

Photopainting™



Facilitated by Alessandra Colfi, Ph.D.(c), Expressive Arts Therapist

A powerful, easy process with guided visualization, taking your own pictures, painting and texturing.

You will:

- Experience playfulness and ease in art making to relieve stress
- Transform your experience and inner dialogue into meaningful images that tell your story
- Connect with your unconscious & intuitive wisdom to gain awareness, guidance, acceptance and inner peace.
- Experience self-reflection and transformation
- Maintain or regain the ability to express yourself and relate to others through play and imagery



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 and raising awareness. Alessandra has been using art and its therapeutic effects for over 9 years in private and clinical settings (assisting cancer patients, Alzheimer's seniors, developmentally and physically disabled adults and children, the general population of adults, teens and children.



Free to all cancer patients and caregivers in San Diego
No art experience necessary.



6 sessions: Fridays, June 18, 25, July 2, 9, 16 & 23 2010
10 to 12 noon
In the Multi-Purpose Room

PRE-REGISTRATION REQUIRED:

Stop by the Front Desk or call (760) 634-6661

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

www.AlessandraColfi.com