



## Into Blue Expressive Therapies

### *Understanding Intuition*

The information for health, growth, healing and navigating life, is stored within the very cells and energy of our own bodies, accessed with a simple breath that begins the connection to a vast source of wisdom.

“Intuition is a natural extension of normal sensory perception, going beyond the individual boundaries of our skin and picking up what is happening in our environment or in the hearts, minds, and bodies of others... It’s our same old senses stretched over a larger terrain.....Awareness is an altogether logical, natural, and predictable human skill. ... The sixth sense is simply standard issue equipment, along with our eyes ears and tongues, noses and skin.” *Naparstek (1997)*

‘What we call intuition is likely the result of rapid and unconscious processing...’  
*Cozolin0 (2010)*

**The program will provide opportunities to explore and experience intuition through enhancing awareness. Intuition will be defined in the historical and current context.**

#### *Program Content*

##### **1. Experiential Opportunities**

- Developing Awareness
- Your relationship with Intuition
- Understanding and enhancing Intuition

##### **2. Defining Intuition**

- Historical views and current research

##### **3. Applying Intuition**

- Living your truth
- Future directions

#### *Facilitator Jo Ablett*

*Jo is an experienced psychotherapist, educator and clinical supervisor.*

*As a senior trainer for the Expressive Therapies Institute of Australia, Jo facilitates courses in Expressive Therapies, Sandplay Therapy and Transpersonal Psychotherapy in Victoria.*

*Jo has facilitated meditation and personal development in support of children, adolescents and adults for over 30 years and continues her life long passion to set the scene for healing, personal growth and life enrichment for people of all ages.*

*Jo is a clinical supervisor and member of PACFA, AAOS, ACA, SCAPE, and VIT.*

*Her qualifications include Master in Counselling, B. Ed., Dip Ed., Dip and Adv. Dip in Expressive Therapies, Cert IV and Grad Dip. in Counselling Supervision.*

*VENUE: Labyrinth Lane 110 Gardenvale Road, Gardenvale  
(close to train station)*

*DATE: Thursday 6<sup>th</sup> September, 9.00am – 4.00pm*

*FEE: \$200 includes materials & 12 OPD points*

**CONTACT DETAILS:** [ablett@waterfront.net.au](mailto:ablett@waterfront.net.au)

Payment to J. Ablett, Acc no. 10970, BSB 704191 (tag with your name) or

By cheque to PO Box 506 Cowes 3922

REGISTRATION FORM BY EMAIL TO JO ABLETT [ablett@waterfront.net.au](mailto:ablett@waterfront.net.au)

