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NEWSLETTER: JUNE 2011

Welcome to our Art Therapy Newsletter!

This month in the creativity section we will be exploring Art Therapy and Coaching. Next up is personal insights from a post-course participant, followed by feedback from the latest course in CT and lastly upcoming course dates. Please join Art Therapy on Face Book, Twitter and Blogging: share your thoughts, experiences, links and insights with other members, so that others also have access to Art Therapy in South Africa and the like.....



CREATIVE THOUGHTS: ART THERAPY AND COACHING

A NEW workshop has been born: "Coaching through Art Therapy", which has been my inspiration to this month's Creative thoughts section. Statements such as, "If I had..... I would be more happy" and "If I were more..... I would be more happy..." indicates that 'Happiness' is a common goal to all. Here are some ideas to explore to 'get' happy and to achieve your goals.

Gratitude is a wonderful tool to appreciate the moment. The more grateful you are the more you will feel positive and attract the positive things in your life. How about starting a gratitude journal? Be really specific about what you feel grateful for...

Negativity – the vast majority of humanity is stuck on this level of consciousness. It's the level of low energy. It keeps people stuck where they are. Complaining helps people feel less alone. But, this is the level of FEAR! Stopping to complain, fight, feeling resentment and other negative feelings will elevate you to the next level. What do you complain about? What 'makes' your energy low? Who are you holding resentment toward? Who are you 'waiting for to change?' Knowing what you don't want is the catalyst to attracting what you DO want. Write down some of the things you don't want...

Now choose what you **DO want**. Turn each one of your complaints into something that you want. Deepak Chopra wrote "All we really need is clarity of intent. Then if we can get the ego out of the way, the intentions fulfil themselves." Take the complaints you wrote above and turn them into statements of intent. E.g. 'I am tired' becomes 'I want boundless energy during the day.' **Excuses** are beliefs. If you buy into them you are stuck. "There is always a way!" Write down some of your excuses for having not achieved your goals... e.g.: "I can't do xyz because... I don't have... etc." Ask yourself: Is there is any way on earth to get around your excuses? Ask yourself: What would you do if you had no excuses?

Beliefs are how we create reality. People seem to have recurring problems. Did you ever wonder why people with money problems always had money problems? Beliefs, unconscious or not, are creating those events. Until the beliefs that create the events are released, the events will continue to reoccur. What are your beliefs?

Where does **creativity** come into this? Creativity is the exploration of making something from nothing. It's the ability to look at things in a different way. The **Art** in Art Therapy becomes the bridge between making the unconscious conscious. Through an exploration of the art we can get to what the limiting beliefs are that are sabotaging your potential. We can acknowledge what is holding you back and work through it. Creatively. It's really powerful.

Coaching through art can also run for teams and organizations to break through limiting beliefs in order to be more powerful and more creative in your team and to achieve both personal and professional goals. Vision boards are also dynamic ways to get started. Come to a Vision Board Workshop (hint hint!!)... to catalyst your creativity and dreams... Psychologist **Carl Jung** said, "Until you make the unconscious conscious, it will direct your life and you will call it fate."

PERSONAL INSIGHTS SHARED

Extracts from Nicky Shongwe (Artist, Coach, Consultant, Clinician, Conservationist)
Nicky attended the Art as Communication Course in April 2009, the Art Therapy 5-Day Intensive Course in July 2009 and the Mandala workshop in Aug 2010.

What did you hope to achieve by attending the Art Therapy 5-Day course?

