



Colour Therapy

Colour is **POWERFUL** non-verbal, visual sensory tool to work with Clients' blocked emotions

2 Days Workshop – 29th Feb & 1st Mar 2016

A module for the Certification of Artistic Therapies from Sophia College, Australia

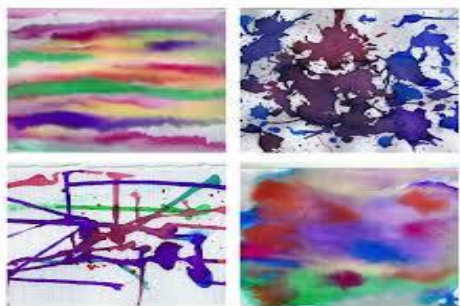
WHAT IS Colour Therapy?

- Is an **ENERGY** of certain vibration and has effects on humans which enable it to be used as a healing tool
- It is **HOLISTIC, NON-INVASIVE** and **POWERFUL**
- Popular treatment to maintain **PHYSICAL & PSYCHOLOGICAL WELL-BEING**
- Non-verbal, sensory tool through which we express our feelings, communicate with each other and the world around us

WHY Colour Therapy?

- Helps transform **EXHAUSTION** into **VITALITY**
- Set appropriate boundaries
- Replenish **JOY & STRENGTH**
- Learn 'vocabulary' of colour in inner world
- Helps process **BLOCKED EMOTIONS & communication** including:
 - ✓ Anger
 - ✓ Grief & Loss
 - ✓ Fear & Anxiety
 - ✓ Depression





Express Yourself through Colour!



"The craving for colour is a natural necessity just as for water and fire. Colour is a raw material indispensable to life. At every era of his existence and his history, the human being has associated colour with his joys, his actions and his pleasures." Fernand Leger, "On Monumentality and Color", 1943.

Day 1

AREAS COVERED

- Principles of Colour with various clients - Children, Adolescents and Adults (Including men and the elderly)
- Develop colour vocabulary to express feelings
- Using Watercolour sequence for working with Depression, Despair Grief and Loss
- Self-Forgiveness and Self-Acceptance
- Rebuilding trust after betrayal

Day 2

AREAS COVERED

- Developing child's colour vocabulary and the links to their feeling life
- Colour exercises to release Anger in Children
- Creating an Individual Mandala to build self-esteem
- Create a Group Mandala for peer bonding and focus on particular goal



Dr. Patricia Sherwood is an Honorary Senior lecturer at Edith Cowan University in Australia, where she has lectured for 20 years in Social Work, Psychology, Social Science, and Special Education.

- Founded the Indo-Pacific Journal of Phenomenology and is the Director of Sophia College of Counseling
- She provides mental health and wellbeing trainings to teachers and parents in Australian schools.
- Has extensive international experience, having trained in Australia, Singapore, Malaysia, and South Africa within the fields of counseling, mental health recovery and community development.

<u>Training</u>	<u>Date & Time</u>	<u>Price</u>
Colour Therapy	29 th February & 1 st March 2016 (9:00am - 5:00pm)	PACKAGE PRICE Normal Price: \$700 Early Bird Price: \$600 only !

Venue: To be confirmed

Morning Tea & Lunch will be provided

We are committed to keeping class sizes small to facilitate interaction, so please register early.

Trainings will be highly experiential and interactive.

Workshop can be considered for VCF funding as a non pre-approved course.

**Early Bird Ends
12th Feb' 2016**



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