

FALL OFFERING

Process Art & Parts Work

Facilitated by Mariah Hutchinson, MAAT, LPCC, ATR & Kenlee Valleskey, MA, LPC
Where: Open Space Studio 2608 Blaisdell Avenue South, Mpls 55408

What is Process Art & Parts Work?

Internal family systems (known as IFS) is a compassionate way to connect to all parts of ourselves. IFS is a way of welcoming our whole self to learn what parts of us feel and therefore need in our present lives and relationships, creating powerful change and deeper connection with both self and others.

Process art is all about using art materials to express our feelings; it gets us out of our head and into the moment. It's not about perfection (screw "I'm not an artist", "it has to look good") and just like the name says, it's about process. For example: what color would my mood be? What shape feels right here? In process art we explore ways to find a connection to our feelings and experiences in the moment because let's face it: sometimes art says what words can't.

What to expect: October & December gatherings 1-4 pm

Participants will experience an introduction to IFS and process art practices with space for self-connection and group exploration. Gatherings will explore protective parts of self (*October gathering*) and exiled parts of self (*December gathering*). Participants can attend one or both gatherings, and previous participants are welcome back!

- Opening grounding & overview of IFS and process art
- Part 1: Exploration of parts of Self through process art
- Part 2: Bringing qualities of Self-leadership through process art
- Closing group reflection to integrate our experience together

Energetic exchange: \$75 per gathering, per 3 hour gathering

Groups will run with 6 participants, 8 participants max

**Returning participants are offered a discounted rate of \$60*

Any questions please reach out to Kenlee or Mariah
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