

Creative Art Therapy Program - 2012

We are pleased to announce new dates for the Creative art therapy group in Sydney for people who are coping with an eating disorder.

The next weekly group is commencing on **12 February 2012**

Art therapy is a healing process that uses spontaneous creative exploration to access, connect and express your authentic self. This is a different way to communicate where verbal language does not interfere.

In a safe and nurturing healing circle participants will be invited to use a wide variety of creative processes and artistic mediums including drawing, painting, collage, masks and journaling to safely and gently travel within and explore your inner landscape allowing new insight, understanding, integrating and healing. There are no rules, no right or wrong, you just use the materials in whichever way feels right at the time.

Weekly groups are a great way to use creative processes over a consistent period of time, in order to deepen your self-inquiry and explore meaning of our inner and outer worlds. It is also a chance to commit some time each week to reflect, facilitate self awareness and re-energise your inspiration. Although there will be opportunities to share with the group, you only need participate to your comfort level.

It is suitable for all eating disorder sufferers, regardless of art experience or age. No artistic ability is required just a child-like curiosity with openness to take the journey of discovery with the spirit of exploration. The magic and power of spontaneous creative expression lies in the personal transformation through the creative process itself and not the resulting product.

Cost: \$100 for 8 weeks (extended due to participant request)

Date/ time: 2 hours weekly on a Sunday (10am-12 midday), commencing 12 February 2012

Location: Butterfly House, 103 Alexander Street, Crows Nest

Please note: numbers are limited- RSVP is essential

Individual Art therapy/ Interactive drawing therapy sessions are also available by appointment for suffers and carers.

If you are interested in taking part in the Creative Art Therapy Program or would like to book an individual session, please contact us on;

The Butterfly Foundation (02) 9412 4499

Cleo – 0401 218 460 or email cleo@thebutterflyfoundation.org.au

Facilitator: Cleo Polizois (Diploma in Transpersonal Art Therapy, Interactive Drawing Therapy) is a qualified Art therapist and a member of the Australian Counselling Association. Cleo is the creator of the Creative Art Therapy Program at the Butterfly Foundation and is also in private practice. Her passion is to help her clients find meaning in their suffering to ultimately transform and heal.