



## 1 Day Workshop

**When:** Saturday 9 December, 2017

**Time:** 10.00am – 4.00pm

**Where:** 96 Shaftesbury Road,  
Burwood, NSW

**Cost:** \$197

### Trainer Jacki Short

Registered Counselling  
Psychologist, Play Therapist  
and Supervisor

## About the Workshop

Reflect, review and appreciate this year. A gratitude collagé is tool to help clarify, concentrate and maintain focus on a specific positive life events, relationships and other things for which you are grateful. During this day you will create an individual gratitude collagé. Discover the fun, focus and inspiration in gratitude boards for self reflection, self care and feeling good!

### You will have the opportunity to:

- Identify elements of your life that you are grateful for this year
- Keep your attention on the positive gains, developments and achievements this year
- Create your own gratitude board for 2017
- Build skills in collagé use
- Reflect in ways that are comfortable for you
- Work in the safe environment of a small group

### Who should attend?

Adults interested in creative self reflection, self care, relaxation and recognition of aspects of life to be grateful about. It is open to all who are interested in self discovery, self expression and connection in safety and with fun and joy. Mental health professionals such as play therapists, art therapists, psychologists, social workers, counsellors, case workers, child and family workers, pastoral workers, other allied health professionals and students who are currently working or intend to work with creative media in counselling and group work may claim this workshop as CPD. No artistic experience or skill is necessary.