

Exploring Aspects of Ourselves using SoulCollage®

SoulCollage is a fun and creative way to learn more about ourselves. In this workshop you will have the opportunity to make several cards from found images. Each card is an expression of some aspect of yourself or your world (whether or not you live with DID). After creating several cards, you will also have the opportunity to discover the personal meanings of the cards and what wisdom they have to offer you.

This workshop is only \$45 and materials will be included, though if possible we ask that each person bring 3 magazines to contribute to the group. There will be a one hour lunch break. Bring your lunch or pick something up at the hotel.

All are welcome and you do not have to attend the main conference to attend this workshop. Space is limited and registration is refundable until January 24th so reserve your spot today. For additional information or questions, please contact Alix Amar: alixamar@comcast.net

Meet Your Facilitators

Alix Amar, LCSW and Reyna Vaughn are trained SoulCollage® Facilitators. Alix is a Psychotherapist in private practice and Reyna is an artist. Their presentation about SoulCollage® at last year's conference was very popular and they wanted to expand upon it for this year.