



Rested Minds

CAPACITY BUILDING – Adult NDIS participants.

Each session begins with a mini art technique for relaxation and skill building and is then followed by the hands-on activity and psychotherapy for self-knowledge

Sessions are to be booked individually.

For all enquiries and bookings email Melissa@restedminds.com.au or phone 0477004677

Month	Day	Date Week 1 2 sessions daily	Date Week 2 2 sessions daily	Hands on activities and group discussion	Enhanced understanding to achieve own desired outcome
February	Monday	03 – 2 sessions 9.30am-11.30am or 12.30pm-2.30pm	17 – 2 sessions 9.30am-11.30am or 12.30pm-2.30pm	Teaching: Mini art technique (30 min) Brief: Psychotherapy (90min) Process: Sculpture Materials: Plasticine	Compare and contrast of sculptures of a life experience
	Tuesday	04 – 2 sessions 9.30am-11.30am or 12.30pm-2.30pm	18 – 2 sessions 9.30am-11.30am or 12.30pm-2.30pm	Teaching: Mini art technique (30 min) Brief: Psychotherapy (90 min) Process: Colour shapes and lines Materials used: Chalk and oil pastels.	Where have I been, where am I now, and where am I going?

March	Monday	3 rd – 2 sessions 9.30am-11.30am or 12.30pm-2.30pm	17 th – 2 sessions 9.30am-11.30am or 12.30pm-2.30pm	<p>Teaching: Mini art technique (30 min) Brief : Psychotherapy (90 min) Process: Guided drawing Materials used: chalk pastels and/or paint, drumming music.</p> <p>Teaching: Mini art technique (30 min) Brief: Psychotherapy (90min) Process: Sculpture Materials used: shoe box and general craft items.</p>	<p>Using movement to understand emotional body sensations to reduce physical stress. Feminine symbols of movement.</p> <p>Understanding the 6 sides of our personalities</p>
		4 th – 2 sessions 9.30am-11.30am or 12.30pm-2.30pm	18 th – 2 sessions 9.30am-11.30am or 12.30pm-2.30pm		
April	Monday	7 th – 2 sessions 9.30am-11.30am or 12.30pm-2.30pm	21 st – 2 sessions 9.30am-11.30am or 12.30pm-2.30pm	<p>Teaching: Mini art technique (30 min) Brief: Psychotherapy (90 min) Process: Landscapes Materials used: paint, chalk and oil pastels and rocks.</p>	Taking responsibility for ourselves
	Tuesday	8 th – 2 sessions 9.30am-11.30am or 12.30pm-2.30pm	22 nd – 2 sessions 9.30am-11.30am or 12.30pm-2.30pm	<p>Teaching: Mini art technique (30 min) Brief: Psychotherapy (90) min Process: Guided drawing Materials used: chalk and oil pastels and or paint.</p>	<p>Using movement to understand body sensations to reduce physical distress. Masculine symbols of movement.</p>
May	Monday	5 th – 2 sessions 9.30am-11.30am or 12.30pm-2.30pm	19 th – 2 sessions 9.30am-11.30am or 12.30pm-2.30pm	<p>Teaching: Mini art technique (30 min) Brief: Psychotherapy (90 min) Process: Mandala Materials used: National Geographic magazines.</p>	Sense of knowing what brings us joy, shared understanding and strengthening boundaries.
	Tuesday	6 th – 2 sessions 9.30am-11.30am or 12.30pm-2.30pm	20 th – 2 sessions 9.30am-11.30am or 12.30pm-2.30pm	<p>Teaching: Mini art technique (30 min) Process: Psychotherapy (90) min Process: Sculpture Materials used: air dry clay and paint</p>	Symbolic mini bowls guided by your current life phase.

