

# Going on a Quest

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## opening to the creative

A synergy of expressive art and self study  
facilitated by Karen Stefano Ed.M, M.A., L.P.C.



**Karen Stefano** Ed.M, M.A., L.P.C., is an artist and practicing psychotherapist. She has worked and trained with Jungian Analyst, Dr. Edith Wallace, for over twenty years and is one of the very few individuals qualified to continue the tissue paper collage method developed by Dr. Wallace.

Working with clients through the synergy of expressive arts and psychotherapy, she includes psychodynamic, Gurdjieff/Fourth Way, and Median group process. Karen has worked with Dr. Gordon Lawrence in Social Dreaming Matrix and trained with Dr. Patrick de Mare in Median group process.

Co-founder of the DuVersity, a non-profit educational organization which is devoted to building bridges between psychology and spirituality, Karen convenes Median Groups in the U.S., China, Mexico, and the UK. She is a member of both the International and American Group Psychotherapy Associations and the American Counseling Association.

Karen has been studying and teaching the tissue paper collage method for many years. In addition to her education as a psychotherapist, she is a trained sculptor and painter, having worked extensively with stone, clay, watercolors and pastels. Whether working intimately with her clients or holding a paintbrush in her hand, her ultimate goal is establishing unity between body, mind, feelings and spirit.

Currently in private practice in Charles Town, West Virginia, Karen works with individuals, couples, families and groups. She is married and has four grown children.

*Dr. Edith Wallace, world-renowned Jungian analyst, developed the tissue paper collage method more than thirty years ago. Her quest went on throughout her long life as she shared her search for meaning with many others.*



January 19-22, 2007  
Sangre De Cristo Center  
Santa Fe, New Mexico

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## Going on a Quest: opening to the creative

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### a tissue paper collage playshop

The playshops use tissue paper collage as a catalyst to discover hidden potential and uncover what lies deep within us.

Active imagination guides the way. Creating tissue paper images, we learn through beauty, discovering our soul's message in the colors, textures and images that present themselves. Into the emerging imagery we weave our personal myths and fairy tales.

The process reveals a path of opening and building channels to the depths of the psyche, called by Jung, the Self. There is a source in each one of us that has the direction, strength and capacity to help us live our full creative potential. *"The connection with this source gives our lives presence and vitality. Our creativity depends on it."* Dr. Edith Wallace

Each individual listens to and acts from their innate wisdom while creating collages. The playshop is built from moments of playful discovery and confrontations with beauty. Movement and meditation are added elements which gives us the opportunity to deepen our internal experience. No previous knowledge or artistic skill is necessary, just a willingness to play and enjoy color.

#### The five Essential Elements of a Tissue Paper Collage Playshop

- Writing the story of your life as myth or fairy tale
- Creating tissue paper collages
- Viewing the collages in private and in group
- Movement and dance
- Meditation

Participants are asked to write the story of their lives as myth or fairy tale prior to the start of the retreat. This part of the preparation is the beginning of *your quest*, as these stories provide a basis for revelations that may arise during the playshop itself.

*"Creation is not an innocent act! It is the beginning of history and the possibility of evolution. It would be the end of innocence if, from the beginning, this creative process did not happen over and over again. It always starts with innocence, the fool's road, demanding the courage to take risks, to experiment with the unknown."* Dr. Edith Wallace

## Going on a Quest: opening to the creative

January 19-22, 2007

Sangre De Cristo Center in Tesuque (15 minutes from Santa Fe)  
\$650.00 includes single room accommodation, all meals and art materials

Plan to arrive between 3:00 - 4:00 pm for registration on January 19 with the evening session beginning at 6pm  
The retreat ends after lunch at 2pm on Jan. 22



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YES, I wish to attend GOING ON A QUEST: OPENING TO THE CREATIVE

I have enclosed a check / money order to attend the Tissue Paper Collage Playshop

Bill my Visa / MasterCard # \_\_\_\_\_ Exp. Date: \_\_\_\_\_

Name \_\_\_\_\_ Phone # \_\_\_\_\_

Address \_\_\_\_\_

City, State \_\_\_\_\_

Email \_\_\_\_\_

Signature \_\_\_\_\_

PLEASE MAKE CHECKS PAYABLE TO: DUVERSITY SEMINARS C/O KAREN STEFANO, 25 HOMEWOOD COURT, CHARLES TOWN, WV 25414  
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