



SoulCollage®

DISCOVER YOUR WISDOM, CHANGE YOUR WORLD!

Frequently Asked Questions

about SoulCollage®

1. What is SoulCollage®?

SoulCollage® is a fun process that anyone can do. Founder, Seena Frost, describes SoulCollage® in her new book, *SoulCollage® Evolving*, and on Frost's CDs. 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. Sharing SoulCollage® cards is an enjoyable, enriching way to deepen intimacy and strengthen community.

2. Nearly everyone has made a collage at one time or another. What is different about the collage process of SoulCollage®?

Usually people make a big collage with everything or all of them represented, and they eventually roll it up and store it in the closet. In SoulCollage®, you collage one aspect of you on one card at a time. For example, you look through a magazine and see a smiling joyful child that just grabs you and asks to be placed on a SoulCollage® card. Then you find a background that supports the Happy Child energy, maybe add a couple of other images if you want, and, voilà, you have made your Happy Child card! This card goes into your growing SoulCollage® deck that is easy to keep nearby and bring out to share with friends and relatives.

The Happy Child card would fit in one of the four suits in SoulCollage®. SoulCollage® has a simple, elegant structure that makes it easy to use, share, and to find meaning in your collages. The Committee Suit is the one that holds all our cards for personality parts, like My Happy Child. There are three other suits. The Community suit holds cards for the people you love and who inspire you. The Companions suit holds cards representing our physical energies. And the Council Suit holds the cards for archetypes, universal principles, which seem to be influencing our lives. Having four suits reminds us to make cards for all parts of our lives.

Once you make some cards, you can use them to access your inner guidance and find direction in your life. You ask an important question and turn over several cards who will answer you. Here's how: you take on the role of each of the cards you've picked and answer from its point of view. See also, question #5. See also: "How to Make

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3. Where can I see examples of SoulCollage® cards people have made?

There are now examples of SoulCollage® cards throughout the web. There is also a gallery of cards posted as examples of the process.

4. Why do SoulCollage®? What do people get out of making and using SoulCollage® cards?

People give lots of answers to this question. Many people share their answers via YouTube videos (see, the SoulCollage® YouTube channel. Often people say they love the invitation to be creative. They say they find out more about all the parts of themselves, and they get to keep, use, and share the cards and continue to deepen their relationship to those parts. Some people use their cards to deal with grief, illness and recovery issues. Many say it is just plain fun and it gives them self-care and special time for themselves. In these unsettling, changing times we are in, SoulCollage® provides an inexpensive, accessible way to find direction within oneself and, at the same time, experience supportive community.

5. What materials do you need to get started doing SoulCollage®?

It is so easy. Anyone can do this. You already have most of what you need. You need a good pair of scissors, a glue stick (archival—the kind you use for photos) and a stiff backing. Most people use the high quality, blank, mat board cards available at that are a 5” x 8” size. It’s important to have your cards be all the same size so it is easy to use them in a deck. Most importantly, you need IMAGES, which are everywhere. SoulCollagers recycle images from magazines and elsewhere and use their own photos. They also buy stock photos online. You start looking for images. Some will grab you, even if you don’t know why, and you just tear those out and put them in a pile.

6. What do you do with the cards after you’ve made them?

One of the SoulCollage® Trainers has said that making SoulCollage® cards without reading them and working with them is like making a fabulous meal and not eating it! So the second part of the process is very important — working with the cards using the SoulCollage® “I Am One Who...” You draw a card, hold it up, say this phrase, “I Am One Who...”, and it allows you to step into the role of the image on that card. You speak from the image, with the image’s own voice and let it tell you quite spontaneously who it is and what it has to say to your questions. Some people have a daily practice of drawing one or two cards and letting the messages from their cards accompany them more consciously through their day. Helpful Link: “Reading your SoulCollage® Cards”. To see examples and experience a personal reading with four cards from our gallery, randomly generated in your moment, go to Your Personal Reading. Pretend they are your own cards and figure out your own meaning from their images! If you want more info about Doing Readings with Your SoulCollage® Cards, Seena has a whole CD by that name.

