



# *MINDING the GOLD WITHIN*

*An evening & day-long immersion into the inner world of  
imagination through the art of Tissue Paper Collage*

*November 18<sup>th</sup> – 19<sup>th</sup>, 2011*

*THE STATION in SHEPHERDSTOWN, WV*

*Can the creative arts be transformative and spark  
renewal at the same time? YES!*

The creative arts have the power to awaken deeply held feelings and beliefs that might otherwise not have a way of expressing themselves. World-renowned painter Georgia O'Keeffe said, "I found I could say things with color and shapes that I couldn't say any other way — things I had no words for."

*MINDING THE GOLD WITHIN* presents a synergy of expressive therapy and self-discovery. The workshop uses Tissue Paper Collage, personal mythology, somatic awareness and contemplative practice to awaken creativity and provide insight into one's self and one's world. A playful and effective way to work with the imagination, this process allows for the discovery of our own internal alchemy.

## **THE PROCESS**

Carl Jung often encouraged his clients to use active imagination as a means of expressing unknown parts of themselves. The Tissue Paper Collage process utilizes active imagination in a unique way. We will be creating original collages, engaging in somatic exercises and exploring how the story of our inner landscape informs our lives. Collages are made using 30 colors of tissue paper prompting the imagination to come to life. The Tissue Paper Collage process invites a deep-rooted wisdom and holistic intelligence to arise. The images that emerge are expressions of our unconscious, revealing profound levels of insight — from the archetypal to the personal.

Attendees are encouraged to:

- *Discover a more authentic and organic sense of self-awareness*
- *Uncover new direction for their lives*
- *Liberate linear thinking to move into a somatic experience of creation*

## **THE DETAILS**

This experiential workshop provides counselors and mental health professionals an opportunity to learn how to integrate creative arts, somatic awareness and mindfulness practice into their work. We invite you to be surprised, and maybe even amazed, at what emerges.

**WHEN:** November 18 & 19, Fri 7:00 PM – 9:30 PM, Sat 10:00 AM – 4:30 PM

**WHERE:** The Station, Shepherdstown, WV

**COST:** \$150 including art supplies

**CE'S:** 8 CE's pending

**CONTACT:** karenstefano@citlink.net, 304.728.6757, www.tissuepapercollage.net



**KAREN STEFANO, ED.M., M.A., L.P.C., NCC** is an artist and practicing Licensed Professional Counselor and Bio-Energetic Analyst. She has trained extensively in psychodynamic psychotherapy, group psychotherapy, and analytic somatic psychotherapy. A trained sculptor and painter, she also draws on the synergy of expressive arts and counseling. Working with individuals, couples and groups — her approach is somatic, existential, and influenced by Jungian ideas.

Karen has been teaching The Tissue Paper Collage process for over twenty years, leading workshops around the world. She is a co founder of the DuVersity, a non-profit educational organization devoted to building bridges between psychology and spirituality. Karen is a member of the international and American Group Psychotherapy Associations and the American Counseling Association. She is a graduate of the Washington School of Psychiatry National Group Psychotherapy Institute, The Washington School of Psychiatry Couples and Family Psychotherapy Training and the Analytic Somatic Psychotherapy Program in Berkeley, California. She received her M.A. at West Virginia University. She has been in private practice in Jefferson County for more than a decade.