



*Into Blue Expressive Therapies
Psychotherapy, Clinical Supervision, Training*

Refresh & Reset



A chance to reconnect with your Self, to refresh and update Expressive Therapies & Sandplay skills.

All modalities will be explored including: Movement, Drawing, Symbol Work, Sandplay, Music, Drumming and Meditation.

Day one: Possibilities within the Limitations - when hope is hard to find.

- Hidden Treasures
- The Heart of the Matter
- The Hero's Journey through the eyes of a therapist

Day two: Bare Bones – Self-reflection & Assessment

- Empowering clients
- Energy boost through movement and music
- Window of Tolerance - resetting the nervous system for optimal function.

DATE: Friday 23rd, Saturday 24th November
TIME: 9.00 – 3.30
VENUE: Into Blue Studio 51 Harris Rd Ventnor
FEES: Include notes, morning & afternoon tea (BYO lunch).
One day - \$200 (self funded \$180)
Two days \$400 (self funded \$380)

Registration form on request 041 7078792 or email ablett@waterfront.net.au