Breast Cancer Awareness Month

Body Awareness Playshop™

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an Expressive Arts Playshop facilitated by Alessandra Colfi, Ph.D.(c)

An easy yet meaningful process of self-exploration and expression with guided visualization, hands-on art making and journaling.
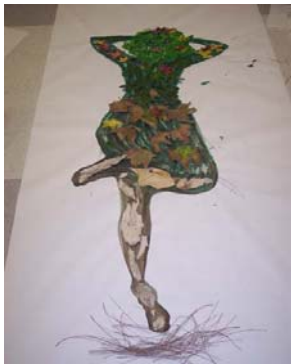
You will:

* Experience playfulness and ease in art making to relieve stress
* Transform your inner dialogue into meaningful images
* Connect with your unconscious & intuitive guidance to gain awareness, wisdom, acceptance and inner peace.
* Experience self-reflection and transformation

All are welcome! - No art experience necessary.

Wednesday, Oct. 21 , 2009
10 to 11.30 am
In the Multi-Purpose Room

By donation: $ 5-$10
PRE-REGISTRATION REQUIRED:
Stop by the Front Desk or call (760) 634-6661

San Diego Cancer Research Institute and Cancer Center
www.sdcri.org

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Alessandra Colfi holds a B.A. in Linguistics, a Master in Fine Art, and is a Ph.D. candidate in Expressive Arts Therapy. She's a member of the International Expressive Arts Therapy Association and The Society for the Arts in Healthcare. She is a Faculty and the Associate Director of the Expressive Arts Therapy Department at IUPS. Her background in design & fine art is combined with extensive studies and applications of behavioral science, counseling psychology, spirituality and academic mentorship. Her research and dissertation focus on empathy as it emerges and is strengthened through the expressive arts process and as a vehicle for healing. Alessandra has been using art and its therapeutic effects for over 9 years in private and clinical settings.

Alessandra's Expressive Arts Therapy & Creative Arts Playshops™ are offered at Scripps Cancer Center; International University of Professional Studies—IUPS; San Dieguito Adult Education; Golden Door & Cal-A-Vie; ArtReach; Fallbrook School of the Arts; TERI, Inc.; Deer Park Monastery and The Children School in La Jolla. Alessandra's fine art and Cardissima!™ cards are sold in art galleries, fine stores, and are customized for corporate programs.
www.AlessandraColfi.com