



1 Day Workshop

Creative Self Care

Be guided with art materials to explore duality and find better balance in your life.

When: 11 May, 2019

Time: 10.00am – 4.00pm

Where: Burwood RSL,
96 Shaftesbury Rd, Burwood NSW

Cost: \$197 (Regular price)

Trainer Jacki Short

Registered Counselling
Psychologist, Play Therapist
and Supervisor

About the Workshop

This interactive workshop is for those who can see beyond extremes and are curious about the middle ground.

Using ink, charcoals, oil pastels and paint, we will explore the shades of grey (not necessarily the 50!) and colour, in our personal and professional lives.

Art methods can provide a deep and powerful means of expression that transcends words.

Learn art methods to enhance your client and group work and build on your self-care tool kit.

You will have the opportunity to:

- Experience a range of art exercises for self reflection
- Build skills in art methods for use with clients
- Practice with ink, charcoals, pastels and paint
- Reflection opportunities for application of methods
- Practise person-centered empathic counselling skills
- Work in the safe environment of a small group

