

# Art Therapy Workshop for Trauma Survivors

INTEGRATIVE  
TRAUMA  
TREATMENT  
CENTER



The workshop will be held at the Integrative Trauma treatment Center:

811 NW 19th Ave, Portland, OR 97209

**February 23rd from 9am to 11am**

Please call **971-266-6910** to reserve your spot

Covered for OHP clients and \$60 for private insurance

Payment must be made at the time of your reservation and we will be unable to offer refunds for those who do not attend.

Facilitated by:

Sarah Dobey, LPC

## Workshop Details

How we present to the world often looks a bit different than our internal state and how we feel. We all navigate through the world filling different roles and meeting different expectations. Often we may keep parts of who we are hidden. Honoring our true selves can be a challenging process.

The goal of this workshop is to explore how our internal state might differ from what we show others, acknowledging the different parts of ourselves. Art materials will be provided for group participants to create a mask expressing both internal and external worlds. Time will be provided after creating the mask to process themes that come up, sharing your experience with other group members.

