

SKY MOUNTAIN INSTITUTE

Expressive Arts & Ecotherapy Training Program 2017

EARTHMIND

Finding our Place in the Web of Life

www.skymountain.org 760.745-9819



Join us at our Retreat Center & Permaculture Farm in lovely Harmony Grove Valley for this 100-hour Certificate Training in Expressive Arts Therapy & Ecotherapy.

Archetypal Focus

March EARTH: the Wisdom Body:

Listening from our Bones

April WATER: Restoring the Heart:

Following our Currents

May FIRE: Metamorphosis:

The Personal & Collective Shadow

June AIR: Emergence - Spiral Dance &

Liberation Practices

Monthly Topics

~ **March 24,25,26:** Embodied Person & Planet

~ **April 21,22,23:** EarthArts, Clay, Shrines

~ **May 26,27,28:** Sand Tray, Dreamwork, Poetry

~ **June 23,24,25:** Psychodrama & Myth

Option #1: For 100-hr Certificate in Expressive Arts Therapy & EcoTherapy -- \$1300 March-June

Option #2: Any individual workshop for \$325
Friday 6:30-9:30pm: Sat & Sun 9-4:30pm

STAFF

Lali Mitchell, PhD, MFT: Depth Psychology, Expressive Arts Therapy & Ecopsychology

Alden Hough: Certified Permaculture Designer, Mindfulness & Ecotherapy Instructor

Sophia Reinders PhD, MFT: Somatically-Oriented Jungian Psychology, Expressive Arts & Ecopsychology

Anne Hanley PhD: Core Staff: Developmental Psychology, Transpersonal Psychology

Guest Artists: Trish Brady, PhD, MFT: Gestalt Therapy

Alexa Gilweit: Artist, BA Honors Glasgow School of Arts

LOCATION

2855 Cordrey Dr. Escondido CA 92029

Sky Mountain Institute, a nonprofit 501(c)(3)

founded in 1981, is a permaculture farm & retreat center located in rural North County San Diego, CA

64 CEU's MFT's, LCSW's & Nurses

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