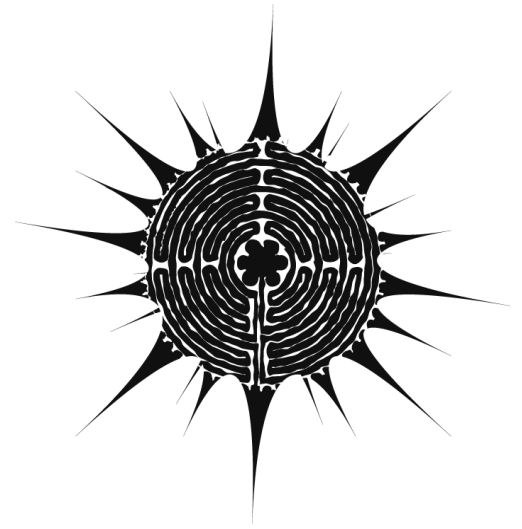


Ruth Murdoch MC, CCC, RCAT
Certified Counsellor
Registered Art Therapist

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being in your body: a journey with art & presence

an 8-week art therapy group with

Ruth Murdoch, MC, CCC, RCAT

assisted by: Birgit Laskowski M.Ed. Counselling candidate

Who: Men and women, aged 19 years and up

When: March 7 to May 2, 2013, Thursdays, 6:30 to 9:00 PM

Where: Smithers Senior Secondary School Art Room

Cost: \$400 (includes art materials; payable by March 1st)

Limited to 10 Participants

Summary

Our relationship with and experiences in our bodies are shaped by many factors including our life stories, the presence of illness, injury, or pain, and the cultural contexts of our lives. In this 8-week art therapy group, participants will explore their personal relationship with their bodies through a diverse range of art therapy approaches and mindfulness techniques. The process will include art-making, personal self-reflective exploration, and the opportunity to share personal processes with the group. **No background or expertise in art required.**

For more details about this therapy group, visit Ruth's website at

www.ruthmurdochcounselling.com. You may also contact Ruth at 250-847-4989 or email her at rmurdoch@bulkley.net.