

Exploring My Present Relationships

Explore personal experiences in current relationships using creative expression

BENEFITS YOU CAN EXPECT FROM THIS WORKSHOP

- Connect with and express certain important aspects of yourself that you live and experience in your relationships.
- “Concretize” your felt experience by making it visible through creative expression.
- Gain a better knowledge of your present relational life in order to manage it well.

WORKSHOP OUTLINE

- *Each day unfolds the same way:*
 - A theme proposed by the educator to launch the creative expression well
 - A time for in depth creative expression on that theme
 - A time for taking a distance and analyzing your works
 - A time for sharing your day’s work
- *The proposed themes*
 - Visualizing my current relational landscape
 - Getting in touch with and express my relational difficulties
 - Identifying the tensions experienced in my relationships
 - Identifying my relational capacities
 - Becoming aware of my life-giving relationships
- *Action plan and final inventory*

APPROACH USED IN THIS WORKSHOP

The training takes place in a group. Questions invite you to observe your life on the theme being dealt with and to describe your experience. The time of guided analysis is followed by optional sharing, without discussion. In order to deepen participants’ personal research, the educator gives input and uses various means (diagrams, commentaries, observations notes, etc.). The variety of experiences shared in the group enriches participants. You are invited to make well thought out decisions corresponding to your actual reality.

CONDITIONS FOR PARTICIPATION

This workshop is open to all adults. It is preferable to have followed another PRH workshop and one workshop on PRH analysis. It is not required to have specific competencies for drawing or painting. It is not recommended for deeply perturbed individuals, or for individuals in psychotherapy, unless they receive the approval from their psychotherapist.