



# *Awakening the Creative Spirit:*

## **Experiential Education for Spiritual Directors in the Expressive Arts**

with Betsey Beckman, MM and  
Christine Valters Paintner, PhD

**MAY 17-22, 2009**

at St. Andrew's Retreat House on the beautiful Hood Canal in  
Washington State.

*visual arts, poetry,  
dance, music, song,  
& storytelling*

A five-day experiential intensive exploring tools for integrating the arts and imagination into spiritual direction ministry. No previous art experience necessary!

Our encounters with the holy are rooted in symbol and image and speak the language of dreams. Spiritual direction tends to these encounters and can be deeply enhanced by tools that invite listening to and engaging the inner symbolic life. The focus of this program is on developing the skills of working with the arts and imagination to deepen the work of spiritual direction.

Together we will explore how the healing power of such tools as guided imagery, body awareness, ritual, poetry, journal writing, visual art, movement, song, and storytelling enrich our own spiritual lives and our work in spiritual direction by giving us access to another language with which to encounter the divine presence within. Participants will develop comfort and skills in using these tools. The program consists of didactic input and time for discussion and reflection on how we see using the arts concretely in our work as spiritual directors. Also appropriate for counselors, chaplains, teachers, and others in healing ministries who want to integrate the arts into their work.

Absolutely no previous art experience necessary — only a willingness to awaken the creative spirit within!

**Program Cost:** \$1200 includes all instruction, art supplies, handouts, articles, 5 nights lodging and meals.

For more information & details visit:  
**[www.AwakeningtheCreativeSpirit.com](http://www.AwakeningtheCreativeSpirit.com)**

Feel free to e-mail or call Christine with further questions at  
Christine@AbbeyoftheArts.com  
(206) 329-3110  
PO BOX 23160, Seattle, WA 98102

### Facilitators:

**Betsey Beckman, MM**, is nationally acclaimed as a spirited dancer, storyteller, teacher of SpiritPlay and dancing Spiritual Director. With her extensive background in performance, movement therapy, ministry and InterPlay, she is regularly featured as artist/presenter at national conventions as well as local churches. Betsey's publications include books, audio-cassettes and videos on embodied prayer and she offers the gift of playful improvisation whenever possible!

**Christine Valters Paintner, PhD** in Christian spirituality and has earned certificates in expressive arts training and spiritual direction formation. She is the Program Coordinator at the Ignatian Spirituality Center and an adjunct faculty at the School of Theology and Ministry, Seattle University. Her co-authored book on *Lectio Divina: Contemplative Awakening and Awareness* will be published by Paulist Press in November 2008. She is also an artist and publishes reflective art journals and prayer cards with her photography and writing. Find out more about her work at her website <http://AbbeyoftheArts.com/>.

### REGISTRATION:

To hold your place in this program we require a **\$100 nonrefundable deposit, a registration form, and your responses to the questions below**. You may either pay by credit card through Paypal (please email your request for an invoice) or you can send a check to **Abbey of the Arts, PO Box 23160, Seattle, WA 98102**. The balance of **\$1100 will be due by April 15, 2009**. We cannot offer refunds of the program costs after that time. Any requests for refunds prior to that time will have our credit card fee of 3% deducted (if you paid by credit card) in addition to the \$100 nonrefundable deposit.

Name: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

Email: \_\_\_\_\_ Phone: \_\_\_\_\_

Do you require an ADA accessible room? \_\_\_\_\_

Do you have other needs, limitations, or concerns we should know about? \_\_\_\_\_

Are you willing to have your contact information included on a list provided to the whole group? \_\_\_\_\_

The retreat center is about 1 hour and 45 minutes from the Sea-Tac airport. Would you like to be connected with other participants who will be flying into Seattle to coordinate renting a car and traveling together to the intensive location? \_\_\_\_\_

### PLEASE RESPOND TO THE FOLLOWING QUESTIONS ON A SEPARATE SHEET:

1. Describe your background and training in spiritual direction and/or counseling.
2. Describe your background in the arts (if any).
3. What is your spiritual tradition and/or faith community?
4. What are your primary spiritual practices?
5. What are your hopes and expectations for this program?
6. Is there anything else you would like to tell us about yourself?

**Mail your completed Registration Form, Deposit Check, and Responses to the above questions to:**  
Abbey of the Arts, PO BOX 23160, Seattle, WA 98102