

Living Arts Counseling Center Presents:

Diving Into Your Dreams
Dreamwork and Expressive Arts Therapy Group



New Door Ventures
3075 21st St
San Francisco

Tuesdays
Oct .7- Dec. 16
6:30-9p.m.
(No meeting Nov.
25)

\$40 per session

*(must commit to
entire series)*

*“Dreams call from the imagination to the imagination and can be answered only by the imagination.” James Hillman, *The Dream and the Underworld**

In this 10-week therapy group, we will explore the riddles and metaphors—the magical language—of our dreams. In a supportive and creative environment, we will use the expressive arts (visual arts, poetry, music, movement, and drama) to communicate with our dreams. Such a dialogue allows the wisdom of our dreams to deepen; offering new insights long after old interpretations have outlived their usefulness.

Rhea St. Julien (Facilitator): poet, life long dancer, and Pilates instructor, Ms. St. Julien brings a deep understanding of the body to her work as an Expressive Arts Therapist. Her many years as a mental health professional contribute greatly to her unique, holistic, cross-culturally aware approach. Dreamwork is her current passion.

Jerri Lee Young (Facilitator and avid dreamer) integrates 30 years of award-winning theatrical work, visual artistry, poetry and humor into her work as an Expressive Arts Therapist. An MFT intern (MFT intern # pending), Ms. Young sees individual clients and runs therapy groups at Living Arts Counseling Center.

Facilitators are MFT interns (MFT intern #s pending) under the supervision of Armand Volkas, MFT, RDT, MFC#28789.

For registration and information:

Please **call:** 510 595-5500 EXT. 31 or **email:** rhea.stjulien@gmail.com