ENERGY EXCHANGE

The energy exchange for this workshop is offered across the categories below. We invite you to choose the option that feels most accessible and aligned for you:

Category	Description	Energy Exchange (INR)
Individual Offer (India-based ATs & Mental Health Practitioners)	Standard individual registration	INR 2,000 / 30 CAD
Individual Offer (International ATs / Practitioners)	For participants residing outside India	INR 3,270 / 50 CAD
Student / Trainee Offer	AT students / trainees	INR 1,600 / 25 CAD

**Kindly note that international payments include a nominal additional fee to accommodate processing and transaction charges, which will be sent to you upon registration during the time of payment.*

Payment details will be shared **upon registration**, as **seats are limited**. While registering, **please indicate the energy exchange category that best suits you** in the registration form.



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For enquiries, clarifications, registration support, or further information:

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📷 Instagram: [@metta.art.therapy](https://www.instagram.com/metta.art.therapy)

If there is anything you need to make this space more accessible for you, or if you are seeking financial support, please feel free to reach out so we can explore support together.

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