Relational Resources

Colour Therapy
Online Workshop

Colour is POWERFUL non-verbal, visual sensory tool to work with Clients' blocked emotions

4 & 5 October 2022

A module for the Certificate of Artistic Therapies from Sophia College, Australia

WHAT IS Colour Therapy?

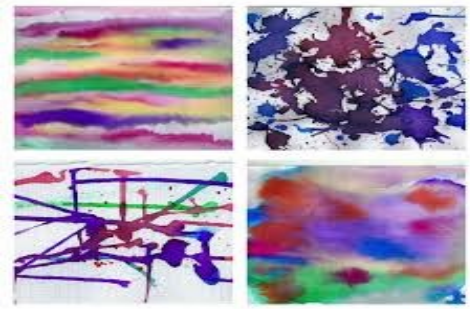
- Is an ENERGY of certain vibration and has effects on humans which enable it to be used as a healing tool
- It is HOLISTIC, NON-INVASIVE and POWERFUL
- Popular treatment to maintain PHYSCIAL & PSYCHOLOGICAL WELL-BEING
- Non-verbal, sensory tool through which we express our feelings, communicate with each other and the world around us

WHY Colour Therapy?

- Helps transform EXHAUSTION into VITALITY
- Set appropriate boundaries
- Replenish JOY & STRENGTH
- Learn 'vocabulary' of colour in inner world
- Helps process process BLOCKED EMOTIONS & communication including:
  - ✓ Anger
  - ✓ Grief & Loss
  - ✓ Fear & Anxiety
  - ✓ Depression

WHO Should Attend?

This workshop is for anyone working with or has the desire to work with children or families for example; teachers, counsellors, social workers, occupational therapist, art therapist, dance therapist, mental health nurses, psychotherapist and other mental health professionals and students in this field. It is suitable for those working or studying in fields including education, special needs, allied health, hospital play therapy, disability and child support areas and who have a strong interest in supporting children's emotional/psychological growth and development.



Colour Mandalas!

Express Yourself through Colour!

"The craving for colour is a natural necessity just as for water and fire. Colour is a raw material indispensable to life. At every era of his existence and his history, the human being has associated colour with his joys, his actions and his pleasures." **Fernand Leger, "On Monumentality and Color", 1943.**

Day 1

AREAS COVERED

- Principles of Colour with various clients - Children, Adolescents and Adults (Including men and the elderly)
- Develop colour vocabulary to express feelings
- Using Watercolour sequence for working with Depression, Despair Grief and Loss
- Self-Forgiveness and Self-Acceptance
- Rebuilding trust after betrayal

Day 2

AREAS COVERED

- Developing child's colour vocabulary and the links to their feeling life
- Colour exercises to release Anger in Children
- Creating an Individual Mandala to build self-esteem
- Create a Group Mandala for peer bonding and focus on particular goal

Dr. Patricia Sherwood is a postgraduate supervisor at Notre Dame University in Australia. She has lectured for 30 years in Social Work, Psychology, Social Science, Counselling and Special Education.

- She founded the Indo-Pacific Journal of Phenomenology and is the Director of Sophia College of Counseling
- She provides mental health and wellbeing training to teachers and parents in Australian schools.
- Has extensive international experience, having trained in Australia, Singapore, Malaysia, and South Africa within the fields of counselling and mental health recovery.

Training	Date & Time	Price
zoom	**4 & 5 October 2022** **(9:00am - 4:00pm)**	**PACKAGE PRICE** **Normal Price: $790** **Early Bird Price: $690 only !** **(Ends on 26 Sept)**

Workshop toolkit- Paint, brushes, watercolour pad will be provided. Participants can drop by to our office to pick up the materials or request for delivery. Delivery charges apply.

For overseas participant, please get in touch with us to advise you on the materials to be purchased.

Mode of payment:

Singapore: IFAAS/Paynow/I-Banking
Overseas: Event Brite
Australia Bank Transfer (Australian Participants)

We are committed to keeping class sizes small to facilitate interaction, so please register early.
Trainings will be highly experiential and interactive.

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

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