



Create,
Reflect,
Renew.

Friday Workshops
at Enbarr Studio

6

CEU's available!

Community Art Studio for Social Service Professionals

August 20 - Healing Mosaics

Make a personal mosaic to express how healing occurs when we find beauty in our broken world.

September 17 - Mandalas: Circles of Wholeness

Increase insight, connect to self and community, and reduce stress through creating circular designs, or mandalas.

October 15 - The Altered Book Journal

Transform an old book into a self-reflective visual journal using a variety of book-art techniques.

November 12 - Living Poetically

Learn to say poetry by heart and engage voice, body, mind and spirit in the timeless healing art of spoken word.

More detailed descriptions

of each workshop can be found at:
www.lizahyatt.wordpress.com

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 fall'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

7256 Glossbrenner Ct., Indianapolis, IN 46236

lizah2@lizahyatt.com

www.lizahyatt.wordpress.com

(317) 823- 0370