



Freeing Life in Me

Self-knowledge through the means of creative expression

YOU CAN EXPECT THIS WORKSHOP TO HELP YOU:

- Connect with and express the dynamisms of life within you, along with the obstacles preventing these dynamisms from unfolding freely.
- Externalise your felt experience by making it visible through creative expression.
- Become more aware of what encourages the unfolding of your personality.

WORKSHOP OUTLINE

- *Each day unfolds the same way:*
 - A theme proposed by the educator to launch the creative expression well
 - A time for in depth creative expression on each theme
 - A time for taking a distance and analyzing your works
 - A time for sharing your day's work
- *The proposed themes:*
 - Visualising my self-image
 - Feeling and expressing the life within me
 - Identifying that which hampers my life today
 - Perceiving essential resources to overcome difficulties
 - Getting back in touch with my life dynamism and identifying the direction of its unfolding
- *Action plan and final inventory*

WORKSHOP PROCESS

This process takes place in a group. Through questions you are asked to observe a particular area in your life and to describe your experience of it. This personal time of guided written exploration is followed by optional sharing without any discussion. In order to deepen each individual's exploration, the educator offers input and various supporting resources (diagrams, commentaries, observation papers, etc.). The diverse experiences shared in the group are enriching for participants. You are also given opportunities to reflect and make decisions that are relevant to your life.

CONDITIONS DE PARTICIPATION

This workshop is open to all adults. It is not required to have specific competencies for drawing or painting. It is not recommended for individuals under psychiatric care, except with approval from their psychiatrist.