

FALL OFFERING

Process Art & Parts Work

A 3 month, public offering October-December

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 (yep, even that part that you wish "would just go away" or the part that wants to be connected to others and at the same is fearful of being hurt). 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 self/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.

Format: what to expect

In this monthly, 3-part series participants will experience a combination of introductory IFS and process art practices with space for self-reflection, time for art making, and group exploration:

- Opening introductions & overview of IFS with prompts and reflection provided
- Exploration of exiled & protective parts of Self
- Process painting introduction with demonstration, prompts and support provided
- Closing group reflection to integrate our experience

Energetic exchange:

Pay what you are able/what aligns for you in this current season

\$60 / \$75 / \$90 per gathering

****3 monthly gatherings Oct-Dec, Saturdays 1-3:30pm
Specific dates coming Sept 2023****

Groups will run with 6 participants, 8 participants max
First come first serve.

Any questions please reach out to Kenlee or Mariah
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