



Empowered
Art Therapy

WITH ART THERAPIST
KERRYKNIGHT

"My courses include a blend of three schools of formal training I have embarked on over the past 14 years. Yet it is my unique lived experience that provides the container for these courses to be held within where I share the insights I have gained on my own healing and practice journey."

"This blend of mind-body accompanying a structured form of Inquiry makes my experiential courses with research-based techniques easy to follow yet deeply resonant".

Kerryn Knight AThR

Professional Self-Care Workshops

WWW.EMPOWEREDARTTHERAPYCOURSES.COM.AU

Start Up with HeArt Workshops



"Join me in a creative experiential approach to start up and grow your private practice with HeArt".

"As a successful private practice owner, previously in corporate marketing and community services sectors, I share with you how I have navigated the marketing arena with a workable business plan while remaining authentic to myself and my unique practice."

In this Masterclass workshop, I share with you my creative experiential approach to get to the HeArt of your practice coupled with practical how-to's to get your message out there to the clients you want to work with".

CONTACT US

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ABOUT US

WORKSHOPS



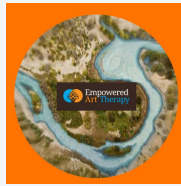
"Hi I'm Kerry Knight, Founder & Art Therapist.

"Passionate about the power of healing arts in therapeutic practice, I support fellow therapists with Professional Self-Care, Professional Development & Private Practice Development, so together we can better support our community!"

OUR PARTNERS INCLUDE



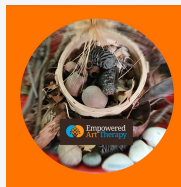
MAPPING MY INNER TREASURE (C) WORKSHOP



The Mapping My Inner Treasure (C) workshop provides you with experiential professional self-care processes to take time out from your role while learning processes to use with clients. This workshop enables you to gain a greater understanding of yourself, your strengths and your learning edges through creative, expressive processes.

Commencing with mindfulness processes designed for daily use, Kerry then guides you through metaphor, creative writing, and representation.

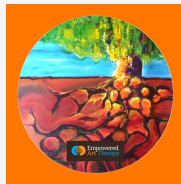
NATURE'S SYMBOL BEADS (C) WORKSHOP



The Nature's Symbol Beads (C) workshop provides you with experiential professional self-care processes to take time out from your role while learning processes to use with clients. This workshop invites you to 'walk-in-wonder' to gather natural items

to represent various aspects of your life including a safe space, challenges, learning edges, and resilience. Throughout the experiential process, you are then invited to link your unique personal symbolism and association with each item and bind them together. These beads become transportable tangible items to hold in times of need.

TREE OF ME (C) WORKSHOP



The Tree of Me (C) workshop provides you with experiential professional self-care processes to take time out from your role while learning processes to use with clients. This workshop enables you to gain a greater understanding of yourself, your strengths and learning edges through creative, expressive processes. You are invited through a series of creative imagery and writing to build self-awareness through tree metaphor. The tree and its many parts can symbolise a person and their many parts. You are guided further through what you wish to metaphorically cultivate and compost for the year ahead.



**Bespoke
Professional
Self-Care
Workshops**