



# THE COLLAGE CONNECTION

## IMAGES, METAPHORS AND MYTH:

*An exploration into the untamed frontiers of the imagination*

*June 14<sup>th</sup>–15<sup>th</sup>, 2013 in Shepherdstown, WV*

The Tissue Paper Collage Method calls attention to the living space of the imagination as an active and vital healing tool. The reflective process of this method awakens the instinctual and primitive parts of the brain, allowing deep interior truths to emerge. This manner of expression supports the symbolic language arising between the conscious and unconscious parts of ourselves.

The hands on experience of working with tissue paper, glue, brush and board to make collages together with somatic awareness exercises allow the wisdom of your body to reveal what is essential to recognize. Insights about ourselves and our world are also revealed as you work with your life story in the form of a myth or fairytale.

Every collage is embraced in beauty by virtue of the colors, textures and expression of the images. There is an inner peace and excitement that arises from this process, as you bring in a new channel of information and intimacy in order to assist you on your life pilgrimage. The imagination acts as a bridge to the world of potential. We invite you to join us in this workshop to explore the untamed world of your own imagination!

### 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.



**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.

**WHEN:** Friday, June 14: 7 pm – 9:30pm & Saturday, June 15: 10am – 4:30pm  
**WHERE:** The Station, Shepherdstown, WV  
**COST:** \$195 including art supplies  
**CE'S:** 8 CE's pending  
**For more information, contact:**  
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### 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.