



Rested Minds

Human Services workers - Informal Training

All sessions: 9.30am-11.30am (**lunch* 11.30-12.00pm**) 12.00-2.00pm (4 hours)

* Bring your own lunch or café next door.

All enquiries and bookings melissa@restedminds.com.au or phone 0477 004 677

MONTH	DAY	DATE	Hands on activities and group discussion	Enhanced understanding to achieve connections using visual art processes
February	Monday	10 th	Teaching: Mini art technique Brief: Psychotherapy Process: Sculpture Materials: Plasticine	Compare and contrast of sculptures of life experiences
	Tuesday	11 th	Teaching: Mini art technique Brief: Psychotherapy Process: colour, shapes and lines Materials: chalk and oil pastels	Where have I been, where am I now, where am I going?

March	Monday	10 th	Teaching: Mini art technique Brief: Psychotherapy Process: colour, shape and lines Materials: chalk and oil pastels	Using movement to understand emotional body sensations to reduce physical stress. Feminine symbols of movement.
	Tuesday	11 th	Teaching : Mini art technique Brief: Psychotherapy Process: Sculpture Materials: shoe box and general art materials	Understanding the 6 sides of our personalities.
April	Monday	14 th	Teaching: Mini art technique) Brief: Psychotherapy Process: Landscapes Materials: Paint, chalk and oil pastels, rocks	Taking responsibility for ourselves.
	Tuesday	15 th	Teaching: Mini art technique Brief: Psychotherapy Process: Colour, shape and lines Materials: Chalk and oil pastels	Using movement to understand emotional body sensations to reduce physical stress. Masculine symbols of movement.
May	Monday	12 th	Teaching: Mini art technique Brief: Psychotherapy Process: Mandala Materials: National Geographic magazines	Sense of knowing what brings us joy and strengthen boundaries.
	Tuesday	13 th	Teaching: Mini art technique Brief: psychotherapy (90min) Process: Sculpture Materials: Air dry clay	Symbolic mini bowls guided by your current life phase.

June	Monday	09 th	Teaching: Mini art technique Brief: Psychotherapy Process: Colour shape and lines Materials: Chalk and oil pastels	Family, work or relationships, what do they look like visually
	Tuesday	10 th	Teaching: Mini art technique Brief: Psychotherapy Process: Mask making Materials: papier mache, paint and general craft materials	What we show the outside world.
July	Monday	14 th	Teaching: Mini art technique Brief: Psychotherapy Process: Sculpture Materials: Plasticine	Compare and contrast of sculptures of life experiences
	Tuesday	15 th	Teaching: Mini art technique Brief: Psychotherapy Process: colour, shapes and lines Materials: chalk and oil pastels	Where have I been, where am I now, where am I going?
August	Monday	11 th	Teaching: Mini art technique Brief: Psychotherapy Process: colour, shape and lines Materials: chalk and oil pastels	Using movement to understand emotional body sensations to reduce physical stress. Feminine symbols of movement.
	Tuesday	12 th	Teaching : Mini art technique Brief: Psychotherapy Process: Sculpture Materials: shoe box and general art materials	Understanding the 6 sides of our personalities.

September	Monday	8 th	Teaching: Mini art technique) Brief: Psychotherapy Process: Landscapes Materials: Paint, chalk and oil pastels, rocks	Taking responsibility for ourselves.
	Tuesday	9 th	Teaching: Mini art technique Brief: Psychotherapy Process: Colour, shape and lines Materials: Chalk and oil pastels	Using movement to understand emotional body sensations to reduce physical stress. Masculine symbols of movement.
October	Monday	13 th	Teaching: Mini art technique Brief: Psychotherapy Process: Mandala Materials: National Geographic magazines	Sense of knowing what brings us joy and strengthen boundaries.
	Tuesday	14 th	Teaching: Mini art technique Brief: psychotherapy (90min) Process: Sculpture Materials: Air dry clay	Symbolic mini bowls guided by your current life phase.
November	Monday	10 th	Teaching: Mini art technique Brief: Psychotherapy Process: Colour shape and lines Materials: Chalk and oil pastels	Family, work or relationships, what do they look like visually
	Tuesday	11 th	Teaching: Mini art technique Brief: Psychotherapy Process: Mask making Materials: papier mache, paint and general craft materials	What we show the outside world.