



## Creative Therapies Association of Aotearoa CTAA 2018 AGM with workshop

### Moving to the Rhythm of Spring

As CTAA meets to re-envision itself for the future, let us take this time to explore for ourselves the motifs of spring- rebirth, rejuvenation, renewal, resurrection and regrowth.

This workshop will be a multi modal process that invites our creative spirit to explore how the five motifs of Spring can ensure we move into this Season with purpose and hope. Having this time to nurture and honour these themes for ourselves personally to fill our own wellspring will hopefully enable us to feel re-energised to do the same for our clients.

**Date:** Sunday, 2nd September 2018

**Time:** 1 – 4 p.m.

**Venue:** Youthline House,

13 Maidstone Street, Grey Lynn, Auckland

This workshop is free. Please register for the workshop and/or the CTAA AGM meeting that will follow the workshop so we can arrange catering, thank you. Email [info@ctaa.org.nz](mailto:info@ctaa.org.nz)

Anġie Richardson (ATCL, Dip Tchnġ, BEd, MAAT Clinical, ATġR) is an Expressive Arts Therapist who utilises the therapeutic modalities of drama, soundġ, movement/dance, sandtray and creative visual art makingġ. Currently she works in a special needs school, facilitates ġroup art therapy sessions for Auckland Dementia and Hearts & Minds, is a drama tutor for InterAct and has her own private practise 'Creative Harmony' where she sees children, teens and adults for a ranġe of issues. Anġie is an experienced workshop facilitator who loves journeyġng with a ġroup through a creative process.

