



Dr Trisha Crocker PhD

# Weave Your Story

1/2 DAY WORKSHOP

A morning of learning about the process of telling your story with found materials.

You will be introduced to Weave Your Story, a method that you can offer along with the other therapeutic tools that you already use with your clients.

No weaving experience or specialised equipment is needed. CPD Certificates

Saturday 15th Sept 2024 - £70

## A POWERFUL APPROACH FOR ART THERAPISTS TO USE WITH THEIR CLIENTS.

### METHODOLOGY

Weave Your Story gives the client insights into themselves by using all the different aspects of weaving as a metaphor for their life. Everyone gets something different out of Weave Your Story. It gives clients a visual representation that helps them release their past, and grasp what it means to live in the present moment, live more peacefully, and live as their authentic selves.