June	Monday	2 nd – 2 sessions 9.30am-11.30am or 12.30pm-2.30pm	16 th – 2 sessions 9.30am-11.30am or 12.30pm-2.30pm	Teaching: Mini art technique (30 min) Brief: Psychotherapy (90) min Process: Guided drawing Materials used: chalk and oil pastels and or paint	Family, work or life relationships, what do they look like in colour shapes and lines.
	Tuesday	3 rd – 2 sessions 9.30am-11.30am or 12.30pm-2.30pm	17 th – 2 sessions 9.30am-11.30am or 12.30pm-2.30pm	Teaching: Mini art technique (30 min) Brief: Psychotherapy (90) min Process: Guided drawing Materials used: chalk and oil pastels and or paint	Using movement to understand body sensations to reduce physical distress. Comparing feminine and masculine movements.
July	Monday	7 th – 2 sessions 9.30am-11.30am or 12.30pm-2.30pm	21 st – 2 sessions 9.30am-11.30am or 12.30pm-2.30pm	Teaching: Mini art technique (30 min) Brief: Psychotherapy (90min) Process: Sculpture Materials: Plasticine	Compare and contrast of sculptures of a life experience
	Tuesday	8 th - 2 sessions 9.30am-11.30am or 12.30pm-2.30pm	22 nd – 2 sessions 9.30am-11.30am or 12.30pm-2.30pm	Teaching: Mini art technique (30 min) Brief: Psychotherapy (90 min) Process: Colour shapes and lines Materials used: Chalk and oil pastels.	Where have I been, where am I now, and where am I going?
August	Monday	4 th – 2 sessions 9.30am-11.30am or 12.30pm-2.30pm	18 th – 2 sessions 9.30am-11.30am or 12.30pm-2.30pm	Teaching: Mini art technique (30 min) Brief : Psychotherapy (90 min) Process: Guided drawing Materials used: chalk pastels and/or paint, drumming music.	Using movement to understand emotional body sensations to reduce physical stress. Feminine symbols of movement.

	Tuesday	5 th – 2 sessions 9.30am-11.30am or 12.30pm-2.30pm	19 th – 2 sessions 9.30am-11.30am or 12.30pm-2.30pm	Teaching: Mini art technique (30 min) Brief: Psychotherapy (90min) Process: Sculpture Materials used: shoe box and general craft items.	Understanding the 6 sides of our personalities
September	Monday	01 – P/Hol. Closed	15 th – 2 sessions 9.30am-11.30am or 12.30pm-2.30pm	Teaching: Mini art technique (30 min) Brief: Psychotherapy (90 min) Process: Landscapes Materials used: paint, chalk and oil pastels and rocks.	Taking responsibility for ourselves
	Tuesday	2 nd – 2 sessions 9.30am-11.30am or 12.30pm-2.30pm	16 th – 2 sessions 9.30am-11.30am or 12.30pm-2.30pm	Teaching: Mini art technique (30 min) Brief: Psychotherapy (90) min Process: Guided drawing Materials used: chalk and oil pastels and or paint.	Using movement to understand body sensations to reduce physical distress. Masculine symbols of movement.
October	Monday	6 th – 2 sessions 9.30am-11.30am or 12.30pm-2.30pm	20 th – 2 sessions 9.30am-11.30am or 12.30pm-2.30pm	Teaching: Mini art technique (30 min) Brief: Psychotherapy (90 min) Process: Mandala Materials used: National Geographic magazines.	Sense of knowing what brings us joy, shared understanding and strengthening boundaries.
	Tuesday	07 th – 2 sessions 9.30am-11.30am or 12.30pm-2.30pm	21 st – 2 sessions 9.30am-11.30am or 12.30pm-2.30pm	Teaching: Mini art technique (30 min) Process: Psychotherapy (90) min Process: Sculpture Materials used: air dry clay and paint	Symbolic mini bowls guided by your current life phase.
November	Monday	3 rd – 2 sessions 9.30am-11.30am or 12.30pm-2.30pm	17 th – 2 sessions 9.30am-11.30am or 12.30pm-2.30pm	Teaching: Mini art technique (30 min) Brief: Psychotherapy (90) min Process: Guided drawing Materials used: chalk and oil pastels and or paint	Family, work or life relationships, what do they look like in colour shapes and lines.

	Tuesday	4 th – 2 sessions 9.30am-11.30am or 12.30pm- 2.30pm	18 th – 2 sessions 9.30am-11.30am or 12.30pm- 2.30pm	Teaching: Mini art technique (30 min) Brief: Psychotherapy (90) min Process: Guided drawing Materials used: chalk and oil pastels and or paint	Using movement to understand body sensations to reduce physical distress. Comparing feminine and masculine movements.
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