



Art Therapist

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Expatriate's lifestyle: search for balance

- *Are you entangled in a lifestyle completely overwhelmed by your family's expatriation?*
- *Do you feel that you are performing an axial and salient role for your family but are often taken for granted with little recognition and satisfaction?*
- *Are you feeling frustrated and unsatisfied, losing your way and looking for a meaningful anchor in life?*
- *Are you in search of the golden path to develop your own self?*

The challenges

As an expatriate's wife, you have been finding yourself acquiring new roles within your family and broader social circles; Arranging a cozy nest for your family, being an anchor for your kids and providing them with education, friends, activities and security, seeking new social acquaintances and friendships, adjusting to the new location's culture and habits etc. The change of environment shakes up your social world and may pose new dilemmas on how to reform your social links with friends that may not stay long.

Lack of support

Challenges and difficulties caused by relocation are underestimated and often there is no address to attend to when there's a need to share and unload. As an expatriate, you are between worlds, and can no longer rely on your familiar social network or the knowledge and skills that you are already know. Adapting to a new culture or to a new role in your life may require a transformation.

Art provide us with tools to explore and make sense of our experiences. The transformation will be more tangible when you are working with art and processing with a therapist.

The workshop

The Art Therapy 3 sessions workshop will help you to answer some of those changes through Art Therapy.

The workshop curriculum:

The workshop will include 3 sessions of 120 minutes;

1. The relocation experience as seen by newcomers and long-time expats.
2. My role: who am I and what I represent in different circles.
3. Looking for the meaningful and the balance.

- Using various techniques such as painting, collage making, coloring and more; materials are provided.
- Group therapy gives the opportunity to share experience, problems and solutions within

the group.

- Individual workshops are also available.
- Conducted in a safe space and confidentially and does not require any artistic skills.

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For more information about Art Therapy: www.art-therapy.sg