

**Workshop Title:** Heal & Thrive - Trauma Recovery Through Creative Expression

**Facilitator:** Esperanza Egan

**Facilitator Biography:**

MGestTherapy, MFMH, MAC

Esperanza is Director of [TherapistAustralia.com.au](http://TherapistAustralia.com.au), a Clinical Supervisor and Master's Degree Educator at the Gestalt Therapy Brisbane (GTB) institute.

Esperanza is drawn towards the transformational power of working through conflict, grief and trauma, and works as an individual and couple therapist; she runs therapy and clinical supervision groups.



**Capacity:** 5 - 15

**Outline / Aims:**

**Experience trauma recovery through the Gestalt lens of creative expression**

This 90-minute workshop will provide participants with the detailed timeline for a 1-day workshop, and then focus fully on (1.) the personal growth for participants in this work; and (2.) one aspect of the Gestalt work:

*For the human in you*

Immerse yourself in an experience of enrichment and emotional integration, by compassionately and creatively exploring:

introjects, disowned parts of self

loss stemming from traumatic experiences

the joy of coming into contact with the missed experience informing your traumatic injury

being witnessed in your present fullness, and entertaining the question, what next?

*For the therapist in you*

Creative exploration in Gestalt therapy— enjoy the expressive process this workshop allows; and immerse yourself in another way of working with your client increasing your resources to bring experiment to life through the use of paints and mood boards.

**Alignment:** *Heal & Thrive* starts with the **stuckness** of trauma as it renders humans fixed in repetitive trauma responses like anger, withdrawal and others, and through **play** with paints, clay and other tools, participants move to choiceful liveliness.