

CTAA (Creative Therapies Association Aotearoa) presents



The ELIXIR PROCESS

Saturday 12 August 2017 9:30-5pm
Venue: Mercy Centre
104 The Drive, Epsom, Auckland
Shared Lunch (bring a plate)
Morning and afternoon tea provided

Cost:

ANZATA/CTAA members \$80

Students/ Unwaged: \$60

Non-Members Welcome: \$100

(Register early Maximum 17 participants)

CTAA Westpac Account 030195 0348778 00

BOOKING ESSENTIAL BY EMAIL

cta.aotearoa@gmail.com

<http://www.ctaa.org.nz>

We will offer an overview of the Hero/ine's Journey and proceed through the ELIXIR steps of Exit, Look, Inside, eXamine, Integrate, and Return. Modalities used will be Journaling, Mandala Drawing, Guided Imagery and Music, Free Movement, Ritual and Ceremony. The day will primarily emphasize creative expression. Participants will increase their self-care repertoire and be better prepared to serve their clients from "a full well". Certificates of Attendance will be offered along with descriptive handouts.

Facilitators: Misha Crosbie, M.A. Counselling, and Jessica Fleming, M.M.H. (Masters of Mental Health).

Misha and Jessica have over 70 years combined experience in the Counselling field. Misha is currently a Senior Lecturer in the Counselling Department at MIT and Jessica has maintained a private practice specializing in creative therapies for 40 years. They have been offering workshops and trainings together in NZ, Australia, and the USA for the last 23 years under the auspices of their organization, www.soulpathjourneys.com. Their book, ELIXIR: Women's Quest For Wholeness, is available through Jessica at 021 167 9557. It is written primarily from their extensive experience with women but the teachings are equally applicable across genders.

