

# Portals of Luminosity

## A Journey into Our Inner and Outer World Through Collage

September 30– October 4, 2023

*Karen Stefano, L.P.C., NCC facilitator*

***This event is co-sponsored by R. Cassidy Seminars for 33 CE's.***

The Tissue Paper Collage Retreat exposes participants to a new and significant synergy of expressive arts and self-discovery. This Tissue Paper Collage Method developed by Jungian analyst Dr. Edith Wallace, uses C.G. Jung's technique of active imagination to express what is held deep within the psyche. Allowing meaning to emerge and show itself is at the very core of active imagination; this way of working allows for participants to express feelings and dilemmas that are difficult to address in traditional therapeutic contexts. Using tissue paper collage as the catalyst to connect to the part of ourselves where inspiration, joy and creativity live, we discover our hidden potential. A deep level of insight arises as each person reflects on emergent meanings in relation to self, family, community and culture from the personal to the archetypal.

This workshop includes writing the story of your life as a myth or fairy tale (bibliotherapy), collage making, expressive movement to help deepen the work that emerges from the collage process, journaling to gain insight as well as ground the experience of our inner world, private viewing of collages to reflect on feelings, sensations and thoughts, and group viewing of collages where the group reflects on shared meanings and insights.

This process introduces a new way to process grief, anger, hope, sadness and joy. This workshop titled, PORTALS OF LUMINOSITY: A JOURNEY INTO OUR INNER AND OUTER WORLD THROUGH COLLAGE, will help the participants navigate the profound challenges happening in these unsettled times. Most of our participants are licensed professionals and will be able apply what they learned in this workshop to their professional practices.

**To Register for this webinar, please contact Karen Stefano at**

**[karenstefano@icloud.com](mailto:karenstefano@icloud.com) or 540-514-0395**

### **AGENDA:**

#### **SATURDAY, SEPTEMBER 30**

6:30	to	7:15	Dinner
7:30	to	9:00	Introductions and Burning question
9:00	to	10:00	Collage Making

## **SUNDAY, OCTOBER 1**

7:00	to	7:30	Stretching
7:30	to	8:15	Meditation
8:30	to	9:00	Breakfast
9:30	to	11:00	Collage making
11:00	to	11:15	Break
11:15	to	12:00	Movement
12:15	to	1:15	Stories (3) listening
1:15	to	2:00	Lunch
2:00	to	4:30	Viewing, journaling, writing
4:30	to	6:00	Collage making
6:15	to	7:00	Dinner
7:15	to	8:00	Introduction to showing
8:00	to	9:30	Stories (4 stories)
9:30			Sitting

## **MONDAY, OCTOBER 2**

7:00	to	7:30	Stretching
7:30	to	8:15	Meditation
8:30	to	9:00	Breakfast
9:30	to	10:00	Questions and concerns
10:00	to	11:30	Collage Making
11:30	to	11:45	Break
11:45	to	1:15	Group Viewing collages (3 show)
1:15	to	2:00	Lunch
2:00	to	4:30	Viewing, journaling, writing
4:30	to	5:15	Movement
5:30	to	6:15	Stories (2)
6:15	to	6:45	Dinner
7:00	to	8:30	Group viewing Collages (3 show)
8:45	to	9:45	Stories( 3stories)
10:00			Sitting

## **TUESDAY, OCTOBER 3**

7:00	to	7:30	Stretching
7:30	to	8:15	Meditation
8:30	to	9:00	Breakfast
9:30	to	11:00	Collage making
11:00	to	11:30	Discussion about the process

11:30	to	11:45	Break
11:45	to	1:15	Group Viewing collages (3)
1:15	to	2:00	Lunch
2:00	to	3:30	Viewing, journaling, writing
3:30	to	5:00	Group Viewing (3 show)
5:00	to	5:30	Break/ All Hands on Deck Clean up
5:30	to	6:00	Dance and prep for evening
6:15	to	7:00	Dinner
7:30	to	10:00	Dances

### **WEDNESDAY, OCTOBER 4**

7:00	to	7:30	Stretching
7:30	to	8:00	Meditation
8:15	to	8:45	Breakfast
9:00	to	10:30	End discussion, closure and re-entry
10:30	to	11:00	Move out of rooms

#### CE Information:

**Full schedule as above is 33 CE clock hours**

**Karen Stefano, Ed.M.; M.A.; L.P.C; NCC**, is an artist, 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. She has been teaching the Tissue Paper Collage process for more than twenty-five years.

**Target Audience:** Psychologists, Psychiatrists, Social Workers, MFTs, Counselors, Substance Abuse Counselors, Occupational Therapists, Nurses, Teachers

### **Course Objectives**

1. Utilize the basic technique of making collages.
2. Review collage images and make their content intelligible by using both free association and amplification to process the imagery and uncover both individual and group issues.

3. Apply body/mind techniques of meditation, breath and movement to deepen the connection to sense of self.
4. Utilize biblio-therapy as a way to describe deeply held emotions and integrate one's insight.
5. Evaluate the process of collage making and how the collage images provide a new language for expressing emotions, thoughts, and feelings that may have no other outlet.
6. Utilize expressive movement to distinguish the parts of a collage that are not easily defined.
7. Review Jung's process of active imagination.
8. Describe the use of active imagination with clients in professional practice settings.
9. Utilize the practice of expressive movement to help clients interpret their feelings.
10. Define the Jungian theory of Active Imagination to participants.
11. Discuss how the Jungian theory of Active Imagination applies to collage making, bibliotherapy and movement.
12. Describe how the metaphors in fairy tales and myths can be useful in working with clients.
13. Summarize how the different elements of the Tissue Paper Collage process work synergistically to help clients integrate their emotions.
14. Describe how the Tissue Paper Collage process helps clients find a more authentic & organic expression of self.
15. Identify how the Tissue Paper process helps clients develop a deeper sense of empathy for self and others.
16. Compare and contrast the different elements of this program.
17. Explain the value of group process for transforming trauma into healing.
18. List the benefits of using expressive art therapy in professional clinical arenas.
19. Trace the history and development of The Tissue Paper Collage Process.
20. Discuss how the group process can support clients adjust to world circumstances.

