

Visual Journaling: Using Images to Go Deeper Than Words

Learn to move beyond thought and words into feelings and intuitive knowledge...even if you can't draw.

Thursday evenings | January 15, 2015 - February 19, 2015 | 7:00-9:00pm | (6 weeks)

Words interpret our feelings; images reveal them. Imagery is our body-mind-spirit connection's primary means of communication. Feelings always communicate information if we are willing to listen.

No artistic ability required!



Visual journaling can be used to:

- Reduce stress
- Release anger
- Resolve conflicts
- Get in touch with feelings and intuition
- Give voice to your soul

Register early as space is limited!

Emotions repressed from the past remain stored away in our bodies, and can cause physical symptoms of varying severity, including physical pain, illness, weight concerns, depression, anxiety, panic or fear or intense reactions towards our loved ones. Often, just the act of getting in touch with how something really feels inside your body – rather than how you think it feels – is enough to offer a sense of relief and bring about great changes in our lives and relationships.

When and Where

Thursdays 7:00-9:00pm
January 15th - February 19, 2015

**First Congregational Church -WG
10 W. Lockwood Ave.
Webster Groves, MO 63119**

All classes will be held at FCC in Webster Groves. Class will run for 6 weeks and clients will need to bring an 11"x 14" unlined journal the first night of class.

Kate speaks the language of soul in a way that is accessible, practical, and not bound by sectarian religion. The workshop sparked a conversation between my right/left brain and my head/heart as she wove information with real-time experiences. Through her calm and skillful guidance, we opened doors to our inner selves that led to great insight. Kate's approach is deep and integrative and those ready to plunge below the exterior of things will not be disappointed. (Client, INFP-3)

Workshop Registration Form: Visual Journaling

Name _____

Address _____

Phone _____

Email _____

Contact Number: _____

Registration Fee: \$150 Total included: _____

Register early as space is limited!

To register and reserve your space, call, email or postal mail this registration form and payment to:

Transformation Counseling, LLC
Attn: Kate Schroeder
8084 Watson Road, Suite 226
Saint Louis, MO 63119

Payment of check or cash only. Please make all checks out to:

Transformation Counseling, LLC