

Seena B. Frost ~ Author of *SoulCollage® Evolving*

Seena B. Frost, M. Div., M.A. studied theology at Yale Divinity School, married, raised four children, and then received a Master's degree in psychology from Santa Clara University. She has been a psychotherapy clinician and supervisor in California for over thirty years, and has used many healing modalities including the work of C. G. Jung, Fritz Perls, Virginia Satir, Eric Berne, and others.



In 2001, Seena's first SoulCollage® book was a finalist for the Nautilus 2002 Book Awards for titles that contribute significantly to conscious living and positive social change.

Seena's new book, *SoulCollage® Evolving: An Intuitive*

Collage Process for Self-Discovery & Community (November 2010 release), chronicles the growth of SoulCollage® from Seena's original seed idea to today's community of 900+ trained Facilitators in 42 states and 18 countries and a team of SoulCollage® Trainers who offer training programs internationally. SoulCollagers everywhere are discovering the transformative power of images, imagination and intuition through the simple yet profound process of SoulCollage®.

Today Seena conducts SoulCollage® Facilitator Trainings in the Santa Cruz, CA area and Advanced SoulCollage® Workshops that help people use SoulCollage® as a creative personal practice and as a flexible and accessible tool for their professional life. She has recorded eight excellent CDs that provide in-depth information about this process, available through [Hanford Mead Publishers, Inc.](#)

Seena is the author of a book of poems on aging, *The Journal of a Steadfast Fence*, which shows one way that the awakened imagination can blossom into surprising form - like fences that talk.

"The intention of SoulCollage®: to offer a creative practice for exploring, healing and evolving our many-faceted Souls so every Soul is able to manifest its unique SoulEssence in increasingly balanced and joy-filled forms." - Seena Frost

Press Inquiries

For more information about Seena Frost and the SoulCollage® process, visit www.soulcollage.com - www.soulcollage.com/media-room - Email press@soulcollage.com