

"At the deepest level, the creative process and the healing process arise from a single source."

Soul Circles

Restoring Resilience: A Creative Engagement Process Group for Clinicians

Led by **Shira Marin, PhD**

Licensed Marriage & Family Therapist • Certified Group Practitioner • Certified Expressive Arts Therapist

In this time of relentless stress, you may be feeling:

- Worn out from your own sadness and fears, as well as your clients'
- More anxiety and self-doubt about your therapeutic effectiveness
- Isolated and at a loss for how to renew yourself

Here's How I Can Help ...

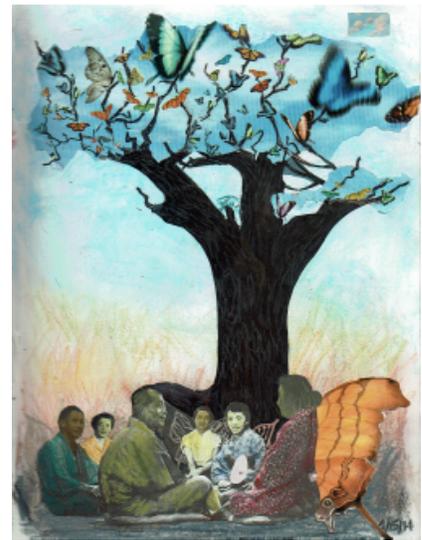
- Learn a creative modality to align your cognitive, emotional, & somatic experience
- Engage in healing process conversations that arise from creative expression
- Commune in a safe environment that supports organic growth of connection

Opportunities Awaiting You ...

- Refreshment and renewal that supports you in being fully present for your clients
- Re-energize your confidence in your therapeutic effectiveness
- Easier management of daily practice challenges through the support and collective wisdom of fellow colleagues

Through creative encounter with images, texture, and color, an organic, integrative process emerges. This engagement combined with reflection and process conversation opens new vistas of possibility for self-care and renewal (or refreshment?).

Limited group size. Held online.



Introductory Session

No creative experience necessary

December 11 or 18, 2020

1:00-3:00 pm PST; 2:00-4:00 pm MST;
3:00-5:00 pm CST; 4:00-6:00 pm EST

*You will need a few colored markers, pens,
oil pastels, and some paper larger
than 8.5x11 if possible.*

TO REGISTER SEND AN EMAIL TO:

shiramarinphd@gmail.com

If you, or a clinician or pre-Licensed clinician you know, would be interested in having a safe and encouraging place to process the unique challenges that face us now as clinicians because of COVID and all of the other environmental and societal hardships occurring, please, email me at shiramarinphd@gmail.com for details or to register for the complimentary Introductory Session.



Shira Marin, PhD, (She/Her) is a lifelong creative, Licensed Marriage and Family Therapist, Certified Expressive Arts Therapist, Certified Group Practitioner and Certified Transformative Learning Coach with over 39 years of experience. Dr. Marin leads interpersonal process groups, dream groups and serves individuals, couples, and families (Lic.15972).

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