

## Wellbeing, Movement and Art Making

Join in some gentle movement, music and art experientials to warm up to the day ahead. Get grounded, playful and creative.

### Facilitator: Judy King



Judy is a registered art psychotherapist and practicing artist. She has also been a registered nurse for over forty years working with trauma in varying capacities. Nurturing, health and art are her passions; Art therapy has given her the ability to combine these, marrying her nursing and creativity.

Her therapeutic work has encompassed early intervention, at-risk adolescents, children's palliative care, survivors of domestic violence and adults with mental health issues, chronic pain and palliative care.

Judy has worked part-time as the Art therapist at *Bear Cottage Paediatric Hospice*, Sydney with children with life-limiting illnesses and their families for ten years using art making to explore and process what the experience of having a child with a life limiting illness.

She also works with Petrea King at *Quest for Life* as the art psychotherapist on residential trauma programs and in private practice as clinical supervisor using an art-based approach to supervision.