

Color Companion to Chronic Pain

AWARENESS · CREATING · CONNECTING · WELL-BEING

Kara Wilde & Suzette Payne
JANUARY 16, 23, 30, FEBRUARY 6, 2010
10 a.m.-12:30 p.m. Saturdays

We will explore how to companion your chronic pain or body symptom, to support yourself and your self-healing powers. Research shows creative arts improve health outcomes. No previous art experience is necessary and we use art in a non-intimidating atmosphere within a healing field of community creativity.

- **Awareness** - Attending and reflecting on the nature of your body symptoms and pain alleviates suffering and brings meaning.
- **Creating** - We use Process Work and Open Studio Project techniques creating art as a natural antidote to destructive processes, moods and stress.
- **Connecting** - Through the journey of the four week exploration, we discover a co-creating community as medicine and healing.
- **Well-being** - These tools help diminish feelings of victimization, isolation, helplessness and grief or depression, transforming your relationship to your body symptom and pain.



Blog: companiontochronicpain.blogspot.com

TO REGISTER

Call: 503-973-5921

Email: suzettepayne@live.com or kara@creativehealing.org

Location: The Process Work Institute
2049 NW Hoyt St, Portland, OR 97210

Cost: \$100, scholarships available

-Please register by January 5th-

For more: www.creativehealing.org,



A 4 week, two and a half hour class for individuals, family members and those with a professional interest in working with chronic pain.

"It made me feel much more friendly with the disturbing symptom and changed my perception about the symptom" - class participant

"I love to have such a safe environment for art & writing...I love hearing from 'the pain'." - GTM

SUZETTE PAYNE M.A., DIPL. P.W. and KARA WILDE M.A. DIPL. P.W. are graduates in process oriented psychology. Suzette is an Open Studio Project facilitator and has a private practice in Portland, OR.

