

REGISTRATION

Cost: \$59 plus \$5 parking at entrance (includes materials, snacks, lunch, coffee and tea).

Wear comfortable clothes and bring a yoga mat or meditation pillow if you have one.

Mail this form and payment to:

Care and Counseling Center
of Georgia
1814 Clairmont Road
Decatur, GA 30033

Name

Address

City, State, Zip

Phone

E-mail

Would you like to receive our monthly newsletter and announcements about upcoming events/workshops? _____

AGENDA

9:00 – 9:45 Registration/Opening
9:45 – 10:00 Meditation
10:00 – 11:00 Mandala Making
10:00 – 11:00 Mindful Movement
11:00 – 11:15 Break
11:15 – 12:15 Reflective Writing
11:15 – 12:15 Meditation
12:15 – 2:00 Lunch/Free Time
2:00 – 3:00 Mandala Making
2:00 – 3:00 Mindful Movement
3:00 – 3:15 Break
3:15 – 4:15 Reflective Writing
3:15 – 4:15 Meditation
4:15 – 4:45 Closing

Sweetwater Creek State Park

1750 Mt. Vernon Road
Lithia Springs, GA 30122

From I-20W exit #44 at Thornton Road, turn south and go 1/4 miles. Turn right on Blairs Bridge Road. After 2 miles, turn left on Mount Vernon Road. Drive past the park entrance, and turn left on Factory Shoals Road. Follow the signs to the Interpretive Center.

Call Monica at 404.636.1457 ext. 458 or email
mdutke@cccgeorgia.org



Care and Counseling Center of Georgia

Presents:

a Creative Expressions Retreat at Sweetwater Creek

*a day to relax, create and meditate
with other women*

SATURDAY NOVEMBER 5, 2011

MONICA DUTKE, MFA, MPS

JENNIFER WININGDER, M.Div., S.T.M

PAMELA AYO YETUNDE, MA

Relax

"Writing, to me, is simply thinking through my fingers." Isaac Asimov

Reflective Writing for Creative and Therapeutic Expression with Jennifer Winingder.

In this session we will learn and utilize two techniques that facilitate the creative and reflective process through the practice of reflective writing.

We will begin with an automatic writing exercise that encourages free expression and can uncover unexpected and often delightful results.

By following the stream of the unconscious by loosening the constraints of censorship on our thoughts and feelings, we will discover new and surprising voices and perspectives that we hold will lead us into further self-exploration and self-understanding.

Then we will engage in letter therapy and move through this therapeutic exercise in order to be able to address any lingering feelings around a situation or relationship of our choice, and then release the destructive ones to move towards freedom and healing.

Finally, we will integrate these exercises into a potentially regular journaling ritual designed for personal use and growth.



Jennifer Winingder, M.Div., S.T.M., has worked in the fields of ministry with persons of different ages and cultural backgrounds, higher education, chaplaincy, social justice, and pastoral care for over 17 years. She currently a second- year student in the Doctor of Theology program. She is pursuing licensure as Marriage and Family and is an Advanced Resident Counselor at CCCG.

Create

"Creativity is allowing yourself to make mistakes. Art is knowing which ones to keep." Scott Adams

Mandala Making as a Creative Expression of Self with Monica Dutke

No art experience needed!

People draw mandalas for meditation, some draw mandalas to work out feelings, some draw mandalas for fun, some for a host of other reasons. Ultimately, drawing mandalas provides an opportunity for exploration, meditation, and relaxation

"Mandala" is a Sanskrit word meaning "sacred circle" or "completion." From early cave drawings to nature, the circle transcends time and culture. Tibetan monks create intricate sand mandalas; Hindus also use mandalas to increase spiritual awareness. Christianity pays homage to the mandala in the great stained glass windows that adorn many churches around the world.

Carl Jung, a Swiss psychiatrist, believed the mandala to be an unconscious representation of self or the psychological expression of the totality of the self.

We will begin with a warm-up exercise designed to help disuade the inner critique from entering into the creative process. We will then move to a relaxation exercise that will lead into the mandala making. There is no right or wrong way to create a mandala. Bringing the unconscious into consciousness can be surprising and delightful, and often results in new insights and clarity.



Monica Dutke, M.F.A., M.P.S., is a psychotherapist, art therapist, and Advanced Resident Counselor at Care and Counseling Center of Georgia. Monica holds a master's degree in Art Therapy, a master's degree in Fine Arts, and is pursuing a Ph.D. in Counseling Psychology. Monica is pursuing LPC licensure and ATR certification. She has worked in many different mental health settings with individuals, families, couples, children and adolescents. Monica embraces traditional therapeutic approaches as well as less traditional approaches like art therapy. Monica has been studying mandalas for more than 20 years and has specialized training in the original MARI® Course in Mandala Assessment created by Joan Kellogg.

Meditate

"Practice meditation regularly. Meditation leads to eternal bliss. Therefore meditate, meditate." Swami Sivananda

Meditation with Pamela Ayo Yetunde

What blocks our creativity? We do. Through meditation, we hope to identify inhibiting thoughts that we cling to as "the truth". As we see the emptiness of these thoughts, we can more easily let them go and be creative with less inhibition and judgment.

Mindful Movement with Pamela Ayo Yetunde

What blocks our creativity? We do. Through mindful movement, we hope to get in touch with tension in our bodies that become constriction, "paralyzing" us from being creative. Through deep breathing and movements borrowed from chi and yoga traditions, we hope to free our bodies to create.



Pamela Ayo Yetunde, M.A. is a resident pastoral counselor at Care and Counseling Center of Georgia. Ayo uses mindfulness and contemplation to help clients cultivate insight, deeper understanding, compassion and acceptance. She is a certified meditation instructor in Transformation Meditation

and has supported mindfulness meditation students through Audiodharma.org. She is co-founder of Insight Meditation Community of Georgia. Ayo utilizes sitting meditation and mindful movement through yoga, tai chi, and chi gong to activate creativity. She has written three books.

Please join us at Sweetwater Creek State Park while we relax, create, and meditate during this beautiful season surrounded by trees at their peak of fall color. The retreat is inside, and during breaks you are invited to explore the trails outside.