

Basics of SoulCollage®: A Creative Process for Self-Awareness and Self-Care

Sunday, January 31, 2-5:15 PM EST, on Zoom

\$30-\$50 sliding scale via paypal or venmo

Please RSVP to apothecarrie47@gmail.com



SoulCollage® is a fun and supportive process which develops intuition, creativity, and self-awareness. SoulCollage® explores the imagery of the personal and collective unconscious through the creation of a personal deck of collage cards which you can “read” much like Tarot cards. Drawing from Jungian psychology, it is a playful and engaging way to explore, express, and dialogue with the many parts of yourself and your personal mythologies. *(Learn more at www.soulcollage.com.)*

This workshop will offer a brief introduction to the SoulCollage® process, tips for making SoulCollage® cards, and a guided experiential process in which participants will create and share SoulCollage® cards to express feelings, resources and reflections on these pandemic times. Participants will come away with 1-3 cards to start off their own SoulCollage® deck, a basic understanding of SoulCollage®, resources to continue learning, and the nourishing experience of connecting creatively with self and others.

If you have already been introduced to the basics of SoulCollage® with me or another facilitator, this workshop could feel repetitive - but I plan on offering thematic workshops in the future, so stay tuned!

While SoulCollage® may ideally be experienced in-person, these times require adaptation! This workshop will be on Zoom, so participants will gather their own materials. To get the most out of this experience, it will be best if you can find a space where you can spread out with your materials and be mostly undisturbed during the workshop.

Materials needed:

***Collage material** (magazines, cut paper, old photos/copies of photos, printouts of special images, whatever you can find!)

***Card stock or matte board** (5in x 8in size suggested) - you can get creative by cutting up cereal boxes into 5x8 size, or whatever you have available. What's needed is a firm backing so that your collage can be a CARD, added to a deck of cards, rather than a flimsy piece of paper.

***Scissors**

***Glue Stick** (small elmer's glue sticks work just fine)

***A journal** or paper and pen for writing reflection

Facilitator: Carrie Fields, MSW



I have been practicing SoulCollage® for about 4 years, and completed my facilitator training in February, right before the pandemic swept in. I love how SoulCollage® combines my interests in self-inquiry, the creative process, group work, archetypes and mythology. For me, making and working with my SoulCollage® deck both alone and in groups has helped me to better integrate and relate with the varied aspects of my life experience, and to creatively explore the personal and collective narratives in my life. It combines naturally with other tools that I use, including dreamwork and the Tarot. I love sharing this process with others!

Check out my other offerings at apothecarietarot.com.

Contact me at apothecarrie47@gmail.com or 336-587-6856 with any questions.