



1 Day Workshop

Discover the calm and creative inspiration that come through guided colouring exercises.

When: 3 August, 2019

Time: 10.00am – 4.00pm

Where: Burwood RSL
96 Shaftesbury Road, Burwood

Cost: \$197



Trainer Jacki Short

Registered Counselling
Psychologist, Play Therapist
and Supervisor

About the Workshop

This interactive workshop is for those inspired by colour.

If you enjoying colouring but can't carve enough legitimate time for it, this is the workshop for you. On the strength and popularity of Johanna Basford's Secret Garden - we will be exploring a range of colouring and simple drawing exercises for personal reflections.

Enter the magic garden of colour and imagination to play with and be inspired by possibilities for new bursts of growth, places of fallow rest and safe nests for holding.

Discover how colouring and art exercises can relax, inspire and provide tools for self reflection and new directions.

You will have the opportunity to:

- Experience a range of colouring and drawing exercises for self reflection
- Build skills in art methods
- Have time for structured art therapy
- Reflect in ways that are comfortable for you
- Work in the safe environment of a small group

Who should attend?

Adults interested in creative self reflection, self care, relaxation and fun. It is open to all who are interested in self discovery, self expression and connection in safety and with fun and joy. Mental health professionals 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 media in counselling and group work could especially benefit and use for CPD. No artistic experience or skill is necessary.