

VOICE OF THE SOUL Workshop

Introduction to SoulCollage®



A GATHERING TO LEARN ANOTHER WAY TO ACCESS YOUR INNER WISDOM

Consider joining a small group of women and men, like-minded seekers, in a safe and non-judgmental creative environment. This will be a half-day workshop using SoulCollage® and Voice Dialogue allowing you to be in your own process and share in the process of others.

SoulCollage® is a fun process that anyone can do. Founder, Seena Frost, describes SoulCollage® in her new book, *SoulCollage® Evolving*. People make a deck of collaged cards, one card at a time. The SoulCollage® deck represents the self as a whole and each card images one part of that self. People use their SoulCollage® cards to access their own inner wisdom and find direction by reading their cards individually or in groups.

Come and discover an emerging self who wants voice, come find this voice of your Soul.

Led By: Dona E. Diftler, LCSW

When: November 11, 2011

Time: 1:00pm-5:00pm (Doors open at 12:30pm for nibbles and fellowship)

Where: 4646 Chambliss Avenue, Knoxville, TN

Cost: \$55.00

**Space is limited. Reserve soon to guarantee a spot.
Deadline: November 7, 2011**

For additional information please call, Dona E. Diftler at 865-588-0488.

Dona E. Diftler LCSW, CEAP

www.donadiftler.com

Dona E. Diftler is a licensed clinical social worker and a Certified Employee Assistance Professional. She has been in practice since 1991. She is a Voice Dialogue facilitator and has trained with the originators of Voice Dialogue, Drs. Hal and Sidra Stone, since 2001, and was trained to teach Voice Dialogue by their daughter J. Tamar Stone, MA. Ms. Diftler is trained to be a SoulCollage® facilitator and is a Certified Imago Marital Therapist.

Voice Dialogue

www.voicedialogueinternational.com

Have you ever said, "A part of me feels this way and another part of me feels totally opposite", about the same situation! Voice Dialogue is an effective tool for people who feel caught, immobilized, or torn between opposite feelings in themselves. Voice dialogue work enables us to separate from these opposing feelings (each opposing feeling is called a self). Each self, within you, has a different viewpoint and feeling; understanding these feelings and viewpoints will enable you to be clear about your feelings, make a decision, and give you the ability to choose; choice is personal freedom.

SoulCollage®

www.soulcollage.com

SoulCollage® is a creative, fun, experiential and satisfying collage process; no artistic experience is necessary. Mix in imagination and intuition, cut pictures out of a magazine, use a glue stick and scissors, you can create a SoulCollage® card! The cards you create honor and reflect your self. " After completion, you will learn how to reflect on your images, in the card, and, in doing so, how to access your own deep wisdom, in a new way. You will find the cards meaning, for your life, perhaps offering guidance and direction. Each card (eventually a deck of cards) becomes your visual journal. When you hold your cards in your hands, it is like holding up a reflection of your many-faceted self".

- **Wear Comfy Clothes.**
- **Bring your journal.**
- **Tea, Filtered Water, Coffee, Decaf, Hot Chocolate provided plus goodies!**
- **All SoulCollage® materials provided. If you feel moved to do so, bring any special magazines or pictures that speak to you at this time.**

Mail to: Dona E. Diftler LCSW, 4646 Chambliss Avenue, Knoxville, TN 37919

REGISTRATION FOR SoulCollage® Introduction on November 11, 2011

Name: _____

Address: _____

Telephone: _____

Email address: _____

Payment Method: Cash Check _____