

CAALN

Collective Arts and
Learning Network



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COLLECTIVE ARTS AND LEARNING NETWORK

THERAPEUTIC ARTS PARAPROFESSIONAL TRAINING IN AFRICA (TAPTA)

2026 TRIP TO TANZANIA

Invitation for Creative Arts Therapists &
Related Professionals to Apply!

ENROLLMENT OPEN NOW



Background

The Collective Arts and Learning Network (CAALN) is a non-profit organization based in the U.S. and dedicated to cultivating creative expression and education through cross-cultural collaboration. CAALN (<http://www.caaln.org/>) is the host organization for the annual Therapeutic Arts Paraprofessional Training in Africa (TAPTA). Since 2008, groups of arts therapists, counselors, and social workers from the U.S. and other countries have traveled to East Africa for the TAPTA. There, they collaborate with African artists, counselors, and other professionals in an exchange of therapeutic arts skills and knowledge, with the aim of supporting the development of the creative arts therapies in East Africa.

Therapeutic Arts Program



The TAP (Therapeutic Arts Program) is a project of CAALN. It addresses the psychosocial needs of children, youth and families in East Africa through supporting the development of emotionally and physically safe spaces where children and youth are valued and respected as contributing members of society, and where they can use the arts to freely express themselves, be unburdened of whatever troubles them, learn from each other, gain confidence in their skills and abilities, and experience a sense of belonging.

This mission is addressed by collaborating with East African artists and other professionals who have the interest, skills, sensibilities, and dedication to provide strengths-based therapeutic arts

programs in their local contexts. CAALN coordinates the annual Therapeutic Arts Paraprofessional Training in Africa (TAPTA), which is collaboratively developed and led by East African therapeutic artists and creative arts therapists from the U.S. and other countries. Trainings cover basic and intermediate creative arts therapies and counseling skills within a trauma informed and culturally relevant framework.

CAALN also provides small grants that “graduates” of the TAPTA 3-year training program are eligible to apply for. The grants support the development and implementation of therapeutic arts programs for children, youth, families, and communities. In addition, CAALN supports local workshops led by members of the East African Leadership Team that introduce the creative arts therapies to professionals in their communities. These workshops serve the dual purposes of expanding the skills of local professionals and identifying candidates for upcoming TAPTA programs.

Aims of the TAPTA trip

- To advance the development of the local TAPs through formal workshops and skill shares, informal interactions, and collaborative peer consultation
- To provide the opportunity for a cross-cultural exchange of skills and knowledge between therapeutic artists and other care professionals from East African countries, and creative arts therapists and related professionals from other countries
- To educate visitors about the rich social and cultural resources in East Africa, including arts-related health and social practices designed to address the needs of children, youth, adults, and communities.
- To address the needs and challenges of local TAPTA participants relative to their nascent, developing, or established therapeutic arts practices.



General Structure

Pre-trip orientation and preparation: Mandatory pre-trip orientations conducted online cover information about the CAALN and the TAPTA, the trip itinerary, expectations of trip participants, and practical aspects of the trip. They also provide an orientation to Tanzania and the broader East African context, critical considerations for cross-cultural work, the model used in the TAPTA trainings, and the roles and expectations for trip participants. There will be **required readings** in advance of these meetings.

Orientation in Africa: Once in East Africa, there is an orientation meeting for visitors to get to know one another as collaborators, to establish the framework for the training program, and to more deeply understand the collaborative consultation model used in the TAPTA. Similarly, the East African participants have online and in-person orientations to become acquainted with one another and to orient new participants to the framework, theoretical basis, and expectations for participation. Once everyone has arrived at the training site, there is an orientation for East Africans and Visitors together. Its aims are to provide informal and formal opportunities for everyone to get to know each other, to establish roles and working relationships, and to review a schedule for the trainings that is responsive to local needs and priorities.



Destinations and training focus: The TAPTA takes place in Tanzania. Those of us who are visitors will be joined by experienced therapeutic arts professionals, paraprofessionals, and new trainees from Kenya, Tanzania, and Uganda. Training workshops and skill shares take place in Moshi, which is near Mt Kilimanjaro. Our focus is on multi-level training programs, with the goals of sharing knowledge and cross-disciplinary practices, and of addressing concerns or issues in the East African participants' local contexts.

The primary emphasis of the trip is on therapeutic arts training, which consists of a series of presentations, workshops, discussions, and art-based skill shares. The training is cross-cultural and

interdisciplinary in nature, with visiting creative arts therapists and African therapeutic artists working together whenever possible to lead training sessions. The visitors share their knowledge and experiences related to the arts therapies and counseling, and the East African participants share their knowledge and experiences related to cultural practices and resources, local therapeutic arts practices, Indigenous healing practices, and the needs of their communities.



Expectations of visitors:

- To work in a collaborative, cross-cultural, interdisciplinary manner
- To be open, sensitive, and respectful in relation to cultural differences between visitors and East African participants, as well as among visiting participants.
- To listen more and talk less in order to foster dialogue with non-native English speakers and to ensure our emphasis is on the training needs of the East African participants
- To enable true cross-cultural collaborations by decentering one's role as expert
- To understand that personal educational interests and travel agendas are secondary to the primary aim of the trip, which is development of the TAP in East Africa through paraprofessional therapeutic arts trainings
- To contribute to cultural exchange through sharing knowledge, skills, ideas, feedback, and support

Meetings: Regularly scheduled meetings throughout the trip will enable Visitors and East African participants to collectively reflect on their experiences, address issues that arise, and share cross-cultural perspectives through art making, writing, and discussion.

