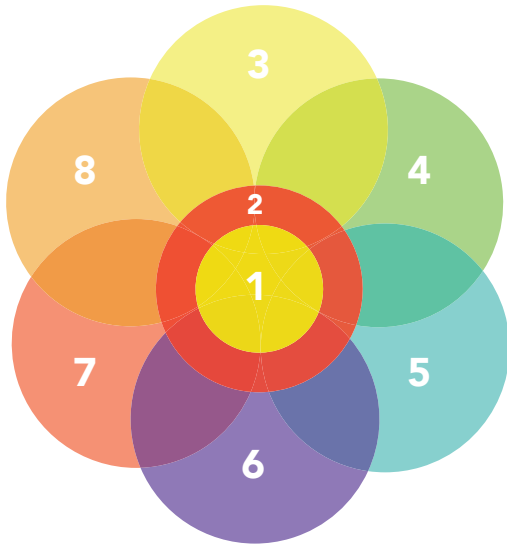




# The Heart of my Expressive Arts Practice



1

**I trust in 'Veriditas' (self-organizing principle); aliveness that moves towards healing/wholeness.** *This is at the center out of which all the rest flows. There is something in life, that moves, nudges, stretches towards healing.*

2

**I commit to providing the conditions in which this healing can occur.** *Attending to the conditions is essential. The six outer circles are the ways that I know to create the conditions that nourish the healing.*

3

**I bring a deep, caring receptive presence: a way of being.** *This includes: stillness, mindfulness, focus, warmth, spaciousness, attention, multifold openness, multi-leveled awareness, on-going spiritual practice, attending to the fullness of the Present Moment.*

4

**I bring an invitational, non-judgemental presence: a relational process.** *This presence nurtures relationship and intimacy within oneself, with others, and with That which is beyond us.*

5

**I bring a process-orientated focus; an intersection with presence.** *This includes: being open to the flow of experience, guided by the flow of the client's own heart, a deep respect for the emergent within myself, in and with the other, and in the space in-between. It includes: attunement to the felt sense and to shifts in energy, a comfort with Mystery and surprises, and a play that nurtures.*

6

**I use art-making to nurture healing, creativity and resource development.** *Art-making is not used as a diagnostic method, nor with a product-oriented focus. Moving from one modality to another deepens the learning/healing. Art-making develops resources, and encourages the opening to the imagination. Art, created from a place of integrity, is connected to intimacy, opens the heart and is connected to True Beauty.*

7

**I will be responsible in using my skills and knowledge.** *My knowledge and skill base includes the areas of death and dying, illness, aging and wellness, developmental psychology, hospitals, facilitation, meditation, spiritual direction, spiritual care and the expressive arts. I am mindful of my limits, and know when to ask for help and when to refer.*

8

**I commit myself to continue to learn and deepen: as a human being and as an expressive arts practitioner.** *I am an innately curious person who delights in discovery and exploration. I know there is always More...*

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River's Heart  
EXPRESSIVE ARTS