

## The Circle of Reflection.....

A Personal Development Group commencing Spring 2023

**6 sessions, meeting weekly for 2.5hrs on Sundays, at Fairycroft House**

**10-12.30pm**

**A Closed Group: 8 people**

Would you like to find out more about yourself through the world of symbols? Join a group of fellow travellers on a personal adventure? Embark on your own creative pilgrimage?

Symbols are everywhere. They may present as a beautiful or dramatic piece of music, an emotive dance, a work of art, an image, a person, in words, it might be something which draws you in or takes you away by evoking feeling. A symbol is elusive, it may change, evolve, but it can never be fully known. Once you can see your symbols and understand a little more about how to work with them, your life opens up and becomes richer and more meaningful.

### **The Work:**

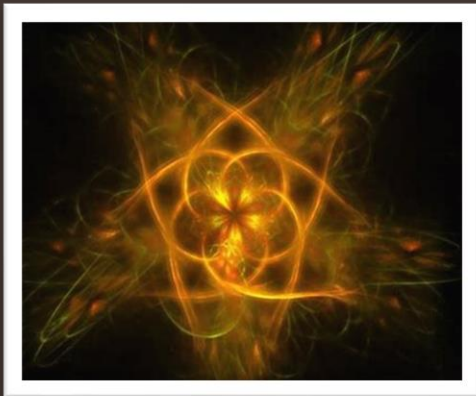
Over this six week period you and the group will be introduced to different themes. At each session you will learn how to explore and work with new concepts to enable you to understand more about yourself. Through this creative process you will develop and increase your own self awareness. This is achieved by reflecting on your inner and outer worlds. Through the use of symbol you will be able to bridge these two landscapes allowing something more to come into form.

At the end of the 6 sessions you will have several pieces of your own visionary art including a personal collage.

This group is for beginners. It is a creative group process. You will be introduced to journalling, visualisation, paints, working with metaphor, story, movement and mindful awareness. It is not about being right or wrong, good or bad, artistic or knowledgeable. There are no judgements. It is about being present; it is about becoming curious and it is ultimately about becoming more conscious.

Please note: This group is NOT suitable for any person who is in acute crisis. This group work is not a substitute for personal therapy.

### The Stages of the Journey:



- The Call to Adventure
- Venturing into the underworld
- Meeting the dragons
- Returning Home
- Claiming Your Treasure
- Integration

Your facilitator is:

Charmaine Dunmow UKCP

We are all travellers. My mind remains open to the infinite possibilities for inner healing and growth and I am often humbled by the experience of working and sharing with others.

I am a trained psychological wellbeing facilitator and I am dedicated to my own individuation process.



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Total Cost £225.00, commitment: 6 sessions

Saffron Walden

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Cost includes all materials required and light refreshments