

SoulCollage Inc.

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SoulCollage® Facilitator Training

A Course for Continuing Education Units for Eligible Therapists and Social Workers

SoulCollage Inc. (Provider #133654) is approved by the California Association of Marriage and Family Therapists (CAMFT) to sponsor continuing education for California licensed LMFTs, MCSWs, LPCs, and LEPs. SoulCollage Inc. maintains responsibility for this program/course and its content. Licensed therapists from states other than California, or from other countries, who attend are given a certificate of attendance, but must check with their own licensing Boards about whether these hours may be credited as continuing education for their particular license. For those Boards who may not be familiar with SoulCollage® and its therapeutic benefits, we offer the following supplemental information, which was included in SoulCollage® Inc.'s application for CEU provider status which was accepted by the BBS in California.

What is SoulCollage®?

SoulCollage® is an accessible, yet profound, collage art therapy technique that can be utilized clinically, both individually and in groups in a wide range of contexts and with varied client populations. The SoulCollage® process is in two parts: 1) making SoulCollage® cards, and 2) using SoulCollage® cards.

A person makes 8 x 5 cards, one card at a time. Each SoulCollage® card contains one energy depicting one aspect of the person who is collaging the card. Energies fall into four categories or suits: personality parts, relationships, physical energies, and archetypes.

Once cards have been made, they can be used in a number of ways to assist a client in accessing his or her own inner guidance and meaning and expressing these to others. (*See also, "How does SoulCollage® Facilitator Training enhance MFT or MSW practice?" below*)

What is the theoretical basis of SoulCollage®?

SoulCollage® was developed by Seena B. Frost, M.A, M. Div., CA lic. MFC #1977. She has written the book, *SoulCollage® Evolving* and 9 CDs about SoulCollage®. In shaping SoulCollage®, she drew from Fritz Perls' gestalt therapy, Virginia Satir's work with parts, and from art therapy which holds that art-making in and of itself is therapeutic. She has also been inspired by Jungian concepts of the unconscious and archetypes and by Jungian, James Hillman's, concept of the soul's code, as well as

by the value of personal narrative and myth-making. Although SoulCollage® has been used by some Facilitators within their own religious contexts, it is not religious in itself and “Soul” in SoulCollage® refers to the complex and mysterious Self about which we seek to become more aware.

What is SoulCollage® Facilitator Training?

Courses offered by SoulCollage Inc. include a basic training in how to facilitate the process and advanced courses in certain aspects of the process or about the applications of SoulCollage® to certain client populations. Nearly 3000 SoulCollage® Facilitators from 40 countries have now received basic SoulCollage® Facilitator Training (as of May, 2016.)

The basic SoulCollage® Facilitator Training is 24 hours of experiential and didactic training in how to facilitate clients in making and using SoulCollage® cards, including at least one hour addressing ethical issues. What is taught includes:

- The basic structure of a SoulCollage® deck
- How to make SoulCollage® cards
- How to use SoulCollage® cards
- How to facilitate making and using SoulCollage® cards
- Ethics and scope of practice with SoulCollage®

Advanced courses in SoulCollage® provide more depth in aspects of this method or more training in the application of this method to particular client populations or group contexts (e.g., at-risk teens, substance abuse, grief work).

How does SoulCollage® Facilitator Training enhance MFT or MSW practice?

SoulCollage® enhances the practice of counseling and social work by providing a tool that can be used effectively for the following purposes (and more):

- Assisting the client to increase self-knowledge, self-esteem
- Assisting the client to better understand and benefit from relationships
- Assisting the client to access intuition, creativity
- Assisting a non-verbal client in self-expression
- Assisting elderly clients in life review
- Assisting the client in adjustment in grief work, illness, death, and life changes of all kinds
- Assisting families to create together and communicate more intimately
- Assisting groups (at risk teens, community, women’s) to create together, bond, and communicate more intimately

What are the basic requirements of a SoulCollage® Trainer?

- Completion of the basic SoulCollage® Facilitator Training
- Two years’ experience post-Training in facilitating SoulCollage®
- Two years’ personal work with the SoulCollage® process
- Demonstrated competence in training and group management
- Ethical conduct

Although it is not required, many of our Trainers do hold Master's degrees, some hold licenses, and three are conducting training outside the USA. (Current Trainer resumes are on file.) Some of the advanced courses are taught by those demonstrating a specialty in working with SoulCollage® in certain client populations or particular contexts.

How does SoulCollage® Inc. maintain records of CEUs provided?

Required records are housed at the main office of SoulCollage Inc. in Santa Cruz, CA.

Course Outline - SoulCollage® Facilitator Training

The 24-hour SoulCollage® Facilitator Training is experiential, didactic, and provides written materials to anchor learning.