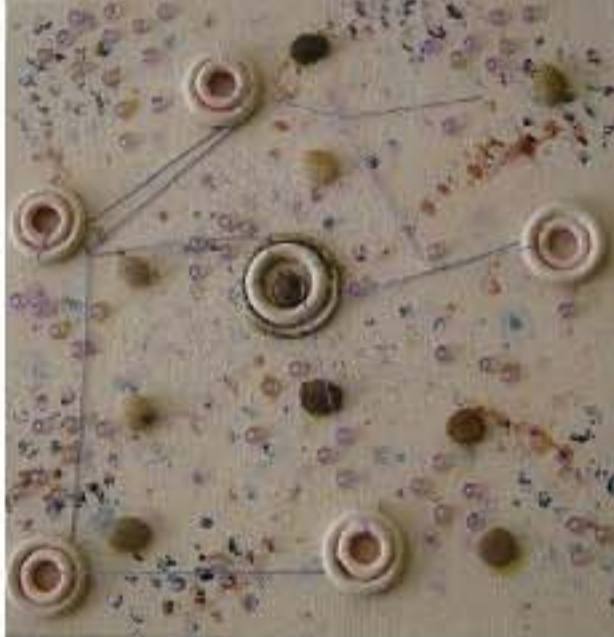
I wanted an understanding of how Art Therapy works.

Were your needs and expectations met and if so, HOW?

Yes, the course is experiential so I gained a very real understanding of Art Therapy. I would say that there is also a 'mysterious' component - you can't predict how things will turn out. For example: 1+1 does not necessarily equal 2. With this process you may touch unseen or unthought-of parts of yourself.

How did you benefit from workshop and what did you learn or gain?

The workshop helped me to work through some of the issues that were stressing me in my life at the time - I did not attend because of these issues - they just emerged through the process. Sometimes you don't even realise how much that stress is or even what exactly is causing it - art therapy gives a vehicle to bring these things to light. I experienced the power of the process and confirmed, again, my love for art and its broader value in my life. It's not just about stress.



Are there any visible results from your experience that you can see or feel now or that has positively affected your life, work or relationships?

I re-gained confidence in my own art-making process - that was important for me personally. Also, with the issues that were stressing me - I found that I could then work on the 'problems' and perceptions and achieve a better sense of how to manage the situations. I could then think consciously about what to do. When you are more fully aware of a situation (positive or negative), it becomes easier to manage it.

Note if you have attended an Art Therapy course and would like to feature in a newsletter under Personal Insights shared -please email me on sami@arttherapy.co.za

CAPE TOWN

The Art Therapy 5-Day Course was run in CT in March/April 2011. Here is some feedback from course participants:

"I feel invigorated by being able to express myself freely and by the guidance I received in my personal journey of personal growth" (Annelize)

"It was an eye-opener. It is really going to assist my personal development" (Emily)

"It has lit a fire – or re-lit the fire in my being and I feel re-energized to go forward and know I am always growing changing and learning" (Sarah)

"Enjoyed the course very much and I am proud that I took the week out of my life to learn and BE in the moment" (Pulane)

For those of you who live out of Jhb please note that there is another 5-Day in a row course in CT and Jhb in Nov 2011 to accommodate you!

UPCOMING COURSE DATES

Art Therapy 5-Day Intensive Course	JOHANNESBURG (5 consecutive weeks) Monday 15 August 2011: Every Monday for 5 weeks
Art Therapy 5-Day Intensive Course	JOHANNESBURG (5 days in a row) Wed 30 NOVEMBER 2011 : 5 days in a row excl Sat and Sun
Art as Communication Course	Tues 6 Sept 2011: Every Tuesday evening for 10 weeks
Art Therapy for Therapists	Mon 7 Nov 2011 (CPD points) 9.00am - 12.30pm
Vision Boards	Mon 7 Nov 2011 9.00am - 12.30pm
Photo Art Therapy	TBC
Mandala workshop	Tues 9 August (National Woman's Day) 9.30am - 12.30pm Run on request for Corporate Teams
Creativity for Teams	Run on request for Corporate Teams

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That's it for now

Enjoy the newsletter, start playing and have FUN experimenting with different symbols in art!

I hope to see you at one of the Art Therapy courses soon!

Samantha Davis

<http://www.arttherapy.co.za/>

FEEDBACK

Your Feedback is important to us! Share your creative experiences with us on Face Book, Twitter and Blog! Please include if there are any times that you would like to participate in an Art Therapy course that are not on the schedule.

CONTACT US

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