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NEWSLETTER: MAY 2013

Art Therapy SA has relocated to Cape Town!

I am very excited to be writing this newsletter from Cape Town, being able to officially say that I live here now. This has certainly been a dream come true!

I would like to encourage more and more people to attend Art Therapy courses/Workshops in Cape Town as with the sea and mountain energy it makes for such an inspiring and beautiful setting... hint hint!

In this newsletter I have first outlined the areas of practice for both adults, corporates and children in Cape Town. Please feel free to contact me for further info. Next up is the Creative Coaching opening special. Following this please find some feedback from the March 2013 Course run in Cape Town, and lastly course dates for 2013.

Wishing you all an uplifting and creative month!

ART THERAPY PRACTICE IN CAPE TOWN

Corporates:

- Art Therapy individual sessions
- Team building, Stress management, Change management, Brainstorming, Creative Coaching, Trauma debriefing, Work-Life balance
- **Corporate Groups and Workshops** run in-house upon request

Adults:

- Individual work: Art Therapy & Creative Coaching (*See Creative Coaching opening special below*)
- **Groups and workshops:** Also for organizations upon request
- **Art Therapy 5-day Course in Cape Town and Jhb** (*See course dates below*)

Children:

- Individual work: One to one sessions in Camps Bay by appointment only
- Groups and workshops: At selected schools in Cape Town (contact me for more info and for info to send to your child's school)

Reminder to please join/Like Art Therapy on Face Book and Twitter - Help expand Art Therapy in SA!



CREATIVE COACHING THROUGH ART THERAPY: OPENING SPECIAL

"Imagination is everything. It is the preview of life's coming attractions." (Einstein)

Creative Coaching is a powerful combination of Coaching and Art Therapy. A creative and inspirational course which identifies and explores goals and areas of work/life that require growth and are worthy of success. All you need is creativity, imagination, dreams and goals. No art experience necessary.

"It was a wake-up call to who I am inside." (Orit)

Opening special: Book a course of 6 individual sessions upfront for R3450.

Note regular rate is R750 per hour.

Fees claimable from medical aids after attendance.

Too busy at work to get out? I will come to you! (*T's and C's Apply*)

"Reflective, soul-searching, energizing." (Natasa)

A 6 week and 4-week Course is available for existing groups and organizations upon request. T&C's apply

ART THERAPY 5-Day Course March 2013 Cape Town

Here is some feedback and photo's from the March 2013 course in Cape Town, which was successfully attended by 12 like-minded adults.

"It was like walking into a fairytale. There was adventure, there was discovery, there were times of laughter, there were times of tears, times of self-growth, times of silence... A time of meeting a great minded group of artists. It's tricky to describe a great experience, I would describe it by smiling but that may be considered a bit odd!" Alec

"The Art Therapy course not only gave me a clear understanding about the role of Art Therapy in healing and helping people, but also allowed me to acknowledge and subsequently heal wounds and/or causes for self-sabotage within my own life. I've experienced a big shift and expansion of my potential and happiness!" Janet Botes

"The course gave me a wonderful insight into using art as a therapeutic tool. I appreciated the group dynamic as a fundamental part of facilitating a process by which I could gain an awareness of self and my connectedness to others. The end result of what I created on the course was a surprise and a gift, providing valuable clues about my own life and personal process. Hearing other people share their experience appealed to my curiosity, and my wish to learn about feelings, emotions, experiences and all that comes with it. In other words...LIFE." Terri Harford

"THANK YOU for the last five days, you and the group has been a total inspiration to me. I had a deep sense of being able to be myself over the last five days, your space that you provided felt safe and supportive. Thank You. This morning, I had also a deep sense of been able to life, live more in the NOW, and worry less about the past and future, and PLAY more (:(: I learned to have more tolerance wards others and be less judgmental." Susanna Rasmussen



Art Therapy Cape Town March 2013

<https://www.facebook.com/ArtTherapySouthAfrica>

Some photos of artwork



UPCOMING COURSE DATES 2013

COURSE:	DATES:
Art Therapy 5-Day Intensive Course JOHANNESBURG	Starts Wed 26 June Runs for 5 consecutive days excl weekends 20 CPD points
Art Therapy 5-Day Intensive Course CAPE TOWN	Starts Mon 19 August 2013 Runs for 5 consecutive Mondays 20 CPD points
Course Bookings	Online bookings: http://www.arttherapy.co.za/BookingForm.aspx or email me on info@arttherapy.co.za
Creative Vision Boards	Half day workshop for groups/teams TBC
Mandala Workshop	Friday 9 August 2013: National Woman's Day: Cape Town

Team-building	Available on request for Corporate Teams
Creative Coaching	Individual opening 6 sessions Groups/courses available on request for Corporate Teams

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PRIVACY

Your privacy is important to us; therefore I will not give your name or address to anyone.
If you no longer wish to receive this newsletter, you can select the link at the bottom of every email to unsubscribe.

That's it for now!

Thank you all for your loyal support, feedback and interest in the world of Art Therapy.

I hope to see you at one of the Art Therapy courses or groups soon!
With Gratitude - Samantha Davis

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

FEEDBACK

Your Feedback is important to me! Share your creative experiences with us on FaceBook & Twitter! Please include times that you would like to participate in an Art Therapy course that are not on the schedule.

CONTACT US

Contact us/add to database: www.arttherapy.co.za/contact_us.html

Bookings: www.arttherapy.co.za/booking_form.html

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