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| **Workshop Title** | **What to Bring** |
| Make a clay labyrinth - with Angie Petrie                | Please bring an apron, and some plastic gloves if required.It’s also a good idea to bring a plain tea towel to put your clay on and something to carry it home in. |
| Using Clay to work with the Inner Critic - with Cara Cramp |
| Using the Inside Out figures in counselling - with Angie Dulwich  | Scissors |
| Combining Cards with Artwork in counselling - with Pauline Andrew | Your choice of coloured pens/pencils/pastels/crayons/felt tips |
| Age matters - how a creative approach can help older clients who are negotiating Erikson' 8th life stage - with Julia Everett | Felt tips and a few small items that remind you of your earlier years or special moments eg a small photo or ribbon from a dress, a badge or medal - something that can fit into a small box that will be a good memory from the past |
| Adoption issues in counselling, including proposed legal changes - with Chelle Fussell | Notepaper and pen and/or coloured pens to write with. |
| Therapeutic doodling - connecting the conscious and unconscious and creating new neural pathways through neurographic art - with Debbie Waldron | Your choice of coloured crayons, pencils, pastels or felt pens. Debbie will provide paper and marker pens and have some colouring items available.  |
| Let's talk about Stress & Burnout - with Pauline Andrew  | Scissors |