

ART THERAPY DAY

Saturday 10:00am to 4:30pm

FEE: £60.00 per person

DETAILS

- Small groups to promote individual attention.
 - All materials provided.
- No art experience necessary although such experience is welcome.
 - Wear comfortable warm clothes plus an extra jumper.
- You will need to bring a lunch, alternatively there are many tea-rooms in the village.
 - Tea , coffee and cookies are provided.

ABOUT THE WORKSHOP

We will look at some of the tools of Art Therapy; writing, drawing, clay work, and painting in the service of self-expression leading to self-exploration. It is hoped this will lead to a better understanding of poorly understood feelings.

We will use paper, pencil, the use of adjectives to best describe a way of feeling, followed by drawing; taking a line for a walk around the feeling to give it a form followed by clay work and then painting.

This thorough exploration is followed by an open discussion sharing what's been experienced, new information and any feelings left over from the day's event.

REGISTRATION FORM - ART THERAPY DAY

Date Attending.....

Name.....

Address.....

..... **Post Code**.....

Tel: Home..... **Work**.....

Send completed form with payment of £60.00 made payable to Marie Laywine

Registered Art Therapist
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