21. Compare and contrast the differences between talk therapy and expressive arts therapy.
22. Review the meaning of amplification in terms of the tissue paper collage process.
23. Explain the use of free association in tissue paper collage.
24. List the benefits of expressive art therapy techniques.
25. Utilize reflective journaling to deepen insight and connection to one's self and one's community.

### **Course Content Level: Introductory/Beginning level**

**Evaluations and Certificates are available by email and online following course completion at [www.ceuregistration.com](http://www.ceuregistration.com)**

#### **Cancellation Policy:**

Deposit due by June 15

Payment in full due August 31

75% refund if cancellation is made before August 31

Payment is nonrefundable once event begins.

For Grievances contact: KarenStefano@icloud.com

This workshop will have 12-14 participants. Deposit is due by June 15. To reserve your place, either send a check for 50% or get in touch with Karen to pay by credit card. Payment in full due by August 31. 75% refund for cancellation made before August 31. Payment nonrefundable once event begins.

**This event is co-sponsored by R. Cassidy Seminars for 33 CE's.**

#### **Satisfactory Completion**

Participants must have paid tuition fee, signed in, attended the entire seminar, completed an evaluation, and signed out in order to receive a certificate. Failure to sign in or out will result in using both free association and forfeiture of credit for the entire course. No exceptions will be made. Partial credit is not available.

**Disclosure Statement:** There is no conflict of interest or commercial support for this program.

## **Psychoanalysts**

**NY:** R. Cassidy Seminars is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed psychoanalysts. #P-0005. **(33)** clock hours.

## **Social Workers**

R. Cassidy Seminars, ACE provider #1082, is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB) [www.aswb.org](http://www.aswb.org), through the Approved Continuing Education (ACE) Program. R. Cassidy Seminars maintains responsibility for the program. Approval Period: April 15, 2015-April 15, 2018. Social workers should contact their regulatory board to determine course approval. Social workers participating in this course will receive **(33)** continuing education clock hours.

**OH:** Provider approved by the Ohio Counselor, Social Worker and Marriage and Family Therapist Board for **(33)** clock hours, #RCST110701

## **Counselors/Marriage and Family Therapists**

**CA:** The Board of Behavioral Sciences has deferred CE course approvals to APA and ASWB for its licensees. See those approvals under Psychologists and Social Workers.

**Other States:** If your state is not specifically listed, nearly all state Counselor and MFT boards accept either APA or ASWB approval, or are reciprocal with other state licensing board approvals, such as those listed below. Check with your board to be sure. The Ohio Board includes Counselors and MFTs.

**IL:** Illinois Dept of Professional Regulation, Approved Continuing Education Sponsor, #168-000141. **(33)** hours.

**NY-LMHCs:** R. Cassidy Seminars is recognized by the New York State Education Department's State Board of Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors. #MHC-0015. **(33)** contact hours.

**NY-LMFTs:** R. Cassidy Seminars is recognized by the New York State Education Department's State Board of Mental Health Practitioners as an approved provider of continuing education for licensed marriage and family therapists. #MFT-0011. **(33)** contact hours.

**OH:** Provider approved by the Ohio Counselor, Social Worker and Marriage and Family Therapist Board for **(33)** clock hours, #RCST110701

**TX:** Approved CE Sponsor through the Texas State Board of Examiners of Marriage & Family Therapists. **(33)** CE hours. Provider #151

### **Creative Arts Therapists**

**NY:** R. Cassidy Seminars is recognized by the New York State Education Department's State Board of Mental Health Practitioners as an approved provider of continuing education for licensed creative arts therapists. #CAT-0005. **(33)** contact hours

### **Chemical Dependency Counselors**

**CA:** Provider approved by CCAPP; CCAPP Provider #4N-00-434-0218 for **(33)** CEHs. CCAPP is an IC&RC member which has reciprocity with most ICRC member states.

**TX:** Provider approved by the TCBAP Standards Committee, Provider No. 1749-06, **(33)** hours general hours, Expires 3/31/2018. Complaints about provider or workshop content may be directed to the TCBAP Standards Committee, 1005 Congress Avenue, Ste. 460, Austin, Texas 78701, Fax Number (512) 476-7297.

### **Educators**

**TX:** R. Cassidy Seminars is an approved provider with the Texas Education Agency CPE# 501456. This course is **(33)** CE Hours.

**CA:** Provider approved by the CA Board of Registered Nursing, Provider #CeP12224, for **(33)** contact hours. Some state nursing boards are reciprocal. Check with your licensing board to be sure.

**Disability Access** - If you require ADA accommodations, please contact our office 30 days or more before the event. We cannot ensure accommodations without adequate prior notification. **Please Note:** Licensing Boards change regulations often and while we attempt to stay abreast of their most recent changes, if you have questions or concerns about this course meeting your specific board's approval, we recommend you contact your board directly to obtain a ruling.