

Arts for healing

This group allows participants to tap into an alternative language — the language of imagination, symbols, myth, archetypes.



Images are uncovered from the deepest levels of the mind where trauma has been stored.

Here, in the safety of The Shelter, participants access painful stored memories so that they can be released, helping each individual

achieve integration and higher levels of functioning in daily life.

This is a gentle, relaxing path to healing filled with color, style and creativity.

Writing for healing

Writing without self-censoring allows for a stream of consciousness that brings out what has been hidden from awareness. It is a sure way to reach the subconscious mind in a safe manner.

Thoughts once deeply buried surface in a safe atmosphere where participants can deal with them, freeing themselves of the harmful coping skill of avoidance.

Tell me I can't and I will show you I can
Always had to prove myself, who am I doing it for? Me
I don't live for you
I live for me
This is my success, my future, my life
My love is overpowering the unknown, the doubt, the blame
The decisions in my past were my choice, but I choose now to change for my future
I am in creation to do something powerful
It is painful to transition
I have had many setbacks, many doubts
But my support system is helping me succeed and push forward
Tell me I can't and I will show you I CAN

~ Healing Arts participant



Important Numbers

In an emergency: 911

The Shelter's free, confidential crisis line:
239.775.1101
TTY 239.775.4265

Florida Domestic Violence Hotline:
1.800.500.1119

Healing Arts Facilitator:
239.775.3862, ext. 234
igomez@naplesshelter.org

www.optionsnaples.org

www.naplesshelter.org



Healing Arts... mindfulness

trauma education yoga rapid trauma resolution
mindful meditation drumming circle
guided imagery peace writing for healing
women that run with wolves energy clicks!
empowerment hypnotherapy arts for healing

transforming lives...



Healing Arts

The Shelter for Abused Women & Children's Healing Arts program consists of different support groups that meet to facilitate a change in every participant from the inside out, helping them redefine themselves by building self-esteem, assertiveness, inner strength and inner space for self-knowledge.

The program supports relaxation and connection to their inner worlds with the intention of achieving self-knowledge as a means to empowerment, mindfulness and peace.



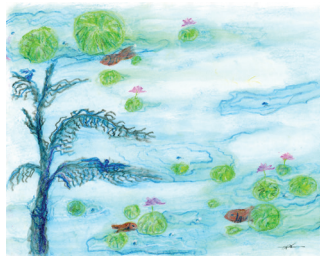
There are many paths that lead from stress to relaxation and healing...

Mindful meditation

Based on the work of Jon Kabat-Zinn's Mindful Based Stress Reduction research, this experience helps the participant to learn how to be fully present in the moment.

Learning to be aware of thoughts, feelings and sensations, she grounds herself to the here and now, accepting this moment without judgement.

The skill, mastered in the safety of The Shelter, becomes a springboard — a tool — she can use in her daily living.



Drumming circle

This experience encourages healthy relationships as people from all walks of life gather together to make music — mothers and their children, single women, survivors!

This mindful experience creates a sense of oneness, spontaneous leadership, creativity, collaboration and connection, building confidence and assertiveness.

The rhythmic beating of the drums helps release tension, anger and stress while the sound calls forth memories of a mother's heartbeat — a primal and vibrational medicine for the soul.

Drumming "gives voice" to those who have been silenced by abuse.

Yoga

This millennial practice brings together body, mind and spirit. It's a traditional form of body work that promotes the release of tension and toxins through an alternative language — that of the body.

Yoga regulates the nervous system, providing a somatic approach to ease fear, helplessness, arousal and disconnection.

It also helps to access healing through the body by reconnecting, feeling, sensing and grounding.

The Shelter's Yoga facilitator is a certified yoga instructor.

Energy Clicks!

In this group, we delve into the Emotional Freedom Technique, also called "energy tapping."

Tapping is a combination of Chinese medicine and Western psychology. Participants hold a negative thought or experience in-mind while tapping on traditional acupressure points across the body.

This induces a relaxed state, allowing the participant to reduce, or even completely do away with, fear-based thinking.



Women that run with the wolves

Metaphors, imagery, poetry and archetypes help promote insight, intuition, empowerment and personal growth in this reading group.

The group uses the book *Women that Run with Wolves* which is based on the Jungian interpretation of folkloric stories that activate the deepest parts of the female psyche/mind to awaken it.

The stories are "medicine for the heart" according to the author, Dr. Pinkola-Estes, a Jungian analyst by trade and storyteller by lineage who shares with each reader the way to unlock the hidden treasures in stories.

It is the very stories in this book that help our participants move from naïveté to wisdom.

Guided imagery, hypnotherapy & rapid trauma resolution

These three allied techniques help participants access the subconscious mind, offering a faster track to healing.

The process generates a relaxation response, distraction of the conscious mind and a heightened state of receptivity to positive thoughts.

This is a transformational form of communication that removes blocks within the participant, helping to create a clear path to integration, wellbeing and an overall better quality of life.

Trauma education

In this reading group, the origin of trauma bonds is explored along with the rationale behind the different techniques used to reduce or resolve the effects of traumatic experiences.

Our two primary discussion books are *Waking the Tiger* by Peter Levine and *Trauma Bonds* by Patrick Carnes.

To support our Healing Arts program, please call 239.775.3862, ext. 207.