

Thursdays from 16th May till 6th June

19:00 to 21:30 at Makom

Van Ostadestraat 153

Introduction to Creative Therapy

*Stress relief and
burn out prevention
for Regenboog
workers*

Stress is not only in our mind, but also in our bodies, creative therapy is a tool that converts the stress into a creation. This creation we can share, observe and transform.



To register send an email to:
arequenamartinez@deregenboog.org

We want them "aardige"

Why creative therapy For Regenboog workers?

To be an "Aardige amsterdammer" means to deal with all kind of people and situations and other people's problems, trying to support them in their needs. That's why we believe they also need support.



*Helps to process difficult incidents
or agressions.*

Why creative therapy for stress relief?

Stress is not only in our mind, but also in our bodies, creative therapy is a tool that converts the stress into a creation. This creation we can share, observe and transform.



*Give creative tools to process human
suffer, to protect mental health and also
to become more creative at work.*

What are we going to do?

Four introductory sessions, each of them will include different materials and techniques. You are welcome to come to only one of them or to the four of them, as long as we have enough places.



Session 1 (16th May): Body-oriented art-therapy, bilateral drawing and body mapping. Observe what's going on inside.

Session 2 (23rd May): Work with clay, music and mindfulness. Express the suppressed.



Session 3 (30th May): Ka-ching. Creation of 3D art-objects, reorganising the inner experience.

Session 4 (6th June): Movement, Free dance and PhotoTherapy. Learn to catch the resourceful state.

Pausa and snack included