

Experiential Workshop

Title	Meaningful choices in a world of uncertainties	
Goals	To observe how nature exposes us to uncertainties and at the same time provides us with the opportunity to make meaningful choices in our inner world through creative dialog with the world at large.	
Description	This workshop will give an opportunity to explore how nature can play a powerful role as a third entity in a therapeutic setting. We will look at different choices and dialogs possible through creative and ritualistic means in order to deepen our understanding of our own world, and the social, cultural matrix we live in. The workshop will begin with a small presentation of my approach and move into creative exploration.	
Number of participants	Minimum	8
	Maximum	30
About the facilitator...	Name	Anat Raphael
	Background	Anat Raphael is a Jungian and Arts psychotherapist specializing in trauma. She holds both a Master in Integrative Arts Psychotherapy and a Masters in Performance Arts. She is a Lecturer on Eco-Therapy for 'The Interdisciplinary Wilderness Therapy Program' at Hakkibutzim College and 'the Out-Door Group-Facilitators Program' at Oranim College in Israel. Anat's work focuses on the therapeutic use of images and metaphors in Eco-Therapy and on raising awareness to the social-cultural-political context of our therapeutic work, topics she addressed at several national and international conferences.



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Reaching Further: Exploring the healing effects of Adventure Education and Experiential Learning, a methodology to increase the quality of youth work for European youngsters with fewer opportunities