



## European Graduate School EGS

Arts, Health & Society Division

### *EGS Alumni Masters Spotlight*

*Elke Rielah Scholz*

Graduation Year 2011

#### **Tell us about yourself! Where do you come from?**

I was born a love child, and came to Canada at age 2½, speaking German. I learned English at school rather than at play and attended German language school on Saturdays. I remember struggling with the English language, though not in the understanding of it. It was in my brain pathways and in the delivery, I have slight dyslexia and manage anxiety. A Drama teacher that was intermodal and highly intuitive saved my life, gave it hope and meaning. A creative English teacher in the same year honored the written word and taught us to keep it sacred. Another teacher said, “always say yes to the job, and then figure it out!” This sounded important, so I say ‘yes’. Saying ‘yes’ began a long journey of learning, creating and success. Many roads, many diversions, much experimenting and experience led me to what felt ‘right’. My whole life has been about Expressive Arts before I had the words for it. After producing my book, *Loving Your Life*, I found the Expressive Arts community, and then my journey’s purpose solidified in a most wondrous way. I am committed to helping people enhance their lives and build their resilience by empowering them with their innate creativity, in the most loving and effective way.

#### **Where are you living now?**

At the moment I live on 6 acres in beautiful Muskoka, Ontario, Canada with my daughter Emma, my dog Yogi, cat Tessa and 12 chickens, all named! My property has a pond, sprites, fairies, elves, a separate office/studio building with cathedral ceilings, lots of light and space. Check it out in a video on youtube: <https://www.youtube.com/watch?v=VVU1SwYcTes>

#### **How did you discover the Expressive Arts and EGS?**

I began teaching when I was 20, so about 38 years ago - I know I don’t look it! Right away I introduced multi-sensory experiences. I watched and listened to my students, did more of what worked. Twenty years later I wrote a book about our successful experiences, thus the first edition of *Loving Your Life* was born. It was the book that brought me to my Expressive Arts tribe. When I first met Lisa Herman, with open arms she said, “Welcome home!”

#### **What is your fondest memory of your experience in the Masters program? Or maybe two memories?**

I have so many wonderful memories of Saas-Fee. Some of my fondest memories are of hiking/dancing in the mountains around Saas-Fee with my colleagues, truly a life changing experience. All the trekking built my confidence and inner voice. The weekly Community Art movements led by Paolo, a feeling beyond connection.

#### **Since finishing the program, what Expressive Arts work have you been doing?**

I have been creating many Expressive Arts programs for at-risk-youth, and trauma, loss and recovery programs for an addiction center and for schools.

I have concentrated on building my private practice. More in depth details about the programs are on my web site.

**If you had a crystal ball, how would you imagine yourself in five years?**

I would be travelling and offering workshops to other therapists and practitioners. I would be facilitating at EGS and publishing more books.



**Anything else you want us to know?**

Two things:

I hope to see you all in Hong Kong for *The Flowing Tao of Expressive Arts*, the 11th International Conference of IEATA, co-hosted by Art in Hospital, October 8-10, 2015, Hong Kong, China!

And that there is a Gifts page on my web for free downloads, posters, weekly inspirations, videos and radio programs. I am an internationally Certified EMDR therapist and that links very well with Expressive Arts Therapy.

Finally, I am also an EAP affiliate for many employee programs, along with being an associate of Dalton Associates Psychological Services. I am a registered Psychotherapist in Ontario and I am on the board for IEATA.

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