



Create,
Reflect,
Renew.

Friday Workshops
at Enbarr Studio

6

CEU's available!

Community Art Studio for Social Service Professionals

Spring Friday Workshops

9:00 a.m. – 3:00 p.m. (starting April 23, 2010)

Just \$150, providing 6 CEU's

Once a month

at Enbarr Studio,

join us for a day of creativity, play, and reflection, as well as personal and professional renewal. Each month, a new workshop will be offered, focusing on specific art forms and how they empower the healing journey. Each workshop will be highly experiential and retreat-like, with time for slowing down, listening, and looking within. Many rewarding creative practices and tools will be gained by attending just one workshop. Those who are able to attend several will find that each month builds upon and deepens what was experienced before.

*Through experiencing – within community
– the soul-centric processes of creativity,
we continuously heal ourselves and so
more maturely serve others and the world.*

Community Art Studio for Social Service Professionals

April 23 – Nature, Creativity, and Authentic Health

– Participants will explore the nature of creativity and how art making and Earth reflect back to us our deepest selves. Time will be spent in the studio as well as outside (whatever the weather!). Concepts from eco-psychology and creation spirituality will be explored through art and nature meditations which promote appropriate use of personal energy, balance, self-nurturing, and growth.

May 21 – Poetry, Clay and Silence – Participants will practice mindfulness meditation and explore emotional reactions to stillness and quiet. We will sculpt organic shapes from clay, and practice letting go of the linear, explaining mind, while listening for the poetic wisdom within. We will find ways that clay “play” and poetry can help us leave behind unclear and even false perceptions of self and world.

June 18 – “Put It In the God Box” – Participants will discover ways in which ordinary boxes can lead to insights about personal boundaries, self-nurturing, protection, and the capacity to contain conflicting feelings. Participants will decorate the inside and outside of a simple box and create a personal sacred space or temenos. We will practice a variety of creative writing and art meditations through which these god boxes can hold and tend our vital questions and longings.

Learning Objectives:

- 1.** Participants will discuss and explore experientially the interrelated core concepts within depth psychology, existential philosophy, art therapy, mindfulness meditation, and creation spirituality.
- 2.** Participants will practice hands-on art meditations that lead to a deeper knowledge of the creative process.
- 3.** Participants will understand know how to apply specific art based interventions in therapeutic relationships.
- 4.** Participants will understand how their own art making can be an essential self-care and burnout prevention practice that reduces stress, increases insight, and deepens self-awareness.

Class size is limited!

Don't miss this spring's workshops - sign up soon!

Facilitator:

Liza Hyatt, MA, ATR-BC, LMHC

- Board Certified Art Therapist and Licensed Mental Health Counselor
- Over 20 years experience facilitating workshops, retreats, and art therapy programs for adults
- Over 20 years community work with numerous Indianapolis organizations including I.U. Simon Cancer Center, The Charis Center, the Julian Center, and regional art and retreat centers
- Adjunct faculty for Saint Mary of the Woods College
- Artist in residence in schools throughout Indiana
- Author of *Art of the Earth: Ancient Art for a Green Future*

The Indiana Behavioral Health and Human Services Licensing Board has approved this organization to provide Category 1 Continuing Education for LSW, LCSW, LMFT, and LMHC. However, licensees must judge the program's relevance to their professional practice.

Enbarr Studio

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