

CHASING AWAY THE COVID BLUES: CREATIVITY CAN HEAL TRAUMA

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Leanne Domash, Ph.D., is a clinical consultant in the NYU Postdoctoral Program in Psychoanalysis and Psychotherapy and Voluntary Psychologist, Mt. Sinai Beth Israel Medical Center and Associate Clinical Professor of Psychiatry, Icahn School of Medicine at Mt. Sinai. In 2021, Dr. Domash published Imagination, Creativity and Spirituality in Psychotherapy: Welcome to Wonderland (Routledge) and in 2022 with her co-author Terry Marks-Tarlow, published The Eel & the Blowfish: A Graphic Novel of Dreams, Trauma and Healing (IPBooks).

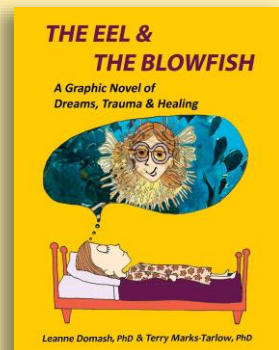


Terry Marks-Tarlow, Ph.D., is a clinical psychologist in private practice in Santa Monica, CA and Adjunct Professor at Pacifica Graduate Institute and California Institute of Integral Studies. Dr. Marks-Tarlow has authored/edited over 10 books, including Clinical Intuition in Psychotherapy: The Neurobiology of Embodied Response; Mythic Imagination Today: The Interpenetration of Mythology and Science; A Fractal Epistemology for a Scientific Psychology: Bridging the Personal with the Transpersonal.



ABOUT THE TALK:

This presentation illustrates how art can heal trauma, both psychologically and neurobiologically. Indeed, experts have commented that art may be a primary method of overcoming trauma. Throughout COVID, Drs. Domash and Marks-Tarlow undertook the innovative task of writing a graphic novel about sexual trauma for clinicians and patients. While doing so, they laughed, reflected, invented, rewrote, and kept starting over—becoming totally engrossed in the creative process. This collaboration boosted their spirits, overriding the darkness and fears associated with COVID.



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