

Arts as Therapy Support and Information Network

*** FRIDAY APRIL 29TH ***

“Seasons of Life”

Exploring what wholehearted living means for you.



This Friday, April 29th, AATISN will be welcoming Michelle Krieg, a qualified Art Therapist working for Uniting Communities as part of their Mental Health team. Michelle is presenting an interactive workshop, “Seasons of Life”, utilising oil pastels and watercolours, in a process exploring the qualities of wholehearted living. Through your engagement in the activities you will discover a process for reflecting on life experiences, developing insight, revising narratives, celebrating the good, and cultivating hope for the future. This is an excellent opportunity to gather inspirations for your own Arts As Therapy practice.

Celebrate the **good**,
develop **insight**, and move
forward with **hope**.

For those of you who are currently working as Arts Therapists, or who are in training, you might find it valuable to consider how the themes and activities of this workshop could be tailored for diverse client groups. For example, teenagers, older adults, groups suffering from mental health issues such as depression and anxiety, grief and trauma, or those looking to build resilience and hope in recovery situations. Michelle has used these activities herself with people aged 65+, however she stipulates the importance of client groups having ongoing access to counselling services due to the challenging nature of the activities.

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Michelle Krieg’s primary directive as an Art Therapist with Uniting Communities is to develop and provide therapeutic art activities to support clients’ recovering from mental illness. Over the past three years, Michelle and her colleague Vicki Mau have facilitated art therapy groups in community settings across Adelaide. Their main client groups are people aged 65+, but have also included a group run especially for women, and more recently, one for carers. In 2014 Michelle and Vicki presented at the The MHS Conference (a national mental health conference) in Perth to share the results from their art therapy groups. They have also coordinated a successful community garden art project.

In addition, Michelle has worked in Special Education, combining her Art Therapy expertise with certified teacher training. At present she is also working as a Student Wellbeing Officer at Tabor Adelaide, runs a part-time art therapy practice, “Artfelt Ventures”, and teaches in schools when she can.

Seasons of Life

With Michelle Krieg.



*** AATISN FRIDAY APRIL 29th ***

“Seasons of Life”

WHEN: Friday 29th April, 2016, 7-9pm

WHERE: IKON Institute, LI, Jetty Rd, Glenelg

COST: \$12 pp.

Please RSVP by Monday 25th April to Truly-Belle at

aatish8@gmail.com or text 0449 225 468

Please note: AATISN events are intended provide support and information for participants; they do not equate to therapy or professional level training.