

ART WORKS!

FALL WINTER '07-'08

Introducing a series of one-day workshops incorporating art techniques:

- Learn to use art materials comfortably
- Learn techniques to compliment traditional therapy
- Learn to trust the process
- Learn applications for your setting
- Learn to balance thoughts & feelings
- Grow personally and professionally
- Make deeper connections using art
- Receive personal caring attention
- Feel emotionally safe, & willing to stretch and grow
- Connect with others at a deeper level

WORKSHOPS:

♥ **Art Works! Introduction**
Friday, November 9th

♥ **Mandala –The Spiral Journey**
Friday, November 30th

♥ **Scribbles & Focusing**
A place for revelations
Friday, January 18th

WORKSHOP FORMAT:

- Registration – Check In – 9:00AM
- Art Therapy Perspective
- Art Activities
- Brown Bag Lunch - Discussion
- Art Activities
- Application to Special Populations
- Q&A, Bibliography, Resources
- Overview and Evaluation

CONFIRMATION of registration will be provided upon receipt of payment

TIME: 9:00am – 3:30pm

LOCATION*: Southwest Houston
4010 Blue Bonnet, Suite 109

* subject to change depending on number of registrants

COST each workshop: \$95, \$120 at

MATERIALS:

Bring blank white paper 8.5x11, crayons or markers AND your lunch.

Detailed handouts available

CONTINUING EDUCATION

6 CEU's provided for LPC



“You are an inspiring and reassuring guide and teacher.”- Workshop participant

REGISTRATON: To hold your place send this form & check payable to:
Phylis R. Tomlinson, LPC, LMFT, ATR-BC
4010 Blue Bonnet, Suite 109
Houston, TX 77025

Date of Workshop(s): _____

Your Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Telephone: _____

Email: _____

Contact info: Phylis @ **713.668.6558**
Email: phylis@tomlinson@gmail.com

ABOUT PHYLIS: Phylis' mission is to help people live their lives on purpose, creatively and in balance with self and others. She enjoys private practice in a comfortable setting for all.

In addition to offering professional growth workshops, Phylis presents workshops in schools, to organizations and offers parent and or teacher coaching for effective results.

“Why should we all use our creative power...? Because there is nothing that makes people so generous, joyful, lively, bold and compassionate, so indifferent to fighting and the accumulation of objects and money.”

Brenda Ueland, artist

FALL WINTER '07-'08 SERIES WORKSHOP DETAILS:

I. Art Works! Introduction

Learn about the process, theory, techniques, rationale, resources, and problem-solve experiences plus. We cover a variety of useful experiential techniques.

II. Mandala – The Spiral Journey

Experience time honored uses of mandalas for healing and getting back to wholeness. Used in stress, anxiety relief and regaining balance and grounding.

III. Scribbles and Focusing – Revealing your inner guide

Tap into one's own creativity with ease. Revelations from within teach and enlighten. Everyone can scribble! As a school counselor I found this very useful.

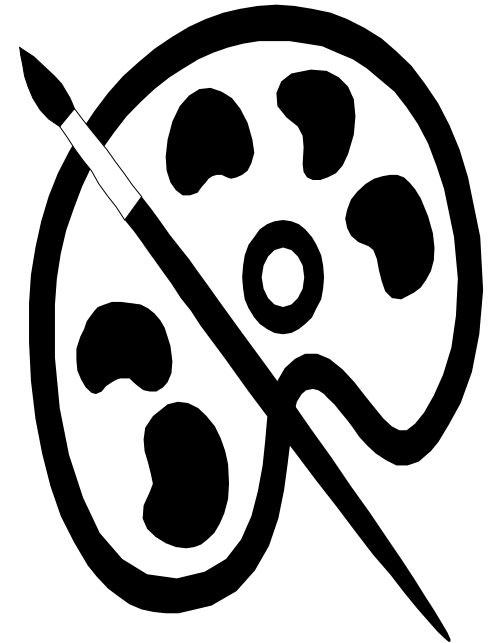
IV. Sand Tray Techniques Spring '08

“Not everyone will become an artist. It is the only thing that helps them develop as an individual. It gives them a window* into who they are.”

Ruth Izawa, artist

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ART WORKS!



Fall – Winter '07-'08

Workshops

LPC Provider

6 hours

www.phylisatomlinson.com