

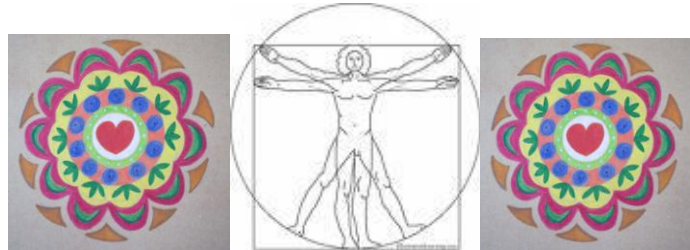


THE MELBOURNE ART THERAPY STUDIO &

Focusing Australia

PROUDLY PRESENTS:

Focusing & Art Therapy ...a perfect combination



1 day workshop

**AT THE MELBOURNE ART THERAPY STUDIO
ABBOTSFORD CONVENT ARTS PRECINCT**

Sunday 13TH February 2011

10AM – 5PM

\$230 / \$190

**TO REGISTER: www.melbourneartherapy.com.au
PLACES ARE LIMITED SO BOOK NOW!**

Focusing & Art Therapy

Focusing incorporates a gentle way of inner listening, an empathic way of being towards oneself, and provides access to the body's innate wisdom. Through Focusing, access to imagery occurs through the bodily felt sense of an issue, situation, or experience. Focusing adds an aspect of mindfulness to the art therapy process, along with a sense of groundedness to the image through the felt sense of the body. Experiences of self-compassion, self-care, inner trust, and authenticity are heightened.

The Facilitators

Jo Kennedy After a 25 year meditation practice Jo was deeply moved when she discovered Focusing. It has enriched her life, shown her how to build strength in her cancer recovery and given her access to a deep source of creativity and healing. "Learning to listen to this deep, more bodily knowing is the most exciting journey I have ever been on" she says. Jo is a certified Focusing practitioner/trainer, trained by internationally renowned Inner Relationship Focusing teacher Ann Weiser Cornell.

Robyn deVries co-founded the Melbourne Art Therapy Studio in 2005, has an MA in Art Therapy and a diploma in Gestalt Therapy and is completely sold on the power of the "here and now", phenomenology and compassion. She facilitates Art Therapy groups with a large variety of clients and works individually with clients and runs workshops at the Melbourne Art Therapy Studio and elsewhere.

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