

AMKA Body Mapping Workshops 2016

Art-Therapy sessions Feedback by Sylvie Groschatau

Monday August 29th Art Therapy

-**Welcome introduction & project objectives** by Jane. Sylvie's introduction to the art therapy sessions.

Group Circle : AMKA Awake! Introducing all the participants to each others

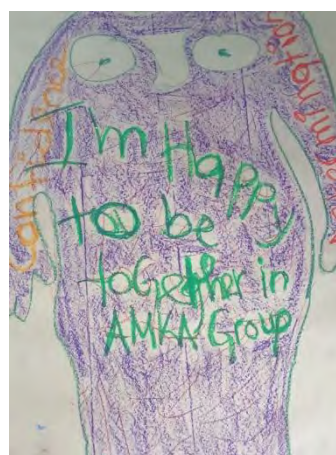
-Group Activity: Taking a Walk "Interacting with each other"

-Introduction to Body Mapping : Clay hand : "Who Am I"

And starting the Body Maps : the Dance

13 Ladies participants this year and a very full first day!

Day One is dedicated to meeting one another, outlining AMKA's objectives and purpose of the art-therapy sessions. Participants are introduced to the different techniques : clay, beads, pastels, interactive exercises... which they will be using throughout the week.



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Tuesday August 30th Art Therapy

- “My Symbols of Strength” :

Outline & Identify my strengths : “Tree of Life” What are my strengths & abilities? : what can I count on to achieve success ?

- “**My Personal Goals**” : The goals that need be identified are **short/medium terms goals** : first steps towards building a better future for myself and family.
Are my goals in sync with my abilities ?

“**My Action Steps**” Clay Feet : How to get there ? what qualities will I need ? : Some Key words by the participants : Determination - Confidence – Dedication - Honesty/Reliability - Hope - Patience – Courage

- **Group share** : The importance of **adaptability and tolerance**. Being adaptable to new situations and respectful of others beliefs.



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Wednesday August 31st Art Therapy

-Movement Session : 9 Steps to Success Through Movement and Dance by Movement therapist Lulu Erasmus

Building trust and confidence in ourselves and our abilities.

1st – Passion, dedication – What is my passion. What brings me joy in life?

2 – Understand your strength and weakness, our abilities. What is my special gift to serve others? What is my talents ? How to improve my weakness.

3 - My goals and plan how to achieve my dreams . See your long term goals and the small steps to be taken to achieve the bigger dreams.

4 –Focus and clarity . Stay focused , stay clear don't be distracted.

5- Communication, work on proper presentation, confidence in your voice and body posture. Clear and clarity in communication, Listen clearly before answering. Listen to understand, the gift of a good listener. Less words can be more powerful. Direct and clear to the point explanations.

6- Commitment . To yourself first and to others .

7- Reliable honest . This will take you far in life .Showing up at work .

8- Awake and present, see your opportunities that open up around you. Keep your ears open. Be aware of your thoughts and actions. Think before acting . Stay positive . Every day is a new day !

9- Believe and trust. Trust in yourself . Know when to trust others and how to listen to your own inner guide. And to be calm to be able to hear, not to act from over extreme emotion. Find stillness and learn to listen within.

Group share on Nutrition : Healthy body = healthy mind =success = energy



All Participants achieved level 3 for these begining exercises

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Stress release

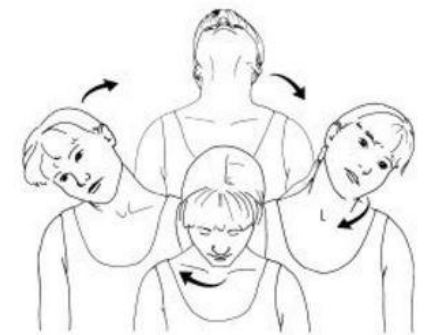
Good Communication : Postures, Share and Listen

Focus and clarity

Awake and present

Commitment / Reliability

Confidence



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Thursday September 1st Art Therapy

-Body Mapping: Show how my goals are in sync with my abilities - Show how my goals are in sync with opportunities – **Qualities I need to achieve my goals**

-Group share on anger and stress release :

The group share on anger and stress was a very open discussion where these issues were approached : personal stories were shared and commented within the group. Release from stress related to trauma and fears is needed. Some continued counselling is advisable.

This booklet together with the movements exercises attached will serve as a tool for the participants to continue their journey and keep focus throughout the programme.



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Friday September 2nd Art Therapy

10:30 Presentations & Exhibit of Body Maps open to all Scalabrini staff : each participant makes a presentation on their works and a short group discussion wraps up the session.

The public presentation was very strong and to the point. Every participant was able to identify their specific needs, abilities and goals. They are all very fluent in English and in expressing themselves. They interact well with each others, show respect and the ability to listen. Their answers to several questions at the end of their presentation were very clear, precise and well formulated. They all presented themselves in a very good light : in posture, with a good clear voice and clearly outlined realistic goals that meet their abilities and the Project's objectives.

The need to take their life into their own hands using their own personal abilities and qualities to reach their goal is very strong with all the participants.

They have been able and determined to understand and use wisely to their own benefit the different exercises and techniques offered to them during the sessions.

Group shares on : Clarification of own strengths and goals & the importance of Adaptability & Tolerance (day two), Energy Nutrition (day three) and Trauma related stress (day four) formed an important part of the sessions this year. They helped the participants to clarify, express themselves and listen, share stories and comments. They also boosted a group energy : feeling supported, the participants overcame timidity, anger and fatigue to achieve really powerful individual presentations.



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