

# SKY MOUNTAIN INSTITUTE

## Expressive Arts & Ecotherapy Training Program 2018

### EARTHMIND

Re-finding our Place in the Web of Life

[www.skymountain.org](http://www.skymountain.org) 760.745-9819



Join us at our Retreat Center & Permaculture Farm in lovely Harmony Grove Valley for this **100-hour Certificate Training in Expressive Arts Therapy & Ecotherapy.**

#### Archetypal Focus

**March EARTH - the Wisdom Body:  
Weaving the Web**

**April WATER - Restoring the Heart:  
Following our Currents**

**May FIRE - The Creative Fire:  
Initiatory Journeys**

**June AIR - Kinship with All Life:  
Masks & Myths**

#### Monthly Topics

~ **March 23,24,25:** Embodied Person & Planet

~ **April 20,21,22:** EarthArts, Clay, Shrines

~ **May 18,19,20:** SandTray, Poetry, Dreams

~ **June 22,23,24:** Enactments & Ceremony

**Option #1:** For 100-hr Certificate in Expressive Arts Therapy & EcoTherapy -- \$1300

**Option #2:** Any individual workshop for \$325  
Friday 6:30-9:30pm: Sat & Sun 9am-4:30pm

#### STAFF

**Laura (Lali) Mitchell, PhD, MFT:** Depth Psychology, Expressive Arts & EcoArts Therapy, Ecopsychology

**Alden Hough:** Certified Permaculture Designer, Mindfulness & Ecotherapy Instructor

**Sophia Reinders PhD, MFT, REAT:** Somatically-Oriented Jungian Psychology, Expressive Arts & Ecopsychology

**Alexa Gilweit:** Artist, BA, Honors, Glasgow School of Arts

**LOCATION** 2855 Cordrey Dr. Escondido CA 92029

**Sky Mountain Institute, a nonprofit 501(c)(3)**

Founded in 1981: Retreat Center & Permaculture Farm located in rural North County San Diego, CA.

64 CEU's for MFT's, LCSW. 100 hours toward REAT, REACE certification for IEATA

(International Expressive Arts Therapy Association)