



## 1 Day Workshop

Connect to your body to unlock your aliveness in gentle, supportive ways.

**When:** 31 August, 2019

**Time:** 10.00am – 4.00pm

**Where:** Burwood RSL,  
96 Shaftesbury Rd, Burwood, NSW

**Cost:** \$197

### Trainer Jacki Short

Registered Counselling  
Psychologist, Play Therapist  
and Supervisor

## About the Workshop

This interactive workshop is for those who like to move. Experience an active day of drama games and movement exercises designed to reconnect you to your body, spirit and purpose. We will be exploring a range of gentle exercises suitable for based on Gestalt and body-orientated methods. Perls challenges us to “lose our minds and come to our senses”. Discover how simple movement exercises can relax and reinvigorate the chair-bound professional. Enhance your physical and mental health.

### You will have the opportunity to:

- Experience a range of drama and movement exercises for self reflection, self care and fun
- Build skills in drama and movement based exercises
- Learn practical, easy movement exercises to use every day
- Reflect in ways that are comfortable for you
- Work in the safe environment of a small group

### Who should attend?

Adults interested in movement for self reflection, self care, relaxation and fun. It is open to all who are interested in self discovery and self expression in safety and with fun and joy. This workshop is open to all. Those working in mental health such as play therapists, art therapists, psychologists, social workers, counsellors, case workers, child and family workers, pastoral workers, other allied health professionals and students who are currently working or intend to work with creative therapy in counselling and group work could especially benefit and use for CPD.

