



HELPER'S WELLNESS WORKSHOPS

*ART THERAPY BASED
PSYCHOEDUCATION & SELF CARE
FOR PERSONAL & PROFESSIONAL
DEVELOPMENT*



www.ignitedsoul.org



ignitedsoulat@gmail.com



719-888-9747



HELPER'S WELLNESS WORKSHOPS

Developed and facilitated by Master's level Art Therapist and Counselor, Rachael, our Art-Therapy based Helper's Wellness Workshops are beneficial to your teams' mental health and personal/professional development, with focus on self care, team-building, and psychoeducation.



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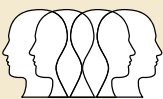


How We Help the Helpers

Did you know that addressing mental health in the workplace can boost enthusiasm and productivity? Helping professionals are specifically susceptible to the emotional tolls of their careers can have on their mental health. Our workshops address these emotional tolls, which manifests in many ways including compassion fatigue, burnout, high stress, vicarious trauma, depression symptoms, dissatisfaction, and high turn over.

Our unique workshops integrate research and evidence-based therapies including Art Therapy, Mindfulness-based Cognitive Behavioral therapy, Positive Existential Psychology, and Humanistic therapy to promote mental wellness and provide education. Rachael utilizes her skills and experience in mental health, non-profits, and education to create thought provoking and engaging workshops which positively impact helping professionals in all areas of their lives.

Our workshops help your team develop new skills, increase mental wellness, heal through self expression, and boost workplace morale- benefiting the helping professionals, their employers, and the people they help.



Target Audience

Helping Professionals, including teachers, social workers, non-profit employees, guest services employees, public service employees, mental health workers, healthcare workers- anyone who uses their skills in the workplace to help others.



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Details

- 2-4 Hours in duration depending on group or business needs and size of group.
- Workshop can take place in person at your space or virtually.
- Ignited Soul Integrated Therapies will provide supplies all for in-person workshops.
- Prices vary based on group need, duration, group size, supply needs, and budget.
 - We will work with your business' budget!
- All Helper's Wellness Workshops consist of psychoeducation, creativity-based experientials, breakout groups, processing, and reflection.
- Ignited Soul Integrated Therapies provides materials to support continued mental wellness, including hand outs and worksheets.



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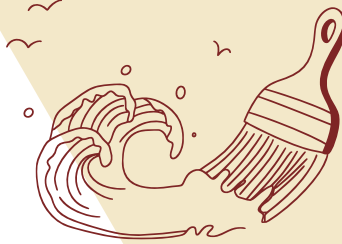
HELPER'S WELLNESS WORKSHOPS

Current Offerings

- **Psychoeducation & Self Care**
 - Building Your Creativity Toolbox
 - Compassion for the Caretaker
- **Team Building**
 - Uniting Goals



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Building Your Creativity Tool Box

Overview

Building your Creativity Tool Box is an Art Therapy based workshop aimed at helping your team reinvigorate their self care practices and gain new tools in self expression to increase mental health and combat compassion fatigue, burnout, and more. These emotional and mental tolls are often the result of a build up of stressors. This workshop teaches individuals how to process and move through stressors before they build up. This workshop is great for reinvigorating enthusiasm, processing stress, and reinspiring self care practices.

This workshop includes:

- Psychoeducation founded in the Expressive Therapies Continuum (ETC) and mindfulness.
- Multimedia Art Therapy experiential in which helping professionals are taught numerous therapeutic artmaking techniques based in the ETC.
- Breakout groups exploring the connection between self expression, self care, and mental wellness.
- Reflection and take-away.

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Compassion for the Caretaker

Overview

Compassion for the Caretaker is an Art Therapy based workshop aimed at helping your team embrace a strengths-based mindset and celebrate themselves as helping professionals. Helpers often put others first, prioritizing the needs of those they care for over their own. This workshop teaches groups the importance of self care and self love and how to cultivate these emotions. This workshop is great for building confidence, inspiring motivation, and mindfully recognizing growth.

This workshop includes:

- Psychoeducation founded mindfulness, holistic integrated therapies, and Positive Existential Psychology
- Multimedia Art Therapy experiential in which helping professionals explore and honor their strengths
- Breakout groups exploring the connection between self expression, self care, and mental wellness.
- Reflection and take-away.

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Teambuilding Through Uniting Goals

Overview

Teambuilding Through Uniting Goals is an Art Therapy based workshop aimed at helping your group increase enthusiasm and motivation, while connecting with their peers/ coworkers on a holistic level. This workshop is great for unifying a team at the beginning of a school year, a new chapter, or cycle in the workplace.

This workshop includes:

- Psychoeducation founded in Motivational Interviewing, Positive Existential Psychology, and Mindfulness.
- Collage art therapy experiential in which helping professionals will explore their goals, hopes, values, and motivation in their career.
- Breakout groups and cultivation common goals.
- Goal setting for teams and workplace community.
- Reflection and take-away.

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