



## **ART THERAPY WITH THE TRANSGENDER COMMUNITY**

Art making in itself is cathartic, particularly when done in community. Members will have the opportunity to explore their experiences of self and transition. Group members will gain personal insight through depth exploration using art media, particular prescribed art interventions and open sharing with other members.

Insurance or cash rate.

One time \$10 art fee.

Group is limited to six and is open. Members may choose to attend short or long term.

**First Thursday evening of every month starting June 1, 2017 - 6:00pm to 7:30pm**

### **Art supplies provided:**

Oil pastels

Markers

colored pencils

Student grade tempura

Strathmore mixed media paper

Basic drawing paper

Blades and cutting tools

Straight edges

glue

brushes

plaster casting

magazines

### **Feel free to bring your own personal art supplies if needed.**

Facilitator is Carol Seydewitz

WI Licensed Professional Counselor #3949-125

EMDRIA Certified EMDR Therapist

Art Therapist

Carol is a Licensed Professional Counselor and Art Therapist and has been helping her clients restore hope and momentum in their lives for fifteen years. She approaches her work with respect and understanding for the struggles that people face, both large and small. She has developed a reputation of being highly skilled and results-oriented in her work with issues related to trauma, parenting-skills, and relationships. She is known as a keen listener who is able to quickly and accurately assess each individual's specific needs. Carol is particularly inspired by helping adults feel empowered and helping children feel nurtured. She helps her clients find balance and relief from stress. With Carol, parents and couples engage in collaborative strategies to build skills and strengthen bonds leading to increased trust, respect, delight, and success. Working in an individual or a group therapy modality, she uses action and insight oriented therapeutic approaches, specific to each person so that they may find trust and use their internal compass. Carol uses EMDR, and mindfulness and meditation to help her clients resume and maintain a happy and calm lifestyle, free from worry, and fear.

**Register by emailing Carol at: [happypeopleonapath@gmail.com](mailto:happypeopleonapath@gmail.com) or by calling  
262-754-5916**

[www.pathwayscounseling.com](http://www.pathwayscounseling.com)