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**One Hour AT A Time  
Archives Available  
December 21st 2015: Mindful Creativity for Client  
Engagement**

Mindfulness practices such as centering and guided meditations practiced at the beginning of a therapy session help clients calm their thoughts and their bodies. As a result they are better able to make associations and interpretations by using a different and more visual-based part of the brain than in regular talk therapy. Mindful Creativity works because clients often find that it's easier to practice mindfulness while engaged in an art project- their minds are focused on a single task. When they find the task is challenging but enjoyable, clients are motivated to stick with it instead of g

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**Featured Guest**



**Katy MacRae**

Katy MacRae is a licensed clinical social worker, currently employed at Yale University and Yale New Haven Hospital. She is a consultant and educator for therapists, providing inservices and online training. Her current fields of interest include technology for therapists (including HIPAA compliance for email and texting) and Mindful Creativity, a technique of blending artmaking with meditation. She can be reached via her website, [www.katymacrae.com](http://www.katymacrae.com)

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