

## "Personal Print" Workshop

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### Abstract

#### Learning Objectives:

1. Helping participants through this art work by foil printing to express their emotions and thoughts.
2. To explore how this art piece is easy, adaptable and enhances a productive dialogue.
3. Self-expression is the potential of this creative process.

#### Workshop description:

This 2 hour workshop doesn't require any previous art experience. "Personal Print" workshop provides participants with an opportunity to recognize their shape and quality of life where we can safely display their own story by printing using art supplies. No verbal expressions are needed and art is the visual expression of feelings and experiences.

#### Workshop Outcome:

Participants will discover the power of art as therapy in releasing emotions of fear, anger and anxiety. Participants will examine the healing process in many ways including their relationships in life. Building a security environment with others through Art. Participants will become more familiar with the scientific studies of Art Therapy.



#### Biography:

Dr. Samah Mohammed Rehan, Ms. Radwa AbuBakr are emotional therapist using Art as Therapy from Egypt.

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