



*Create,  
Reflect,  
Renew.*

*Friday Workshops  
at Enbarr Studio*

**6**

*CEU's available!*

*Community Art Studio for Social Service Professionals*



**Jan 22 - Stories for the Journey** - Participants will explore several folktales that contain enduring metaphors of the healing journey and then write a personal myth, discovering renewed purpose and heroic strength within their own story. Participants will discuss how metaphor, story, and myth are essential uses of language within the therapeutic process.

**Feb 26 - Masks: Meeting the Hero with a Thousand Faces** - Participants will explore mask-making as a creative art intervention that helps clients meet lost, hidden, or rejected parts of self. We will also explore multicultural uses of masks and their capacity to embody archetypal wisdom. Participants will create their own mask symbolizing their heroic search for wholeness and healing. Participants will also explore how masks and dialogue can create a healing council in a group setting.

**March 19 - Dream Tending through Art Making** - Participants will explore the value of working with dreams in the therapeutic relationship. Participants will learn a variety of techniques for tending dream images and meeting the healing wisdom within them. Specific ways of integrating creative art expression into dream work will be practiced. Participants will explore imagery within one or more of their own recent dreams and will engage in group and community dream-tending activities.

## **Learning Objectives:**

- 1.** Participants will discuss and explore experientially the interrelated core concepts within depth psychology, existential philosophy, art therapy, mindfulness meditation, and creation spirituality
- 2.** Participants will practice hands-on art meditations that lead to a deeper knowledge of the creative process
- 3.** Participants will understand know how to apply specific art based interventions in therapeutic relationships
- 4.** Participants will understand how their own art making can be an essential self-care and burnout prevention practice that reduces stress, increases insight, and deepens self-awareness

# Class size is limited!

Don't miss this winter's workshops - sign up soon!

## **Facilitator:**

**Liza Hyatt, MA, ATR-BC, LMHC**

- Board Certified Art Therapist and Licensed Mental Health Counselor
- Over 20 years experience facilitating workshops, retreats, and art therapy programs for adults
- Over 20 years community work with numerous Indianapolis organizations including I.U. Simon Cancer Center, The Charis Center, the Julian Center, and regional art and retreat centers
- Adjunct faculty for Saint Mary of the Woods College
- Artist in residence in schools throughout Indiana
- Author of *Art of the Earth: Ancient Art for a Green Future*

*The Indiana Behavioral Health and Human Services Licensing Board has approved this organization to provide Category 1 Continuing Education for LSW, LCSW, LMFT, and LMHC. However, licensees must judge the program's relevance to their professional practice.*



## **Enbarr Studio**

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