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7. The title of the founder's, Seena Frost's, new book is called **SoulCollage® Evolving. How is SoulCollage® evolving?**

The Founder of SoulCollage®, Seena Frost, has added some things to the original structure, like the concept of three Transpersonal cards. Much of the development has come from the community, which has been using SoulCollage® for decades, starting with Frost's groups held in her home and office. Today there are almost 1000 trained SoulCollage® Facilitators spread throughout 20 countries in the world. These people have many interests, many professions. Some share SoulCollage® with friends and family. Others use it in their paid or volunteer work. Facilitators have a great network through the Web. They share ideas and handouts and ways of working with many different kinds of people. Some of these contexts are listed under question #11.

8. How did SoulCollage® get started?

It began when Seena Frost was attending a training with Jean Houston. At the end of this three-year training, she had the idea to make, for her project, about 140 cards we would now call Community cards, one for each person in the group. She continued working with the idea in her therapy practice and in the groups that she led. The people in those first groups helped her develop the concept further. See also: History of SoulCollage®.

9. How big is SoulCollage® now? How many people are involved?

There are now (as of November 2010) almost 1000 trained SoulCollage® Facilitators and 11 Trainers who train Facilitators. In a 2010 survey, 321 Facilitators, who comprised 42% of our trained Facilitators at that time, reported that they had had 7,171 attendees at their workshops in the past year. We imagine that over the years many thousands of people have made at least one SoulCollage® card.

10. What are "SoulCollage® Facilitators", how are they trained, and what do they do?

SoulCollage® Facilitators complete an 18-hour SoulCollage® Facilitator Training where they review the basic structure, principles, and guidelines of SoulCollage®. They learn how to make cards, facilitate others' making, sharing, and reading of cards, and experience how to conduct basic exercises for an introductory workshop. Completion of the Training enables Facilitators to use the SoulCollage® logo, call themselves a "SoulCollage® Facilitator" and call their workshop a "SoulCollage® workshop". It enables them to participate in an active, supportive community and use www.soulcollage.com to advertise their groups. SoulCollage® Facilitators don't do "therapy" with SoulCollage® (unless, of course, they are licensed therapists using it in their practice). Facilitators simply make available an encouraging, non-competitive, safe-as-possible space for creativity and self-discovery in community.

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11. From what I have seen on the soulcollage.com website, SoulCollage® has been used with many different kinds of people in many contexts. What are some of these contexts?

Addictions & Substance Abuse &

Eating Disorders Treatment

Adolescents at Risk

Adopting Parents

Alzheimers' Patients

(early stage)

Anger Management

Career Counseling

Children's Groups

Church Groups

Community Groups

Conflict Resolution

Organizational Development

Couples' Therapy

Creative Problem-Solving

Creativity groups

Disabled Persons

Diversity, Cross-Cultural Work

Domestic Violence Centers

Dream Work

Health-Related Issues

Hospice (Grief and Loss)

Hospital Behavioral Treatment

Men's Groups

Non-Verbal Patients

Pregnant Moms & Families

Prison Inmates

Recovery from Eating Disorders

Senior Centers

Social Work

Stress Management

Therapy (individual, family, couples, and group)

Therapists' Support Group

Trauma Healing (e.g., Childhood Abuse,

Veterans, etc.)

Weight Loss and Fitness Goals.

Women's Groups

Writing fiction and poetry

12. What's next for SoulCollage®?

SoulCollage® continues to grow and expand in new ways, so we have created a NEWS page where you can subscribe to RSS feed to keep current with news about Seena Frost and SoulCollage® Facilitators. You can also sign up for periodic emails (we don't send too many) on the bottom right of our Home page. We honor your privacy and your right to unsubscribe whenever you want.

13. Where can people find a workshop or a SoulCollage® Facilitator to learn more?

There is a search function on our site to find a Facilitator by location or name. There is also a current listing of workshops posted by Facilitators.

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