



Beyond My Body

A Group Art Therapy Program
for body distress

Summer 19/20 Program

ABOUT

Beyond My Body is a group art therapy program for adults looking to reclaim who they are beyond their body by beginning to soften the tension around body image distress, self-criticism, perfectionism and internalised social constructs (sexism and fat phobia). Built upon a foundation of weight inclusive, Health At Every Size® principles, the program draws upon theory from expressive arts therapies, acceptance and commitment therapy, existential approaches and the feminist empowerment relational model. Sessions take place fortnightly for a total of seven sessions with homework given between each session. The group will be kept at a maximum of eight members and it is a closed group.

Topics to be explored include

- Personal body image, what maintains it and why
- Body image, emotional projection and self-perception
- Internalised social constructs: fat phobia and sexism, discovering how they operate personally, reframing and the challenging process
- Identity and layers of the self
- Felt senses and embodiment
- Finding safety in going beyond the 'body-identified' self

Program suitability

Folks interested in attending may be of any gender, race, sexuality, size and ability. This program recognises the intersectional nature of body image, mental health and trauma and seeks to attend to the nuance and responsibility that comes with intersectional work.

Folks attending the program may have various mental health backgrounds and current challenges including depression, anxiety, eating disorders and body dysmorphic disorder. Please note you do not need a diagnosis to attend this group. If anyone is currently receiving or has recently received acute care for mental health, please check with your treatment team to be cleared to attend, or have them contact me on 0435 353 476 or ashlee@bodyimage-therapist.com.

YOUR FACILITATOR



Ashlee Bennett is a registered art therapist and counsellor with a Master of Art Therapy from La Trobe University. She has a special interest in body image, embodiment and internalised fat phobia particularly as these issues present through depression, anxiety, disordered eating/eating disorders and trauma through an intersectional feminist lens. Her practice includes both individual and group work, as well as facilitating large workshops and speaking engagements nationally and internationally. Read more at <https://www.bodyimage-therapist.com/>

DETAILS AND RESIGTRATION

Session dates and time

Sessions for the Summer 19/20 program run fortnightly on Thursday evenings from 7.30pm to 9pm:

- December 5th and 19th
- January 9th and 23rd
- February 6th and 20th
- March 5th

Location

The Swell Centre, 2 Minona Street Hawthorn, VIC

Fees

\$430 for all seven sessions, includes all materials, psychoeducation handouts, and a visual diary.

How to register

Email me at ashlee@bodyimage-therapist.com with the subject line 'Beyond My Body Registration'. I will send you an intake form and an invoice for \$90.00 as a deposit for your spot.

The remaining balance can be paid in two ways:

- Full remaining balance of \$340.00 due by 29th of November OR
- A monthly payment plan of \$92.50 due on the 29th of each month of November, December, January, February.

NDIS recipients may make a claim using your plan if it includes art therapy.

Any questions please feel free to email me at ashlee@bodyimage-therapist.com and I'll gladly answer as soon as I can.