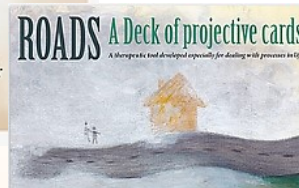
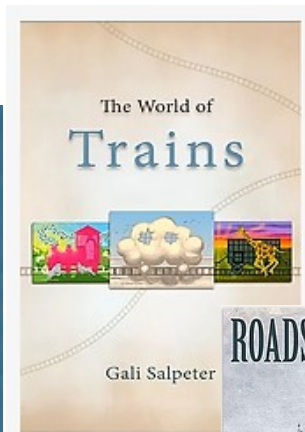
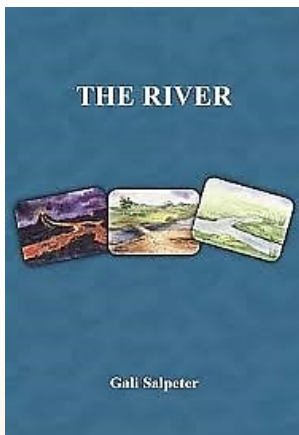


Visual tools for Mental Health

Depression, Trauma, Anger & many more.

The River, Roads and The World of Trains

CBT . Narrative Therapy . Choice Theory cards to explore deep-set issues with clients



About the cards: →

The River, Roads and Trains cards are visual metaphoric tools that aid in life span development.

- A catalyst that provides a great opportunity for individuals to experiment with, share and express the unsayable hurt or shameful experiences that they have gone through in life.
- A bridge between the conscious and unconscious mind which then connects individuals in their journey towards wholeness.

Workshop objectives: →

- Exploration on possibilities of strengthening relationships.
- Creating conversational pathways to work towards addressing issues like depression, stress, anger, anxiety, grief and loss.
- Increased awareness and understanding of life events, behavioural patterns and the influence of the past on the present (For clients).

Audience: →

- Psychologists
- Social workers
- Counsellors
- Psychotherapists
- Expressive therapists

- Case Studies -

Self -Harm:



The array of cards depicts the journey of a young client's traumatic experience leading to self-harm and recovery. The visuals allowed him to understand his feelings, reflect on them and re-create a new story to end the traumatic experience which was his way of moving forward and healing.

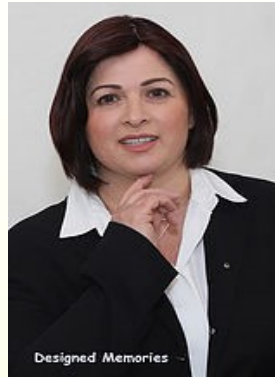
Depression:



The array of cards depicts the journey of a senior who experienced severe depression.

Transformative thinking took place from the dark rivers to the waterfall and the subsequent change of seasons. It helped to reframe her outlook in life with the realization of self-care and take control by coming up with solutions to manage her depression – A sense of awakening.

Trainer



Ms Noa Gross is a Psychotherapist, a Psychodrama & Art Therapist practitioner and an NLP practitioner. She has international practical experience in working with schools, adults, families, and children for over 20 years in a variety of settings within the Mental Health Sector.

Ms Noa Gross has been using the River, Road and Train cards in her practice and running workshops of them for 7 years and counting; around the globe. She will be sharing practical examples and insights in a wide spectrum of practices.

We are committed to keeping class sizes small to facilitate interaction, so please register early.

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

Website: www.relationalresources.info

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