

holding BOOKS

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handmade and bound for you...

IF STORIES COME TO YOU, CARE FOR THEM. AND LEARN TO GIVE THEM AWAY WHERE THEY ARE NEEDED. SOMETIMES A PERSON NEEDS A STORY MORE THAN FOOD TO STAY ALIVE.

...Barry Lopez, as Badger in 'Crow and Weasel'



Holding Books offers a unique Art Therapy based bookmaking process for people in times of pivotal transition.

This is art and story making for difficult times...transformative, hope-giving and creative.

Why is telling our story so powerful?

Stories are the way we make sense of our situations and experience. The opportunity to tell our stories in the presence of deep listening can assist us to process, find meaning and personal resources in what can be extremely challenging circumstances and times.

How are loss and story linked?

The loss of people close to us or life limiting circumstances can often bring about a crisis of meaning and hope. Loss can bring about a collapse of the world as we know it and to get through it we find a new way of being in the world. The creative exploration of our experience through art making and story can bring this about in a task orientated way that builds confidence and restores hope.



People utilising this process will

- *discover personal resources and develop new ones
- *have the opportunity to explore and express experience via artistic expression in a safe space
- *develop and access creative tools and skills with the guidance of an experienced Arts Therapist
- *upon completion will have a unique and beautiful one-off handmade book as a reminder of the journey to keep and share

"I would encourage anyone to preserve the most precious moments in life in a beautiful and personal way - and the unique quality and style of Handmade Books could not be better way to capture these memories. Thank you Ky, "Client 2012



The art therapy based book making process allows people to tell their story in multiple ways while developing creative skills to cope with their situations in the longer term. Through this process people will find new skills and discover how to utilise current resources. The process of externalisation through the art can create new ways of seeing and begin to ease or bring clarity to the potentially confusing mix of feelings natural to the grieving process.

The process

- *The process takes place over 10-12 sessions usually in the persons own environment.
- *All materials and tools are supplied
- *No previous art or story making experience is necessary, just the willingness to participate

Who is this for?

- *People going through the loss of a loved one/s
- *People with a life limiting illness
- *People dealing with big transitions in their life

About Ky

Holding Books brings together a number of my different skills in an inspiring format. It is a culmination of a lifetime of learning and education, combining my experience as a bookmaker, a passion for the creative process and my work as a therapist and artist. Witnessing what people take from the book making process inspires me and I thoroughly enjoy the collaborative nature of the work. I have been honoured with diverse client groups assisting me to appreciate the unique abilities and lives of the individuals I work with. It is inspiring to facilitate and be a part of this transformative and creative process. I am a qualified Arts Therapist with a Diploma of Transpersonal Art Therapy, Bachelor of Visual Art, Certificate of Narrative Therapy and member of ACATA, (Australian Creative Arts Therapy Association).

