

## Art Journalling for Self Care

- \* Sat 22 April 2-5pm
- \* Wed 10 May (Vesak day) 2-5pm
- Cost : \$160 (includes visual journal)



In this workshop, you will be led to discover how to move through the art journaling process. You will be introduced to the language of design which can help you focus, express, respond and connect with your inner world.

### WHAT PARTICIPANTS HAVE SAID

*"I am no more feeling clustered, confused and choked up with what's inside of me. You released so much tension in me through this art journaling journey... a session filled with positive vibes and serenity. Thank you."*

*"I was looking for a space to look at my emotions because I hardly have the time. Thank you for providing an open environment, a welcoming & accepting one for me."*

*"Simple workshop but has deep meaning."*

## Returning Home to Yourself Retreat

- \* Sat 1 May 2017 (10am - 5pm)
- Cost : \$ 250 per person

This day retreat is created for those who want a time for self-care and self-exploration using the wisdom of your own creative intuition and imagination.

### WHAT PARTICIPANTS HAVE SAID

*"After this retreat, I feel more at rest, at peace with myself. Expressing myself through drawing was a safe medium to find a solution for my personal struggles." Teacher, 26 yrs*

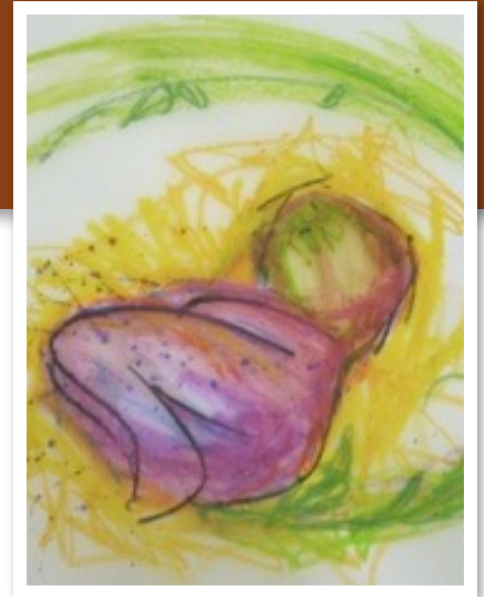
*"I found the retreat refreshing. I benefitted by being able to draw freely and feel liberated and rested." Counsellor, 25 yrs*

*"This workshop has been nothing but an enlightening experience... I'd recommend this workshop to anyone who wants to be in touch with their inner voice!" 30+, Psychologist*

*"A bit scary at first as I didn't know what this day would bring up. But soon felt 'lost' in the process and enjoyed letting go!" Housewife, 51 yrs*

## Introduction to Art Therapy & the Creative Process

- \* 23 & 24 May 2017 (10am-5pm)
- \* Cost : \$ 520 per person



This course is beneficial for those interested in finding out about art as a therapeutic method for their personal or professional development. It will be specially useful for counsellors, social workers, psychologists or those who are thinking of art therapy as a possible career.

### WHAT PARTICIPANTS HAVE SAID

*"Opened up many thoughts and considerations on the use of art in therapy. Joanna is very passionate and knowledgeable and wise about art therapy, its usage and practice." Pastoral Care Leader*

*"Presenter is respectful and demonstrates good deal of counseling experience. Recommended for counselors." Head Counsellor*

*"Joanna makes us think not only for our work but also our journey. This is important for us as social workers and counselors." Case Mgt Officer*

*"The lecturer was extremely good. The whole course was very useful both personally and professionally." Counsellor*

## Art and the Brain (with special focus on trauma)

- \* Sat 8 Apr 2017 (10-1pm)
- Cost : \$180 (only \$130 for those who have done Intro to Art Therapy & the Creative Process)



We take a deeper look at the physiology of trauma healing. Learn the neurological rationale for art and play and how they facilitate growth and healing in children and adults.

### WHAT PARTICIPANTS HAVE SAID

*"The presenter is very experience and has a wide knowledge in her profession. It was interesting and well-prepared." - Psychologist*

*"I specially enjoyed the experiential segment in each lesson. Joanna is very knowledgeable in the subject area and illustrated concepts with real artwork and case studies." Social worker*

### About the Trainer :

**Joanna Tan**, BA, MA.(ArtTh), ATThR, is a pioneer in the field of Art Therapy in Singapore having graduated from ECU in 2004. She is a registered Art Therapist in full time practice. She has presented at art therapy conferences in Australia, Hong Kong, Malaysia and Singapore. She conducts professional training and provides clinical supervision for therapists and counsellors. Read more about her at [www.joannatan.com](http://www.joannatan.com)

**Registration is via payment :** Email [jo@joannatan.com](mailto:jo@joannatan.com) with your

- Name
- Contact
- Occupation
- Title of workshop
- Date of worksop

**Payment :** email [jo@joannatan.com](mailto:jo@joannatan.com) to get info for bank transfer.

**Venue :** Heartspace - 2nd Floor, 55 Waterloo St. Singapore 187954

**Please note :** No previous arts experience required. Group size is small for optimum learning and sharing. Spaces are limited. Please register early. Full refund if workshop does not run.

For more details, please see [www.joannatan.com](http://www.joannatan.com)