



Creative therapy tools

for educators and service providers

The potential for creative expression is a long-proven path to expanding people's capacity for responding to life challenges and the desire for meaningful living. How then do we take an intentional and holistic approach to meeting individuals through this creative modality, to promote healthy self-awareness, authenticity of character, social integrity and the ability to handle mental health and wellbeing challenges? Based on her Transpersonal Art Therapy work with schools and community service providers, Naomi Wild delivers this 1-day train-the-trainer (T4T) workshop for those supporting others. Learn about creative processes, meditation techniques and group dynamics, as well as establishing a foundation in understanding the principles and outcomes of incorporating transpersonal art therapy into your skillset when working with others.

Meet the trainer

Naomi Wild is a qualified transpersonal art therapist and practising artist. She uses creative techniques to engage people in enhancing their capacity to communicate. Her desire is to equip participants with tools to enable them to connect with themselves and others meaningfully. Her community-minded philosophy has enabled her to reach diverse groups and issues including personal wellbeing, family, relationships, mental health and domestic violence.



- As adults, we can often rely on our intellectual and rational sides to solve issues but art therapy reaches where words fail or are not enough. By using art as a vehicle, we can tap into the creative and intuitive sides of the self, encouraging a holistic and integrative healing process. This can be especially useful in trauma recovery, bereavement, mental illness, separation, grief and loss or any issue an individual is struggling with, or seeks more understanding, clarity and direction.

- Art activities are often the first exposure to creativity and the emotional response to memory stimulus from childhood can be a powerful tool in the therapeutic process. Art therapy is not about the final product or producing works of art. It is about the process. No experience of art is needed, you can't make a mistake.

Lifeline is a not-for-profit organisation that promotes, preserves and protects life. The mission of our training division is to build community capacity and skills for life through a range of specialised training programs to meet the needs of individuals and groups.

For further information
Contact Dr June Anderson
Phone 02 4940 2000
Email june.anderson@lifeline.org.au
www.lifelinehunter.org.au

 **Lifeline**
Saving Lives
Crisis Support. Suicide Prevention.