A retreat for renewal...

Collage in Uncertain Times: Using Expressive Arts to Maintain Hope



This retreat invites a new matrix of creative expression, inspiring profound levels of insight to emerge in relation to self, family, community and culture — from the personal to the archetypal. Working with the imagination, the symbolic language of the unconscious comes into the foreground eliciting a more lucid vision.

The Tissue Paper Collage Process is a fusion of expressive art and healing. Images are created using 25 colors of tissue paper, prompting the imagination to come to life. In this reflective process the instinctual and primitive parts of the brain are awakened, allowing deep interior truths to be revealed.

More than just collage-making...

This collage workshop is a chance to rediscover parts of yourself. The confluence of these practices energizes the imagination igniting creativity and transformation.

- STORYTELLING. Write your life story as a fairytale or myth prior to the retreat. You arrive ready to delve more deeply into the unknown.
- COLLAGE. Making collages helps you bypass the linear and critical mind. This process gives expression to the unfolding nature of our core essence.
- MOVEMENT. Movement classes enliven the body and mind, deepening the meaning of the work that emerges.
- MEDITATION. Morning and evening meditations explore body sensation, breath and connection to the divine.

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Create & connect through collage...

Collage has the power to awaken deeply held feelings and beliefs that might otherwise not have a way of expressing themselves. The language of the imagination opens up when we are engaged with our inner world. Through this interaction we can find the taproot, which guides us to our innate wisdom.

Carl Jung often encouraged his patients to use 'active imagination' as a means of expressing unknown parts of themselves. The Collage process utilizes active imagination in a unique way, inviting your innate wisdom and holistic intelligence to arise. This inward journey supports a new voice to come forth, expanding the limitless possibilities in one's life.

Power of place

"Everybody needs beauty as well as bread, places to play in and pray in, where nature may heal and cheer and give strength to the body and soul alike" — John Muir

The beauty of the Taos Mountains offers a sense of deep nourishment and renewal. The Mabel Dodge Luhan house is a secluded gem where celebrated artists, writers and great thinkers of the past would gather. The magic of the Dodge Luhan house continues offering a place where artistry, creativity and discovery are still part of the very fabric of its illustrious history.

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WHEN: Sat, Oct 3 - Tues, Oct 6, 2020

WHERE: Live interactive webinar on Zoom

COST: $850

CONTACT: 304.728.6757, www.tissuepapercollage.net, karenstefano@icloud.com

PAYMENT SCHEDULE: Payment in full by August 1, 2020. 40% refund after August 1, 2020. Payment non-refundable once event begins.

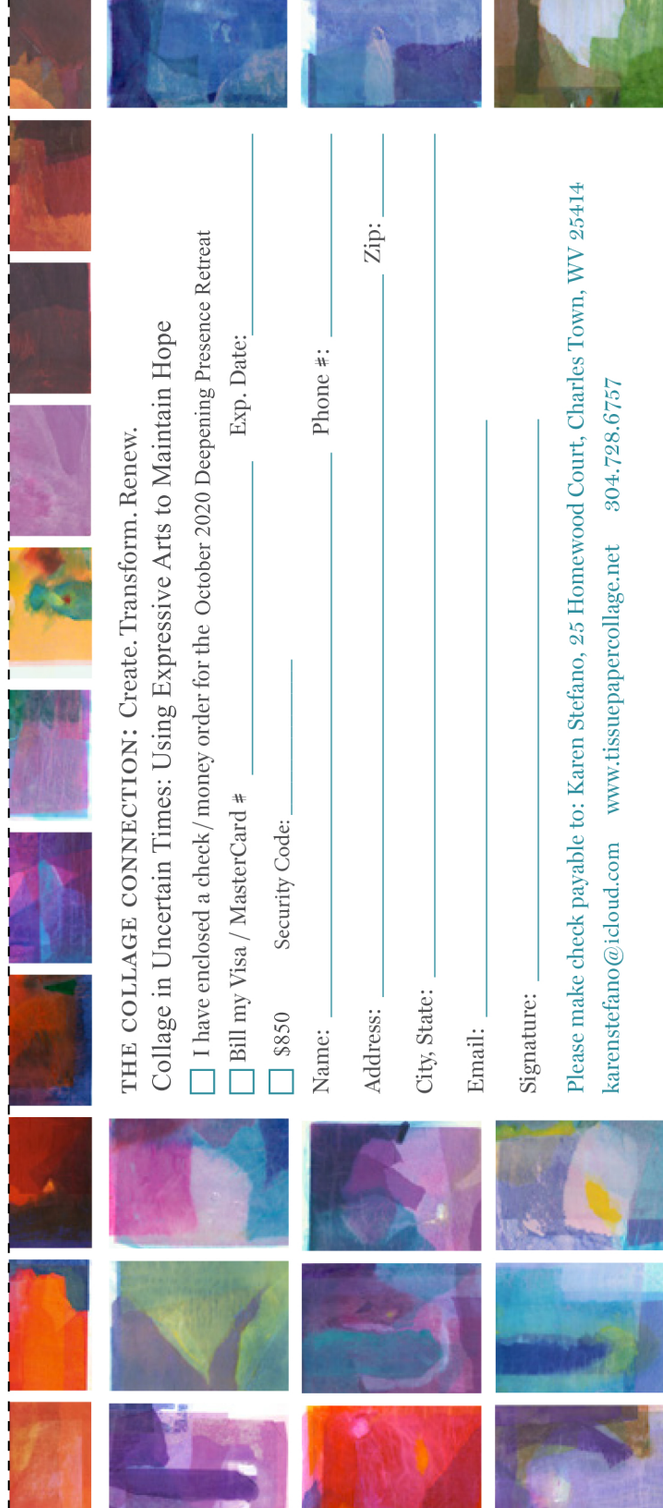
This experiential workshop provides counselors, mental health professionals, and other health care practitioners an opportunity to learn how to integrate creative arts, somatic awareness and mindfulness practice into their work. These techniques can also be used by individuals for their own self-discovery.



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 psychology. A trained sculptor and painter, Stefano 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. Teaching the Tissue Paper Collage process for over twenty years, Stefano leads workshops around the world.

Tissue Paper Collage as Potent Alchemy

1. Expand your imagination
2. Awaken creativity
3. Allow intuitive intelligence to guide the way
4. Break out of linear thinking to express freely in image, color, movement, and sound
5. Cultivate self-awareness and open vision
6. Discover the symbolic language of the unconscious
7. Unearth the metaphors living in your body
8. Access a more authentic & organic expression of self
9. Ignite the heart with inspiration
10. Reconnect to a sense of beauty



THE COLLAGE CONNECTION: Create. Transform. Renew.
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☐ I have enclosed a check / money order for the October 2020 Deepening Presence Retreat
☐ Bill my Visa / MasterCard # _____ Exp. Date: _____
☐ $850 Security Code: _____

Name: _____ Phone #: _____

Address: _____ Zip: _____

City, State: _____

Email: _____

Signature: _____

Please make check payable to: Karen Stefano, 25 Homewood Court, Charles Town, WV 25414
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