

# Back in Touch™ 2020

A Professional Development and Expressive Art Group for Therapists

**Alena Marie Farver, Master Art Therapist, LMFT #35155**

In this 36 hour *Expressive Art Group*, we will meet 3 consecutive Wednesdays for three hours each month, beginning **March 4th - June 3rd** with a group final on Saturday, June 6th, 2020 at the “Mountain Gate Retreat & Studio”.

**A second group has been requested and will begin FRIDAYS, March 13th through June 12th with a final group on Saturday, June 13th.**

This group is designed as part of a wellness program for the practicing therapist or associate MFT who desires a place to practice reflective listening, self care and creative mindfulness practices. Through both the psycho-educational and experiential approaches, therapists will learn, explore and experience ‘hands on’ therapeutic applications that can be utilized to enhance both personal growth, creative needs and further professional development.

## Program Objectives

**Through expressive art and journal writing techniques you will learn to:**

- Identify, express & nurture personal needs and professional concerns
- Discover how to identify and express counter-transference issues
- Release negative core beliefs and ‘Creative Blocks’ to foster your creative potential and further continued professional application
- Develop your own ‘*Expressive Style*’ and enhance ‘Creative Confidence’
- Integrate your ‘Inner-Child Artist’ with your ‘Therapist-Within’ Create a more balanced life style through creativity & mindfulness practice

These groups will be held Wednesday or Friday evenings for 3 consecutive weeks, each month from 5:30-8:30 PM beginning March 4th and March 13th in the nurturing environment of

**The Expressive Art Studio and Counseling Center**  
1127 Parkview Avenue Redding, Ca. 96001

**GROUPS BEGIN Wednesdays:**

**March 4th - June 3rd plus our final~Saturday, June 6th, 2020**

**Or**

**FRIDAYS, March 13th - June 12th plus our final~Saturday June 13th**

**PROGRAM COST: \$450 or \$35 weekly ~ Included in this fee is a \$30 non-refundable deposit/materials fee due FEBRUARY 28TH, 2020**

**Groups are designed for eight people only, so register soon!**

**NO PREVIOUS ART EXPERIENCE REQUIRED!**

*Associate MFT & Training hours can be acquired*

**To register or for questions, please call or email**

**Alena Marie @ 227-7083**

[expressivearts@att.net](mailto:expressivearts@att.net)

# Back in Touch™ - Program Outline

**March 4th: Introduction to Group and the Power of Personal Symbol**

**March 11th: Heart Expression and the Process Letter**

**March 18th: Entering the Realm of Transference & Counter-transference**

**April 1st: Letting Go/Holding On...Managing Stress, Loss and Change**

**April 8th: “My Body, My Volcano”**

**April 15th: The Johari Window Collage using Mixed Media**

**\* April 22nd: The Three Boxes: A Personal Assessment Tool**

\* Note: This is an added week due to the 5 weeks in April

**May 6th: Going deeper into Image...Learning to listen**

**May 13th: From the Bridge of Hope & Beyond: Overcoming Obstacles, Opening to Creative Realization: “My Hopes and Dreams”**

**May 20th: Free Expression/Painting to Music with Acrylics & Mixed Media**

**June 3rd: The Art Therapy Review Process Prep**

**June 6th: (Saturday) Reviews and Potluck @ “The Mountain Gate Retreat”**

**Group Structure ~ There are 3 parts to each session:**

**Relaxation and Guided Imagery , Art Expression,  
Writing from Image and Group Process.**

**\* Art Mediums: Oil Pastels, Chalk Pastels, Collage, Acrylics & Mixed Media**

**\* The primary medium we will use in sessions will be oil pastels which allows for optimal expression of inner emotion.**

**\* Additional mediums will be explored for specific projects to enhance personal expression and creative confidence.**

**\* A variety of written formats will be introduced using a solution focused, cognitive & narrative integration of the creative image.**

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## SESSION DATES:

**March 4th - June 3rd plus our final~Saturday, June 6th, 2020**

**Or**

**FRIDAYS, March 13th - June 12th plus our final~Saturday June 13th**

**Location: 1127 Parkview Avenue, Redding, CA 96001**

**PROGRAM COST: \$450 or \$35 weekly ~ Included in this fee is a**

**\$30 non-refundable deposit/materials fee due FEBRUARY 28TH, 2020**

### **Mailing Address:**

**Expressive Arts Studio & Counseling Center**

**Alena Marie Farver, MA, LMFT**

**19737 Koala Lane**

**Redding, CA. 96003**

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## **REGISTRATION FORM** \* Please Indicate either Wednesdays ( ) or Fridays ( )

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_