

Why Make Things? Part 3 – Stitch to Advocate
Jessica Eldridge, Ph.D.

Date: Thursday, September 21, 2023

Time: 10:30 AM – 12:00 PM (PST)

Location: Division of Continuing Education, Room 2090, 510 E. Peltason Dr., Irvine, CA 92697-5700

Registration Deadline: Wednesday, September 20, 2023

Fee: Free for UCI Counseling Staff

CE Credits: 1.5 (*will only be granted to those who attend the entire program and complete an evaluation*).

Program Description:

In this 90-minute continuing education session, participants will experience one part of the workshop series (Stitch to Advocate) along with the accompanying embroidery project. Participants will be provided supplies and instruction to begin a simple embroidery project to stitch throughout the session. Stitch to Advocate presents information on the use of handmade crafts in advocacy and social justice work. Crafting provides an avenue for people to use their voices to bring awareness to and/or express dissent with issues. It is a way to feel connected with one's authentic self and to ground oneself in times of chaos, and a way to bring people together and express the strength of their collective voices. Participants will learn how crafts can be used to raise awareness about issues of concern as well as to connect with and express their authentic selves in relation to their causes and through their use of craft.

Learning Objectives:

1. Participants will be able to identify at least 3 mental health benefits that can be obtained by engaging in a regular creative practice.
2. Participants will be able to identify examples of craftivism (activism through craft) on college campuses and in larger communities. Participants will learn about and be able to identify at least 2 ways that craftivism can promote greater awareness of and inspire action regarding social justice issues. Participants will learn how to pursue their chosen forms of craftivism for self-expression and community building.
3. Participants will be given tools and instruction to learn the steps of a basic embroidery project including the use of fabric and embroidery hoop, threading a needle and 1-2 basic embroidery stitches.

Agenda:

10:30-10:40AM: Introduction & Overview of Objectives; Identification of group project.

10:40-11:15AM: Introduce embroidery equipment and teach basic stitches and related activities.

11:15-11:45AM: Examples and explanations of social justice organizations/individuals using fibers arts.

11:45-11:50AM: Common Threads Project – healing trauma through craft.

11:50AM-12:00PM: Questions and Wrap-up.

About the Presenter:

Dr. Jessica Eldridge is a psychologist at the Counseling Center at UC Irvine, where she has worked for the past 12 years. She earned her Ph.D. in clinical psychology in 2007 from California School of Professional Psychology at Alliant International University in Los Angeles, CA. She is also a lifelong maker of things and practitioner of creative methods including embroidery, weaving, mosaic and jewelry making. Her passion for creative arts was handy during the COVID-19 pandemic when spending time with people and doing activities outside of the home were off limits. At that time, she became interested in sharing this form of self-care and self-expression with others, particularly students across communities who were seeking ways to process and respond to the public health crisis and ongoing racial trauma of 2020 through the present.

Click on the following link to register:

[Why Make Things? CE Training -
Registration Form](#)