Arts & culture: Though the primary aim of this trip is not tourism, there will be opportunities to visit some arts and culture sites in Tanzania.



Optional safari: Visitors can also elect to participate in an optional safari at one of East Africa's conservation areas at the end of the trip, once the training program has concluded.

Health and Safety Considerations

CAALN makes the safety of travelers a top priority. We are concerned with the physical, mental, and emotional aspects of a safe travel experience. We attend to these concerns through both pre-trip preparations and on-the-ground safety practices.

Members of the CAALN Visitor Leadersip Team have worked for over 24 years with a known and trusted local tour company. This tour company consults with security and government personnel in East Africa and is well apprised of political conditions on the ground. In addition, Linda Stolz, CAALN's Executive Director, has made more than 40 trips to Africa over the last 20 + years, and other trip leaders have traveled to East Africa numerous times. Thus, they have collectively maintained keen awareness of local politics and events and strong connections to the region.

CAALN also monitors public health threats, including but not limited to the Covid-19 virus, and any associated health risks or restrictions.

In addition, CAALN continues to monitor anti-LGBTQIA+ legislation in Tanzania, as it is among 33 countries in Africa that criminalize same-sex relations. Anti-LGBTQIA+ laws are remnants of colonialism and in many countries are influenced by Evangelical Christian beliefs exported from the U.S. Though visitors to Tanzania are unlikely to be the targets of anti-LGBTQIA+ laws or sentiments, we recommend that LGBTQIA+ trip participants take seriously the U.S. State Departments recommendations for LGBTQIA+ travelers and the UK's advice for travelers going abroad. Members of the Visitor Leadership Team who identify as LGBTQIA+ are available to speak with prospective trip participants about their own experiences as visitors to East Africa and as participants in the TAPTA.

In the event of any potential risks to health or safety associated with our travel plans, the itinerary will be adjusted accordingly to prioritize the overall safety and wellbeing of participants.

Trip Leaders



Linda Stolz, CAALN
Executive Director, U.S.
(second from right, with Sane,
Sam, and Eunice Wadu from
Kenya).



Cathy Moon, Art therapist and
Professor Emerit, School of the Art
Institute of Chicago, U.S. (Left, with
Mukasa Moses Beswige from Uganda).



Sarah Moore, Registered Dance/Movement Therapist,
Arts in Health Specialist at Walter Reed National
Military Medical Center, Washington DC (Center, with
Christa Komba, left, and Haji Maeda, right)



Michelle Johns, Art Therapist at GenWest, Australia (left, with Christa Komba from Tanzania on the right).



Emily Anne Evans, CAALN Board Secretary, Los Angeles, California, U.S. (left, with Haji Maeda from Tanzania on the right)

2026 Trip Dates, Applications, and Fees

Trip Dates:

March 11-26, 2026 (or **March 11-28** with the addition of optional safari experience)

Fees:

\$4000 **Trip fee** (includes accommodations, meals, travel within Africa, and program fees)
Does not include airfare to and from Tanzania.

\$950 Optional safari

Timeline and payment schedule: *

August 7 Trip application questionnaire, resume, and non-refundable deposit due **

August Deposit \$500 (**\$925 if taking safari**)

Sept 15 Additional payment of \$1750 (**\$2000 if taking safari**)

Dec 15 Final payment of \$1750 (**\$2025 if taking safari**)

March 11-26 Trip dates (including travel)

March 11-28 Trip dates with optional safari included

The trip fee covers accommodations, most meals, program fees and supplies, travel within Africa, and the underwriting of costs for trip leaders. It also helps cover the travel and accommodation costs for our East African partners. It does not cover some of the required elements of the trip, including immunizations, visa (currently \$100), trip cancellation and medical evacuation insurance, any Covid-related testing or requirements, drinks, snacks, tips for drivers and hotel staff, optional activities, or personal shopping purchases.

The additional fee of approximately \$950 for safari covers accommodations, meals, park fees, safari vehicles, drivers, and transportation to and from conservation area.

* Alternative payment plans are available; non-refundable deposit is required by due date above

Trip application: Potential trip participants are asked to complete and submit a trip application along with a resume to Linda Stolz, along with the non-refundable deposit. Contact Linda to request an application, Lstolz@caaln.org.

For Applications or Additional Information

To request a trip application, or to request more information about GAA or trip logistics, please contact:

- Linda Stolz, CAALN Executive Director, U.S., Lstolz@caaln.org

If you have questions about the TAPTA training program, please contact one of the following people:

- Cathy Moon, Professor Emerita, Art Therapy Department, School of the Art Institute of Chicago, U.S., cmoon@saic.edu
- Michelle Johns, Art therapist/Children's Counsellor at GenWest, Melbourne, Australia, michellejohns.lg@gmail.com
- Sarah Moore, Dance-Movement Therapist, Walter Reed Medical Center, sarah@whitecedarwellness.com