

Creative Connection Morning Session with



Welcome to this colourful field of Expressive Arts Therapy.

The Saturday morning sessions are designed to give you a taste of a Creative Connection® by engaging with different creative media (music, movement, visual art and creative writing), to facilitate a therapeutic learning experience using mandala symbols and colour as used in the MARI tool. It will enrich your personal and professional life (3 CPD).

Date: 14 April 2018

Venue: Eleen Polson's practice in Clydesdale or Brooklyn Methodist Church (209 Murray Street, Brooklyn). Venue to be confirmed.

Investment: R700 (payment before 1 April – 14.2% discount, pay only R600)

Time: 10h0 to 13h00.

Tea, snacks and all art material included.

(If you have a journal you can bring that along. Wear comfortable clothes to move and work in.)

TO BOOK :

- 1. Follow the link and fill in the registration form on line [Booking form for MARI Morning](#)**
- 2. Pay your fee into the account to secure your booking.**
Capitec Bank, Acc holder: E Polson, Acc No: 1398813328, Savings account, Branch: Hatfield.
- 3. E-mail your proof of payment (to eleen@polsons.info),**
- 4. Prepare yourself for a creative encounter and watch out for the final mail with venue confirmation 1 week before the workshop.**

in-joy

Eleen

072 212 1719, eleen@polsons.info

“Adventure is not outside; it is within”.
~David Grayson~



More about this workshop featuring Mandala Assessment Research Instrument (MARI):

It is an experiential workshop in small groups of 3 to 15 participants to explore different expressive art mediums for personal and professional development (*CPD accreditation with HPCSA - psychology: 3 CPD's*). That said: any person aged 15 – 90 interested in their own creative potential and its transformative possibility is welcome.

Exercises of sound and voice as well as movement are interwoven with visual art and creative writing to deepen the sensory experience. The focus is *not* on the end-product – not on technique of painting, visual effect or meaning of the picture, style of writing or steps in a dance. The emphasis is on the experience and the expression of your own creative self. The connection and interplay between the creative mediums and all the senses facilitates integration of body, mind, spirit and emotions.

The theme for this workshop is the MARI (Mandala Assessment Research Instrument): www.mari-sa.co.za

MARI is a powerful tool using colour and symbol to make the preconscious visible. It is a very unique, visual and creative tool which is used in combination with a variety of therapies (psychotherapy, music and art therapy and occupational therapy).

The MARI system accesses information from our psyche, in a playful, non-threatening way. It allows us to experience transformation and new insights about ourselves and our life situations.

It is:

- based on a Jungian system of 45 symbols and 39 colours, developed and researched by art therapist Joan Kellog in the 1970's.
- used to assess a client's current psychological state and gives a visual representation of the psyche.
- a non-verbal process, using both left and right brain-thinking, with the client as the guide leading the discovery..

- used to access material from the unconscious mind using symbols and colours thereby adding richness to the therapeutic dialogue.
- a diagnostic as well as a therapeutic tool bringing clarity to the issue at hand. Once you see the psyche in a new way, you can understand and affect change.

NO PREVIOUS ART EXPERIENCE NEEDED just a willingness to explore!

Just bring yourself in comfortable clothes and an expectation of **enjoyable creativity**

For more info visit [MARI-SA Web-site](#) or on FaceBook and **join the mailing-list** for upcoming events: [By filling in this form to subscribe to updates](#)

Other expressive arts initiatives:

See creativelearning4life.com for details.

*** Weekend retreat Explore Expressive Arts Therapy at Hoogland Hydro (15 CPD's).**

*** 6-week Explore Expressive Arts Therapy course in Pretoria (18 CPD's). Contact Eleen for details of the next course. 0722121719 or eleen@polsons.info.**

*** Half-day Explore Expressive Arts Therapy introduction workshops (3 CPD). See creativelearning4life.com/calendar**

*** Individual sessions of expressive arts therapy using different modalities of art, movement and music. Contact the practice of Eleen Polson for appointments (www.eleenpolson.com).**

What other participants had to say about the workshops:

"Like ice-cream on a really hot day!"

"It was like going on holiday without leaving the room"

"I loved every minute of it. It has sparked all sorts of new possibilities for me"

"THANK YOU again for the most liberating experience I have had in my life and work up to now. My journey of inner healing and discovery of inner treasure kicked off with a BANG!!!"

"Thank you for creating a safe space, Eleen, allowing me to travel inwards on this amazing journey of discovery. I love the way you connected the practice and theory. A most enjoyable way to earn CPD points!"

Spread and share the Beautiful Creative Energy!

Your facilitator



Eelen Polson is a registered Counselling Psychologist since 1995. She is passionate about the power of the arts. Eelen believes that creativity is the birthright of every person. Since 2009 she has conducted workshops that have ignited creative passion and self-awareness for hundreds of participants. She was trained by Dr Natalie Rogers (2009) and by the Leadership Through Art Foundation (Music and Art Therapists from the Netherlands) in 2009, 2014 and 2016.

Eelen is a qualified Biodanza Facilitator having trained both nationally and internationally. She is also a registered TRE (Trauma Release Exercise) facilitator. Eelen has a warm and relaxed style allowing delegates the freedom to explore and express.