Experiential components

The experience of making and using SoulCollage® cards in these sessions is framed as teaching the experiencers what it feels like to make and use SoulCollage® cards in a group and what works in group setting, ambience, and facilitation and what doesn't work as well. The experiential pieces invite the trainee to feel into what a client might experience of the emotional power and transformative nature of SoulCollage®. Even some of the other components of this Training (such as welcoming the group, sharing, introductions, writing exercises, dyad sharings, and guided meditations) are simultaneously 1) modeling how to facilitate SoulCollage and 2) encouraging awareness and empathy for how it feels to be a SoulCollage client in a group or in a dyad.

Didactic components

The following information is given by lecture, by question and answer, and by guided group discussion.

- Structure of a SoulCollage® deck
- How to make SoulCollage® cards
- How to facilitate sharing of SoulCollage® cards with individuals and groups
- How to use and encourage use of the “*I Am One Who...*” process
- How to access the card-maker's inner wisdom in interpreting the cards he or she makes
- Ways in which to encourage, affirm, and dispel self-criticism and competition in a client making SoulCollage® cards
- When and how to amplify client's expression about a card
- The value of silence: When “not saying your intervention” is your intervention
- Permission, protection, and connection as essential for transformative and therapeutic work
- Jungian concept of synchronicity as meaningful coincidence
- Jungian shadow and how it can be identified as imbalance in SoulCollage® cards
- Ways in which SoulCollage® helps integrate left and right brain function
- How to lead guided meditations to get in touch with physical energies and make cards to represent them
- Overview of the written materials
- Ways in which the SoulCollage® process has been used in different contexts and with different client populations
- Materials and tools needed to work with SoulCollage®

- The ways in which the SoulCollage® Facilitator Community worldwide can support one's work with clients
- The official Principles and Guidelines for using SoulCollage®
- Ethics: The importance of providing adequate set and setting for SoulCollage® work
- Ethics: Scope of competence and scope of practice for using SoulCollage®
- Ethics: based on Taylor, K., *The Ethics of Caring*, including client vulnerability, power differential, transference and counter-transference, and the need for self-compassion in right relationship
- The need for self-care after a training or a workshop

Course Materials

Trainees are provided with a 52-page binder of materials that includes this Table of Contents:

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| The Basics | |
| What Is SoulCollage®? | 1 |
| Principles of SoulCollage (SoulCollage Inc.) | 3 |
| SoulCollage® Guidelines (SoulCollage Inc.) | 5 |
| A Diagram of the Suits of a SoulCollage® Deck (Seena B. Frost) | 7 |
| The Transpersonal Cards of a SoulCollage Deck (Seena B. Frost) | 8 |
| The Companion Suit: Talking about the Chakras | 9 |
| The SoulCollage® <i>I Am One Who...</i> Exercise (Sue Volpi Gelber) | 10 |
| SoulCollage® Building Blocks (Mariabruna Sirabella) | 11 |
| Hints (Not Rules!) for Creating SoulCollage® Cards (Seena B. Frost) | 12 |
| The Side Effects of Having Fun with SoulCollage® (Mariabruna Sirabella) | 14 |
| Facilitating | |
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| Will You Embrace the Protector Archetype? (Kylea Taylor) | 20 |
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Frame for Making SoulCollage® Cards
Instruction Card for Group Readings (Karen Mann)
Card-Making Supply Pack (mat board cards, card sleeves, glue, pen)

Other Courses for SoulCollage® Facilitators

Extended Training is provided by SoulCollage Inc. to SoulCollage® Facilitators at various in-person and online workshops and at the International SoulCollage® Facilitators' Conferences. Presentations have been made on in-depth understanding of SoulCollage® per se, as well as specific training in how to use SoulCollage® effectively in various contexts and client populations. Some of these applications where SoulCollage is currently being used therapeutically include:

- Addictions & Substance Abuse Treatment
- Adolescents at Risk, Adopting Parents
- Alzheimers' Patients (early stage)
- Anger Management
- Career Counseling
- Children's Groups
- Conflict Resolution
- Couples' Therapy
- Creative Problem-Solving
- Disabled Persons
- Diversity and Cross-Cultural Issues
- Domestic Violence Centers
- Dream Work
- Grief and Loss (e.g., Death, Job Loss, Grief for Pets, etc.)
- Health-Related Issues (Chronic Pain, Cancer, Caregiver support, etc.)
- Hospice
- Hospital Behavioral Treatment
- Non-Verbal Patients
- Pregnant Moms & Families
- Prison Inmates
- Recovery from Domestic Violence
- 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.)
- Voice Dialogue therapy
- Weight Loss and Fitness Goals