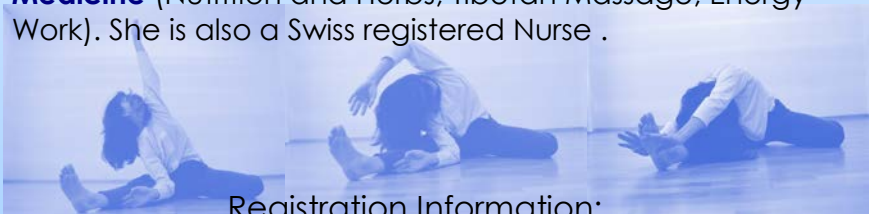




Elisabeth Guentert Bay

She is a certified Expressive Arts Therapist BCATR and has an MA in Psychology and Healing Arts. She holds the Halprin Life/Art Practitioner and the Teacher for Movement Ritual. Over the last 20 years she worked with individuals and groups in her private practice, in psychiatry wards and clinics. She has given numerous workshops and seminars in nature as well as in indoor settings.

Her work "Healing Arts Therapy" founded in 1991 is rooted in the fields of **Psychotherapy** (C.G. Jung, Dream Work, Gestalt Therapy, Psycho Synthesis), **Expressive Arts Therapy** (Life/Art Process, Breath Therapy, Feldenkrais, Sensory Awareness, Sound Therapy) and **Alternative Medicine** (Nutrition and Herbs, Tibetan Massage, Energy Work). She is also a Swiss registered Nurse .



Registration Information:

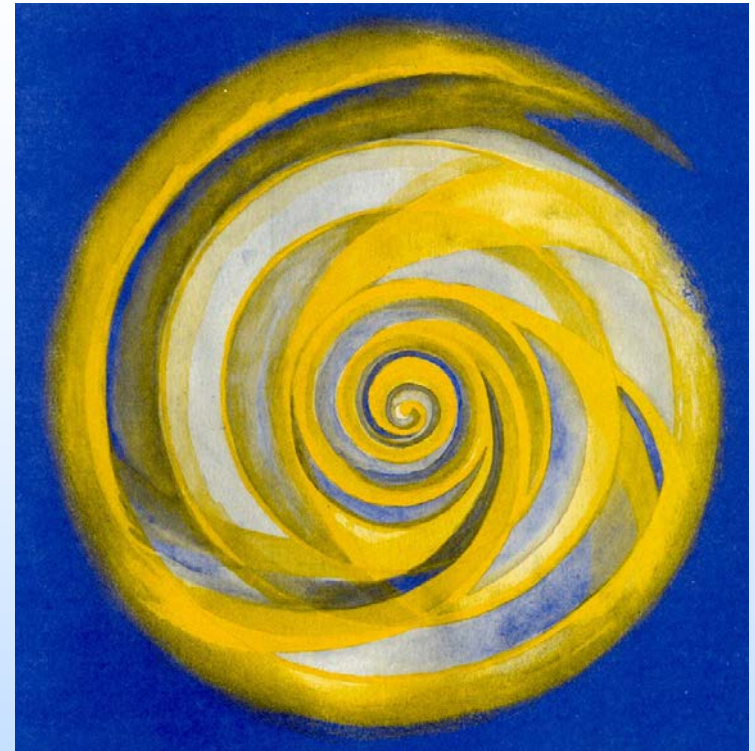
Ask for detailed flyer for each workshop. • No dance or art experience are necessary. • Pre-registration is required for all workshops. • The number of participants is limited to 12. • Individual sessions have to be booked one week ahead.

For appointment or further information:

Email: e.healingarts@gmail.com

Phone: 250 442 4808

Healing Arts Therapy



Healing happens,
when Body, Soul and Spirit
find union in Harmony

Our Contact to the Thou within,
as well as the Contact to the Thou in Nature
and other Human Beings,
is our Health Foundation.

Individual Therapy

Finding the Contact to the Thou within.

Often we find it quite hard to take care of our personal Self, we are too busy to fulfill our task in our jobs, family, society. And yet something is missing — there is an uneasiness, there is a longing for wholeness.

Through individual sessions I will guide you in accessing your body's inherent wisdom and healing capacity.

I welcome people of any age, who seek help with their physical, emotional and mental health. I am especially experienced with life threatening diseases, traumatic issues and mental disturbance.

Workshops and Trainings

Finding the Contact to the Thou in Nature and other Human Beings

Listen to the Child within

The painful and suppressed feelings we had not been able to feel in the past, we learn to feel by gaining consciousness and accepting our wounded Self. Freeing our Inner Child from his wounds means freeing the deep source of our creative spiritual Self which leads to a fulfilling enriched life.

An extended weekend, 2 ½ days.

Nature as a mirror of our Inner Self

Experiencing ourselves as part of nature, we discover each of the Elements as an archetype in ourselves. Nature becomes our true teacher helping us to uncover a deeply hidden knowledge that connects us on a holistic and spiritual level.

A 7- day outdoor training.

Movement Ritual

This 14 movement sequence is a meditative journey through our entire body. We bring movement, thoughts and feelings together in a fluent harmony. Movement Ritual develops a strong and flexible body and heals injured and weak body parts.

Training during 16 weeks, 1 ½ hour sessions.

Healing Arts Therapy

“Healing Arts Therapy” is a spiritual path towards healing ourselves. We are working in the here and now, becoming engaged on all levels of the person (physical, emotional, mental, spiritual). **Active Imagination, Drawing and Creative Writing** help us to build bridges between our conscious and unconscious Self. Expressing the unknown through **Dance and Movement**, we speak in our primary, archetypal language and go beyond culture, religion and social boundaries.

The physical, emotional, mental and spiritual levels of the body are interconnected. We live in and through our bodies. The body contains and reveals our entire life experience. Only through the inner body experience, we can come to know ourselves and the world, and changes can happen.



"Art-making is a place of deep listening, a landscape of symbols and metaphors that nourish and transform our lives." -
Daria Halprin