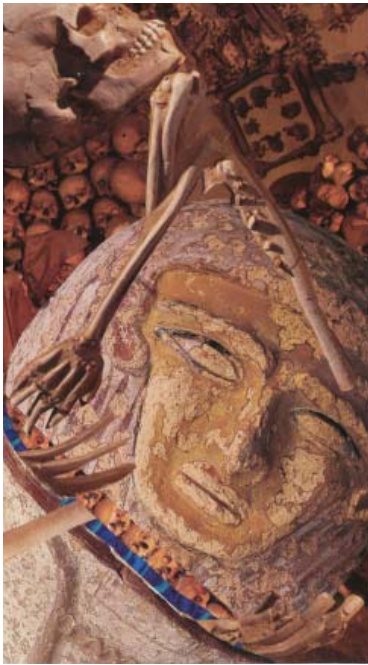


SoulCollage® Workshops with Kathy Shimpock

presented by the Southern Arizona Friends of Jung

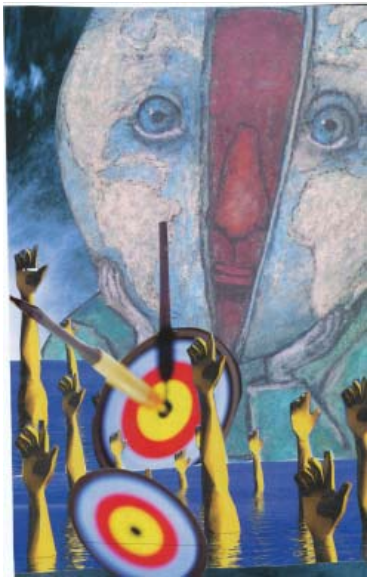


Introduction to SoulCollage®--Sat. March 31, 9:30 - 4:30

Kathy Shimpock, an approved SoulCollage® facilitator, presents a day long introductory workshop where you discover SoulCollage®--creating cards using found images that represent the elements of our inner selves and of lives.

Created by Seena B. Frost, a Marriage and Family Therapist, SoulCollage® was based on her work with Jean Houston and James Hillman. The creation and exploration of these cards are used in both therapeutic settings and for personal development. The elements of SoulCollage® will be explored through Jungian lenses; including Archetypes (within the "Council Suit"), the typology of personality (within the "Committee Suit"), the Shadow side of the images and the practice of active imagination when speaking through these cards during "card readings." The compiled images of SoulCollage® often have a surreal, dream-like quality that allows for intuitive communication with the unconscious mind, while also exploring the symbolic interpretation of the collective unconscious. As you create your own collaged cards, you will learn more about your own personality, life, and spirit. Together as a community we'll share a time for guided imagery, card making, and even experience a "card reading." Our guiding principles for the day will be to have fun and trust the process where everyone is an artist!

Please bring a journal, a pillow, or blanket for the guided meditation and any previously made SoulCollage® cards. All materials are provided.



Exploring Your "Shadow" with SoulCollage®--Sat. April 28, 9:30 - 4:30

This SoulCollage® workshop focuses on the "Shadow," a Jungian archetype composed of the dark and unknown aspects of our personality. The Shadow is our un-lived life and as such may be both negative and positive. Jungian psychologist Robert Johnson once said there is gold in the shadow and that many people resist the noble aspects of their shadow more strenuously than the dark side. The key is to integrate the Shadow back into our conscious awareness. Johnson has written that "assimilating one's shadow is the art of catching up on those facets of life that have not been lived out adequately." In SoulCollage® all our cards contain the Shadow side whether seen or unseen. Each part of us has the potential and the freedom to lose our balance. SoulCollage® sees the Shadow as vital, primitive energy that is out of balance. In this day long workshop we'll create cards to represent the Shadow parts of our personality as found in the Committee suit (for example, "My Critic," or "The Controller"); and discuss how the Shadow also arises within the Community, Companion, and Council suit cards. As we speak from these images we bring the Shadow into the light of our awareness. Together we will support this inner journey through guided imagery, journaling and the process of SoulCollage®. No previous artistic or SoulCollage® experience is needed. We welcome all newcomers to this process.

Please bring a journal, a pillow or blanket for the guided meditation, and any previously made SoulCollage® cards.

20 person maximum attendees for each workshop. First registered; first on roster,

Location: 4648 E. Speedway

Members Early Bird Special

\$100 for both workshops
paid by March 1

\$60 per workshop, for SAFOJ
members

\$75 per workshop
for non-members

For more information, forms, and PayPal internet payment option, see: www.safj.org or call 520-327-3485.

Or, print out and mail in pre-registration/membership forms and your check to:
Southern Arizona Friends of Jung, P.O. Box 64267, Tucson, AZ 85728-4267



Kathy Shimpock

Kathy Shimpock is an holistic practitioner working as an artist, a certified clinical hypnotherapist, a spiritual guidance mentor, and a 6th generation Usui Reiki Master Teacher. She is also an approved facilitator for SoulCollage®, a creative process for personal and spiritual growth and development, based on the work of Seena Frost. Her artistic pursuits focus on the creation of custom mandalas and myths, and on spiritual art. Along with her lifelong pursuit of art, she has a deep interest in transpersonal studies including self-actualization, mythology and Jungian psychology. The author of two books and over 40 articles, Kathy has had numerous national speaking engagements. She has received a BA in studio art and psychology, and a JD, MBA, and MLL degrees. In addition, Kathy is currently an instructor at the Southwest Institute of Healing Arts.

Registration Form

Complete and mail with your check to:
Southern Arizona Friends of Jung
PO Box 64267, Tucson, AZ 85728-4267

Name _____

Day Phone _____

Evening Phone _____

E-Mail _____

Mailing Address _____

Check here if you are currently a member of the SAFOJ

Check here if you wish to Join SAFOJ

Membership fee \$25 \$ _____

BOTH Workshops - Special Pricing - You must be a member to enjoy Early Bird Savings and you must register and pay the total of \$100 plus the membership fee by March 1.

Member Early Bird \$100 \$ _____

Individual Workshop Prices for Members and Non Members

An Introduction to Soul Collage

Register and pay before March 1

Member Fee \$60 \$ _____

Register and pay after March 1

Non-member Fee \$75 \$ _____

Exploring Your Shadow

Register and pay before April 1

Member Fee \$60 \$ _____

Register and pay after April 1

Non Member Fee \$75 \$ _____

Total Enclosed \$ _____

If you prefer to pay by credit card, go to the SAFOJ website; <http://www.safoj.org/events.htm>
You must send in the Registration Form even if you use PayPal.