

Arts Psychotherapy Workshop For Health and Wellbeing Professionals

This introductory workshop offers you the chance to explore the arts in a therapeutic setting. It will focus on your experience as a Health and Wellbeing Professional with the opportunity to reflect on how personal issues impact you in your work.

This workshop aims to:

- Deepen your understanding of the therapeutic process
- Explore the interface of your personal and professional experiences using the arts
- Reflect on your professional practise
- Identify the areas that you would like to move forward in professionally as well the obstacles that may be stopping you
- Assist you in approaching challenge with a creative outlook
- Increase self-awareness and aid personal development

Not everything is easily expressed in words and the arts provide an opportunity to explore yourself in a unique way, allowing new insights to emerge. This workshop will provide you with the opportunity to use a variety of art media in exploring your goals and increasing self-awareness.

You do not need any art experience to take part, just a willingness to explore yourself in a creative way.

The cost of the workshop is £10 including refreshments.

It will be held in Ealing on the 12th of February 2012 from 1to 5pm.

If you are interested in this workshop please contact Kathy or Helena.

Kathy Ross (MA, MBACP)

07887 535110

kathyross@yahoo.co.uk

www.kathyartherapy.co.uk

Helena Lewis (MA, UKCP)

07812 481922

helendalewis@hotmail.com

