

Expressive Journaling with Imagery

A unique journaling approach using Interactive Drawing Therapy for personal growth, empowerment and healing

Interactive Drawing Therapy (IDT) is a unique page-based way of working with words, images and feelings to access different parts of your inner self. The page becomes a mirror for you, helping you see yourself more objectively from new perspectives and facilitating insight, inner resourcefulness, and profound change.

Expressive Journaling with IDT can assist with expressing and transforming uncomfortable, conflicting and distressing thoughts, feelings and experiences. This expressive journaling approach also helps to uncover personal strengths, insights, possibilities and new perspectives that allow people to make empowering changes in their lives. Participants will learn how to apply the key concepts and methods of this unique journaling approach to be able to accompany and guide themselves in managing life's challenges and opportunities. No artistic skills required.

Expressive Journaling with Imagery will help you to:

- Safely uncover underlying issues, key matters and opportunities
- Move with more ease through difficult or challenging times
- Access your inner resourcefulness and wisdom
- Reframe and transform old perceptions
- Gain insights and clarity
- Explore new possibilities and potential
- Facilitate your own healing and empowerment

Dates: Monday, 7th, 14th, 21st and 28th November 2022; 7—9pm

Venue: Aquarius Healing & Education Centre, 154 Mt Barker Road, Stirling

Course fee: \$200

Contact for info & to register interest

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If course is cancelled due to COVID-lockdown fees will be fully refunded.

Frauke Hobbs

Frauke Hobbs is a clinically registered psychotherapist, counsellor and group facilitator with a passion to help people overcome and transform life's challenges into opportunities for growth and healing. Frauke comes with over 30 years of experience in the human transformation field and uses an integrative, client-centred approach in her practice to effectively help clients process trauma, grief & loss, anxiety, depression and relationship issues.

