

The Light of The Heart



A Community Art Therapy Project

Creative Workshops at The Light of The Heart

Sorting Through and Strengthening Relationships
A Clinician's Guide to Art Therapy with Couples
with Heather Randazzo, ATR-BC, LCPC



Join us for this experiential workshop to learn concepts and strategies applicable to all clients. Case studies will be included to demonstrate the efficacy with couples, parent and child relationships and individuals seeking connectedness

Date: **Saturday, September 20th**
Time: 9am-12pm
Cost: \$80
Location: Clarus Center, 28379 Davis Parkway, Unit 801, Warrenville, IL 60555
Register: www.thelightoftheheart.org
630-486-4078

The Hero's Journey:

Using Music, Art, Journaling, and Meditation in Self-Care
with Heather Randazzo, ATR-BC, LCPC
Stacey Patterson, LCPC, MT-BC



Using the hero's journey storyline (as identified by Joseph Campbell), participants will engage in a series of experiences from different creative disciplines in the development of self-care rituals. The workshop will begin with an explanation of the hero's journey storyline, a music-assisted, guided imagery exercise of a heroic journey, and a visual and journaling reflection on this experience. Participants will then be encouraged to let go of one of their obstacles using art and a labyrinth. Subsequently, participants will focus on the strength or gift identified in the imagery through a closed songwriting exercise. The workshop will conclude with the creation of a physical manifestation of your strength and gift.

Date: **Saturday, September 20th**
Time: 1pm-4pm
Cost: \$80
Location: Clarus Center, 28379 Davis Parkway, Unit 801, Warrenville, IL 60555
Register: www.thelightoftheheart.org
630-486-4078

Sign up for both workshops at a discounted rate of \$140

Partial scholarships available based on need.
Email mhedlund@thelightoftheheart.org to apply

Three CEs available for each workshop for counselors, social workers and marriage and family therapists in Illinois.
Co-sponsored by IMHCA.