

Therapeutic Art Life Coaching Materials List

THERAPEUTIC ART LIFE COACHING

- Locate blocks and other issues
- Remove trauma from the body
- Understand yourself more deeply
- Work through issues intuitively
- Powerfully process what hurt you
- Creatively express feelings
- Connect heart, mind, and body
- Move forward in your life
- Release what's holding you back
- Feel better

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While this series isn't a typical workshop, you'll need to assemble several types of materials, because I'll select a different medium for many of our sessions together. Feel free to do your own version of the work, i.e. by following the prompts but using different materials of your own choosing rather than what I've chosen for each session; however, I have found that if everyone is following along together it makes it easier to work with the results of your creations.

Note that some sessions will have a "homework" component where I'll ask you to complete certain steps in the process on your own. This will not only allow certain materials used during sessions to dry or cure, but it will also allow you to further engage the work in different ways before we meet again.

Materials

- Clay – we will work with raw clay in at least one session, and you can use any type of workable clay you'd like for this. You don't need to fire your work unless you'd like to preserve and display it in your home or elsewhere as a reminder of what you learned and how much you will grow in these sessions. Some suggested types of clay:

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- Sculpee or Playdoh
- Potters clay you would throw on a wheel or use to coil a pot
- Clay you dig on your property or on a walk
- Chalk pastels – these allow you to use color or black and white, which can be helpful for expressing subtle or dramatic contrast.
- Charcoal – you can get artist's charcoal at an art supply store or from a campfire the next day, just be sure it's cooled off before you reach into the coals.
- Colored pencils – the ones that allow you to add water to your page are what I suggest, but regular colored pencils are fine, too.
- Crayons – we will use these in a variety of ways depending on the specific session, so please bring some you don't mind getting messy with or that your kids won't miss.
- Graphite – subtle gradations and line work can be another avenue for expression in this work. You can bring any thickness you'd like to work with. I recommend finding several you enjoy, ones that feel good in your hands.
- Ink – this is the small bottle of liquid ink you see being used with a feather in commercials referencing the days of buckled shoes and stockings.
- Markers – with these you'll be able to vary your line weights as well as color in areas on the page, depending on what you're expressing during sessions when we'll be using these.
- Oil pastels – these differ from the chalk kind in that they smear rather than smudge, if that makes sense. We'll use these in fun and exciting ways.
- Pens – the variety of pens available is endless, so pick some that you like for the way they feel to use and the marks they allow you to make.
- Adobe – this will involve you gathering some dirt from around your house and mixing it with sand and water and then drying it in the sun to make a brick. Exercises using this material will have an outside element that extends beyond our session.
- Fiber – you can choose any string for sessions calling for it. I prefer hemp or linen yarn, but dollar store twine is just as useful for what we'll be doing.
- Mixed Media Paper – this type of paper is useful for both wet and dry mark-making.
- Wood – you may want to use wood instead of paper for some of our sessions.
- Wire – a wide variety of types is available, but I will be using aluminum wire because of its malleability and color range.
- Paint – acrylic dries faster than oil, so I will be using this in some sessions. Any colors are good, and brand or price doesn't matter; just get what you like for these sessions.

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Tools

- Round Nosed Pliers – this is a small plier with round tips, great for making smooth curves in wire. You can work with just your hands too if you wish for sessions where we'll utilize wire.
- Wire Cutter Pliers – these would just be the jewelry kind, not big mechanic's pliers, for cutting your lengths of wire to use in sessions calling for it.
- Apron – to protect your clothes, I'd like you to get an apron to wear for our sessions. Since most of the work will be done sitting, you can also wear clothes you don't mind getting dirty if you prefer not to wear an apron.
- Containers with Lids – these can be old pasta sauce jars or takeout soup containers that have a lid. Smaller is better in most cases, as we might use these to store paints we've squeezed out of their tubes but not used all of in a session.
- Brushes – this includes any type and size, what matters is what feels good to you.
- Scraping Tools – these can be twigs, kitchen implements, etc.
- Knitting and/or Crochet Needles – your choice.

I'll let you know at the beginning of each session what materials and tools we'll be using for the work we'll be doing that day.

Registered students also get a newsletter with added tips, tricks, resources, and articles, so be sure to sign up to get advanced notice of materials and exercises as well as additional supporting resources!

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