

« Journey into now »

19th – 23rd of January 2015 Scalabrini Centre, Cape Town

The Objective of the AMKA Project is to raise self-esteem among the selected participants who have experienced trauma through war in their country and/or xenophobia as refugees in South Africa and empower them to be productive, self-sustaining and respected in their communities striving to lessen dependency from Welfare Desk. They will be offered classes in literacy and it, as well as life skills and counselling throughout the duration of the project.

The focus of the art therapy workshops which will open the AMKA sessions for 13 female participants is to promote group cohesion, trust and discipline as well as help assess individual needs and strengths. The 5 days sessions will aim at building self esteem to enable the participants to take full chance of the learning process offered to them through the AMKA project at the Scalabrini Centre, Cape town.

Art-therapist : Sylvie Groschatau see Art-therapy / Body Mapping www.123lestimides.net

This year, Guest practitioners joined the project :

Amanda Jephson : Transformative Counseling Encounters

Sensory Labyrinth : Deidre Matthee & Radu Ionescu *bird-shaped heart theatre*

DAY ONE Who I am Ceramics and Body Mapping

Group round : AMKA ! Every morning, the day starts with group exercises vocal and movements to acquire focus, joy and promote group cohesion.

Sensory Labyrinth Rythms and space appropriation

Clay hands Who I am



Body Mapping & story telling



How do I place myself in the universe (space) and interact with others



DAY TWO

Where do I come from ? What Dreams keep me alive and here now ?

Clay feet & Body mapping



DAY THREE What is now ? Trees of Life



The roots are what made me, the trunk is my personality, the branches my aims and dreams, the fruits and foliage what I want to offer the world.

DAY FOUR Discovering paths Sensory Labyrinth « Journey into Now »





Where the participants uncover and story tell their Journey.



All participants have been very dedicated, came early and prepared every day. They were all eager to do and understand and go through a process that they took seriously and within a group energy that was built up with group exercises, reflections, tears, songs and laughter.

They all are very capable, strong women each in their own ways, their english is good both in speech and writing. They express themselves well in public and to new comers (Amanda, Deirdre, Radu).

A lot of aims were assessed and defined through these workshops and the participants became very articulate about their hopes and researching the means to get there.

A very strong group energy developed through the various sessions and helped them cope with emotions, anxieties and fears. They learned about each others stories and showed empathy.

We ended the sessions with Batik which they did in common and individually.

Feedback by Amanda Jephson - Transformative Counseling Encounters

Thank you so very much for allowing me to be part of AMKA. I had one of the most moving, privileged and memorable experiences being part of these workshop. I have not been able to get the stories of these women out of my mind and just am so grateful for all you and Scabrini are doing for them and others. If I lived in Cape Town I would jump at any opportunity to become more involved. These women are such an inspiration to us all and when I think of the hardships they have gone through (which I cant even remotely comprehend) and how they have made it to Cape Town and their hope and aspirations for their future it makes me ashamed to utter the slightest complaint about anything in every day life. Note to one self...NEVER COMPLAIN ABOUT A THING EVER AGAIN!

Your spirit and energy, your commitment and openness and creativity was so refreshing, and your work so so valuable in building their self esteem and allowing their experiences to be expressed through Body Mapping and a variety of art techniques. Very uplifting as well meeting Radu and Deirdre and being part of their profound, imaginative and playful labyrinth process.

The group exuded joy, love and playfulness as well as hope in overcoming their suffering and rebuilding their lives.

I was incredibly impressed by the women who are all so energetic, strong, powerful, ehthusiastic and ready to take on any challenge. I thought they were beautiful and just an absolute pleasure to be around with their positivity.

Many blessings and hugs to you and all those DIVINE LADIES of AMKA! Reveillez-vous ! AWAKE, Vuka, Wakker !!

Amanda Jephson Fine Artist MAFA; BAFA; ND Land.Tech



The Art Therapy modules of the AMKA workshop were extremely beneficial for the participants, as it allowed them to gain more self-awareness and motivation in being proactive in their daily lives. The ladies performed various exercises that granted them the ability to come together and be more accepting of different cultures and religions. Most importantly, the Art Therapy modules were a great way to assess the participants skills and employment desires, which allowed the Employment Access Programme to assign the appropriate training institutions for them.

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