

Moving on ~ Women's Art Therapy Retreat in the Blue Mountains

Saturday and Sunday, 30 – 31 August 2014

Kihilla Retreat, Lawson, Blue Mountains

If you want time out for yourself – to rediscover your direction and nurture your inner-self, or if you are involved in a life transition, this art therapy retreat is for you. You may be going through a personal change, a family change, a new career, or maybe you are looking to find peace and a sense of purpose.

About the weekend

You will spend the weekend with 3 registered Art Psychotherapists who each specialise in different art mediums. The environment they create is supportive, safe, creative and nurturing and will enable you to recognise and break old patterns, let go of the past, and use your new insight to move forward.



The retreat is nestled in a beautiful, tranquil bush setting.

Art Therapy is a form of psychotherapy that uses art making to enhance emotional wellbeing. You don't need to be artistic, just willing to give it a go.

Activities: On **Saturday** you will engage with art therapy activities relating to your life's journey, followed by therapeutic doll making in the afternoon. **Sunday** begins with reflection and meditation, followed by art therapy activities for recognising and letting go of what might be holding you back and facilitating change.

About the facilitators



Sonia Stace is an art psychotherapist, mental health social worker, and counsellor.

Sonia works in private practice predominantly with people who have experienced trauma, child abuse, sexual assault, domestic violence, infertility, or grief and loss.



Sue Wildman is an art psychotherapist, theatre practitioner and counsellor. She has worked with a wide range of non-government organisations mainly with women and young people who have experienced anxiety, depression, domestic violence and trauma.



Jane Gover is an art psychotherapist with a background in fine art and teaching who works in private practice. She has worked mainly with women experiencing depression, anxiety and with people in aged care facilities.

-  **No judgement**
-  **No artistic skills required**
-  **All art materials provided**

The cost is \$500 and includes all art materials, tea, coffee, as well as morning tea, lunch and afternoon tea on Saturday, and morning tea and lunch on Sunday. *Accommodation is not included. However, there is a wealth of beautiful, affordable accommodation nearby.*

For further information and to **BOOK ONLINE** click on <http://www.trybooking.com/85944>
or email sonia@oaktreetherapy.com.au or phone Sonia on **0419 124 951** (you may need to leave a message).

Varied spiritual beliefs and philosophies welcomed and embraced. This art therapy retreat is non-denominational with no religious affiliation and is being held independently to Church Army Australia, who manage Kihilla Retreat and Conference Centre.