

Freeing Life in Me

Self-knowledge through the means of creative expression

BENEFITS YOU CAN EXPECT FROM THIS WORKSHOP

- Connect with and express the dynamisms of life within you, along with the obstacles preventing these dynamisms from unfolding freely.
- “Concretize” 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*

APPROACH USED IN THIS WORKSHOP

The training takes place in a group. Questions invite you to observe your life on the theme being dealt with and to describe your experience. The time of guided analysis is followed by optional sharing, without entering into discussion. In order to deepen participants’ personal research, the educator gives input and uses various means (diagrams, commentaries, observations notes, etc.). The variety of experiences shared in the group enriches participants. You are invited to make well thought out decisions corresponding to your actual reality.

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 deeply perturbed individuals, or for individuals in psychotherapy, unless they receive the approval from their psychotherapist.