



EXPLORING WHOLENESS THROUGH THE ARTS

Exploring Wholeness through the Arts is an immersive weekend workshop in Northern California where we will be tending the fires of creativity. It's more important now than ever to step beyond our everyday stresses and linear thinking to give ourselves the time and space needed for authentic self-reflection and creative expression, which are dynamic components of self-regulation.

We will begin by creating tissue paper collages that engage our visual and kinesthetic senses. Participants will have time to reflect on their collages and do a bit of journal writing. Engaging with one's collage offers a space to explore and respond to any emotions or thoughts that surface; there will be an opportunity to express the collage's meaning through embodied expression.

After viewing the collages individually, participants come back together to share their collages with the group, reflecting on their meaning in relation to self, family, and culture—from the personal to the archetypal. After the person showing has finished, the group reflects on shared meanings and insights. Utilizing all these techniques engages our inner world in a way that transforms unconscious content into visible form so it can be processed, understood and integrated.

By the end of the weekend, our hope is that you return home with renewed inspiration, having discovered the ways in which intuition, imagination, and beauty influence our lives and work.

This experiential workshop provides counselors and mental health professionals the opportunity to practice integrating creative arts and somatic awareness into their work with clients who need support with self-regulation and therapeutic insight.

WHEN: Friday, June 19 – Sunday, June 21, 2026

Friday, 6 – 9pm, Saturday, 10am – 4:15pm, Sunday, 10am - 3pm

Schedule is in Pacific Time.

WHERE: Cornerstone, Sebastopol, California

COST: \$400 includes art supplies and beverages (coffee, tea, water)

* Please bring your own lunch

CE CREDITS: 13 Continuing Education Hours pending approval from the West Virginia Board of Examiners in Counseling (WVBEC)

CONTACT:

Retreat questions: Karen Stefano, 540.514.0395 / karenstefano@icloud.com

Cornerstone questions: Elizabeth Schreiber, 707.292.4836 / drelizabethschreiber@gmail.com

TO REGISTER AND PAY please contact Karen Stefano
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