The Winnipeg Holistic Expressive Arts Therapy (WHEAT) Institute provides top-quality training in school-based expressive arts education and creative arts therapies in Manitoba, Saskatchewan and Northwestern Ontario. Our training is relevant for School Counsellors, Resource Teachers, Educators, Clinicians and Educational Assistants wishing to utilize the power of the arts to enhance student engagement, communication, attachment, and self-regulation. Training is open to individuals from a variety of backgrounds.

Our Expressive Arts Certificate program offers an introduction to the theory and practice of using the arts to support students’ social, emotional and behavioral growth, through individual, group and school-wide interventions. WHEAT students can obtain 15 credit hours towards their Post Baccalaureate Program at the University of Winnipeg in a valid, dynamic and transformative experience, both personally and professionally. Our training is trauma-informed, sensory-based and highly experiential.

New and exciting on our horizon is the launch of our programs in Saskatchewan at the beautiful Ancient Spirals Retreat on the picturesque South Saskatchewan River. With respect for the cultural perspectives on Treaty 6, we have adopted a Metis and nehiyaw lens on healing, as well as an on-line course in nehiyaweywin (Cree class open to the public), and a land-based, traditional teachings experience at kâniyâshk Culture Camp, Island Lake with Dr. Kevin Lewis in summer 2020. This fall, Dr. Fyre Jean Graveline will be leading introductory workshops on Indigenous Perspectives on healing through the Arts October 4–7, 2019.

WHEAT Institute is also excited to bring a therapeutic arts program directly to your rural or remote community. If you provide the cohort, we will bring a complete healing arts program to cater to the therapeutic and recreational needs of families, youth and children in your community!

For further information, please visit www.wheatinstitute.com and contact Director, Darci Adam or Registrar, Stephanie Scott at info@wheatinstitute.com.