

Contemplation Cards Workshop

-Therapeutic tools for Mental Health-

**Explore deep-set issues for Individuals, Couples & Families -
Using "Eclectic" set of Therapies & Art Therapy**

Experiential Activities



Hands-on tools to create quiet interludes of reflection and pondering



Workshop Outline (ONLINE)

The Contemplation series of cards from Estonia has a range of diverse images that opens up conversations and insights in ways that words cannot. This may be particularly useful with clients who are predominantly visual learners. The images and descriptions in many of the cards help people find images, metaphors and stories to describe what is happening in their lives.

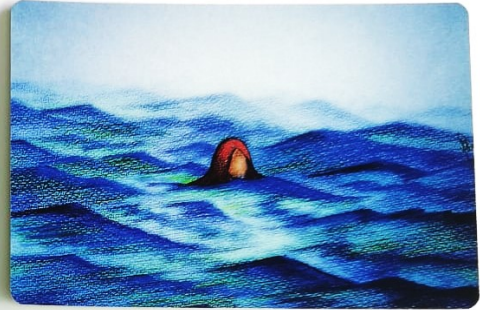
Contemplation cards help to:

1. Explore clients presenting issues
2. **Work in Mental Health issues such as Anxiety & Depression**
3. **Counselling with Families**
 - Family systems / Family Violence
 - Divorce/ Separation
4. **Use various types of psychological framework to generate conversation that help to strengthen our working relationship with clients**

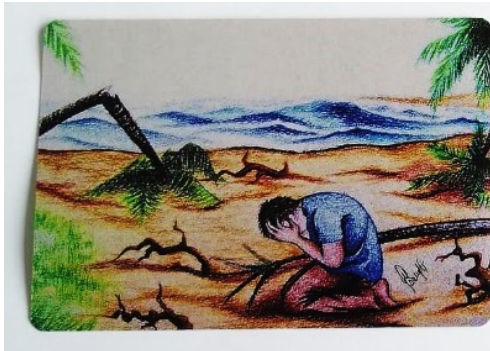
Case Studies

The faceless characters create room for multiple expressions to flow through, allowing freedom for interpretation and speech.

Individual – Anxiety and Depression

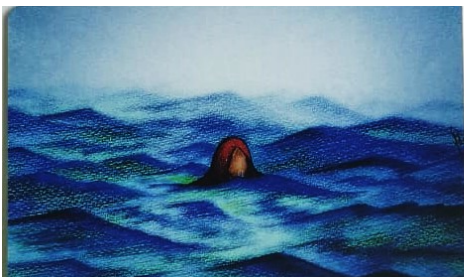


Anxiety - suffocated, out of control, overwhelmed with thoughts and emotions



Mental trauma- infested time, pain ,breakdown.

Summary of a Sequence: **Where are you now & Where do you want to be**



Now



In the future

Out of the water – Externalizing the Anxiety, working with it and being in control of it.

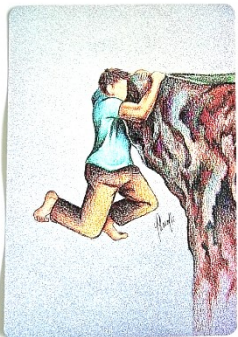
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Couple/Family Settings – Divorce, Separation & Violence



- Overwhelming duties as a Wife and/or Mother .
- State of fear is deemed to exist.
- Unable to seek help due to fear of partner and the outcome of her social standing, societal judgements and assumed repercussions faced by the family.
- Trying to hold on to the family, not wanting to let it crumble for the sake of the children.



- Experiencing the constant pressure of living up to expectations or societal labels in the Asian culture - “Man of the House”.
- Making of choices and the accountability to the family.
- Responsibilities get piled on and are perceived as a burden.
- Not being able to respond in a positive manner, the Male figure resorts to Violence, Gambling, Alcoholism and many others down the line, leading to self- destructive behaviour.

Trainer Profile

Xin Li is a trained Art Therapist, Play Therapist, Counsellor and Supervisor. He received his Bachelor in Arts (Psychology) degree from the University of Missouri, St Louis and his Masters in Counselling Psychology (Art Therapy) from Naropa University, Boulder, Colorado.

Xin Li has working experience in America, Singapore and China. He has worked with the American-Asian community, At-Risk youths and in the American mental health services from 1997 to 2003. He has over ten years working experience in Singapore working at family service centres as a counsellor, supervisor and manager. His recent work in China, Guangzhou involved providing training and supervision to social workers and counsellors.

His passion is to work with families, teenagers and adults in using art therapy for healing and growth.



Family Series – Man, Woman, Animals, Insects and Landscapes!

❖ ***Workshop can be considered for VCF funding as a non pre-approved course.***

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