

Public Workshop

LIFE MATTERS is offering a 2 day public workshop for those who wish to pursue their own personal development. The workshop will hold a focus on the exploration of the 'inner world' using Expressive Therapies.

Expressive Therapies is a blend of experiential growth (developmental) and counselling (therapeutic) methods, which supports emotional healing and includes a range of approaches that explore the underlying causes behind many of the conflicts in our lives as well as supporting access to a wider range of interpersonal skills and resources. These approaches activate the natural movement within the psyche toward wholeness and encourage insights and change from within the participant.

The modalities assist each person to move forward at their own pace supported by their inner guidance, facilitation, sharing and group energy.

The modalities include: Sandplay, Dreamwork, Voice Dialogue, Meditation, Dance & Movement/Bioenergetics, Reflective Journaling, Art, Mandala Drawing & Collage, Process Work & Bodywork.

Expressive Therapies

Participants will have the opportunity to experience a powerful and dynamic approach to self-exploration, transformation, healing & connection to the deeper dimensions of the psyche.

This 2 day public workshop is designed as an introduction to personal growth and transformative practices and is open to anyone interested in exploring their own deep inner work in a small group setting.

Wendy & Martha are both fully trained Transpersonal & Emotional Release Counsellors (TERC) and full practicing members of the Association of Transpersonal & Emotional Release Counsellors (ATERC) . Both Martha & Wendy are listed on the PACFA National Register of Clinical Counsellors and work in Private Practice.

Martha also holds a Ba Social Science, a Grad Diploma of Emotional Release Counselling, is a Director of Training in Transpersonal & Emotional Release Counselling, an accredited Counselling Supervisor and a current member of The ATERC National Body of Trainers.

Wendy in addition holds an Advanced Certificate in Community Welfare, Diploma Counselling Studies, Advanced Diploma of Sexual Assault Counselling, Certification in Holotropic Breathwork & Transpersonal Psychology and is currently completing postgraduate counselling studies.

Both Martha & Wendy are actively engaged in their own personal growth work and find this the wellspring from which they support others.

For Further Information:

Wendy Eveleigh - 0429 332204

wendyeveleigh@aterc.com

Martha Calhoun - 0429 492945

journeylines@bigpond.com

**LIFE
MATTERS**
Counselling &
Psychotherapy

**2 Day
Personal Growth
Workshop**

**with
Wendy Eveleigh
and
Martha Calhoun**

17th & 18th

LIFE MATTERS

Counselling & Psychotherapy Centre

Beyond sculptures and symphonies, beyond great works and masterpieces is the greater, finer art of moulding a conscious life. Genius appears everywhere, but never so magnificently as in a life well-lived.

The Modalities

Sandplay

Sandplay is a valuable therapeutic tool, which supports self exploration and expression. Sandplay can open up new awareness and different perspectives on life's problems as well as the positive potential that is waiting to express itself in outer life. Sandplay adds the element of three dimensional expression and exploration and supports 'an outer expression of an inner experience'.

Dreamwork

Dreams have been described as the *'royal road to the unconscious'*. It is in working with our dreams that we can access the profound wisdom at our depths. Our dreams speak to us in the language of symbols and ultimately the 'dreamer' holds the meaning of the dream. Through dreams, inner guidance and unconscious material can be accessed and integrated. Dreamwork can support us to find the wisdom that the dream offers.

Bodywork & Bioenergetics

Processes focused on responding to and giving expression to physical tensions, thus supporting access to any underlying emotional material. This can then be safely released which supports healing and deep relaxation.

Voice Dialogue

Jungian based communication tool supports exploration and awareness of various aspects of our personality and the 'inner conflict' that can be confusing. Voice Dialogue facilitates access

to aspects of our personality, allowing each aspect to be heard & experienced, this then supports a free flow of energies and a greater sense of clarity.

Meditation

Learning to access inner stillness, providing time and space to drop deeply within, can open us to a wealth of inner guidance and support. TERC uses both active and quieter meditative processes.

Journalling

Journalling is a method of working in one's inner life, bringing a greater self-awareness and facilitating personal growth. It provides an opportunity to record and deepen insights, and explore issues as well as one's own creative potential.

Art, Mandala Drawing & Collage

Art, drawing and collage are all used as expressive tools and particularly as an integrative tool. Sensations and states of being that are impossible to speak can be expressed via these processes. The focus is not on creating a work of art, but on free expression with texture, shape and colour.

The Group Setting

The group setting of the workshop provides a supportive atmosphere of fellow explorers, some of the processes will be done in pairs providing the enriching opportunity to connect with and support each other. Any of the processes outlined above may be used during the workshop.

Workshop Details

Dates: 17th & 18th April 2010

Venue: LIFE MATTERS

Suite 1 Level 1

206 Conadilly St GUNNDAH NSW 2380

Time: Saturday 8.30am - 5.30pm
Sunday 8.30am - 4.30pm
Register 8.15am

Participant Numbers: Limit 10

Bring:

Your own lunches or purchase via local food outlets in main street. Morning & afternoon tea provided. An art pad (A3), oil or soft pastels, personal journal & pens.

Wear: Loose comfortable clothing.

Medical:

Some medical conditions may preclude you from participating in some processes. Please contact Wendy or Martha prior to workshop to discuss further.

Cancellations:

Any payment is fully refundable if we cancel the workshop. If you cancel later than 3 days before the workshop starting date, your deposit is forfeit. Cancellations before the 3 days are fully refundable.

Cost:

Full cost inc. GST: \$220

Deposit: \$50

Registration Form

2 day workshop

April 17, 18 2010

Please send this registration form together with your deposit to:

Wendy Eveleigh
111 Lincoln Street
GUNNEDAH NSW 2380

Cost for 2 day workshop: \$ 220
Deposit required: \$ 50

Amount enclosed: _____

Name.....

Address.....

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Email.....

Phone.....

Mobile.....

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