



Blue Crayon
Drawing Therapy

Guided Drawing for Self Care

Often our feelings and experiences are hidden in our unconscious minds. This workshop involves a guided drawing to bring about a strong sense of self-awareness and self-connection. The guided drawing is designed to access your right-brain processes and resourceful parts to move towards positive change.

What is Self-care?

Self-care is taking the time to do some of the activities that nurture you; taking proper care of yourself and treating yourself as kindly as you treat others.

Why Drawing?

Remember the last time you were drawing or doodling? Were you smiling while you were at it? Drawing is basically a pleasurable exercise. Drawing motivates us to focus on what we love doing or seeing.

About the Presenter

Florence's passion lies in facilitating reflective experience led by compassion, curiosity, creativity and collaboration. She has used Interactive Drawing Therapy for many years to effectively process grief and loss, anxiety issues, personal relationships and supervision. Florence is also an experienced, accredited Interactive Drawing Therapy instructor.

Where:

Brisbane Quaker House
10 Hampson St,
Kelvin Grove

When:

2.00 – 4.30pm

31 Jan 2016

28 Feb 2016

20 Mar 2016

17 Apr 2016

29 May 2016

26 Jun 2016

Cost: \$30

Materials:

All materials are
provided.

Guided drawing requires
no artistic talent or
drawing ability, just
come along and have
some fun whilst
exploring the power and
resources of your
unconscious mind.