



ART WAYS

Art as Human Development and Therapeutical Tool

Welcome everyone

- My name is Beatriz Laus. I'm a Brazilian living in the Netherlands for more than 30 years.
- I used to be an expat over 20 years ago. I know what it's like.
- My life has always been filled with different forms of arts.
- In 2007 I graduated as Art Therapist and since then I have been in the fields.
- Since the start of the pandemic I have adapted my classes to online classes.



The work I do

- I offer therapy and art trainings,
- I volunteer to Via.vrouwen- Helping Migrant Women Project
- And Mesa do Bem Estar e Saude- Mental Health project at the Brazilian consulate.
- Im having an exhibition of my own paintings this weekend 9-10 October



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The work I' ve been doing

- In the past years I've been given art classes to refugees children
- Art Lectures about ongoing art exhibitions in NL and exhibitions held abroad
- Giving workshops for adults and children on visual arts
- Past year I reopened my clinics as therapyst
- I ve given a further education course for colleagues art therapists
- I ve been creating my own art



The Art Ways training

- In 7 to 10 meetings an Art work introduces the personal and universal theme

- Themes are:

1. Allowing pleasure
2. Fear Not
3. Anger is ok
4. Think less
5. Feel your feelings
6. Body Awareness
7. Putting it all together
(3x options)
8. Heal the heart
9. Inner Freedom
10. Gratitude

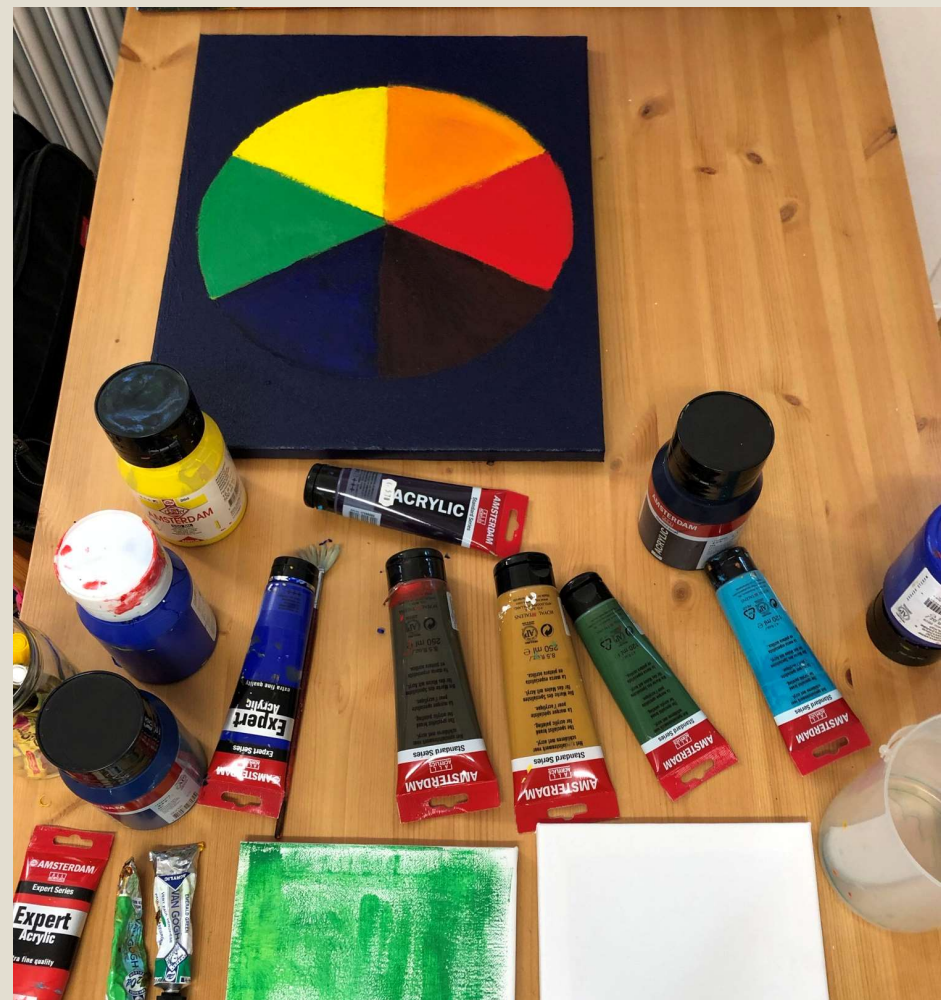


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Who can benefit from the training

- Tired of repeating yourself
- Wanting to express yourself clearly
- Activating the creative side of the brain
- Regulating your emotions
- Connecting to your inner feelings
- Becoming Energized

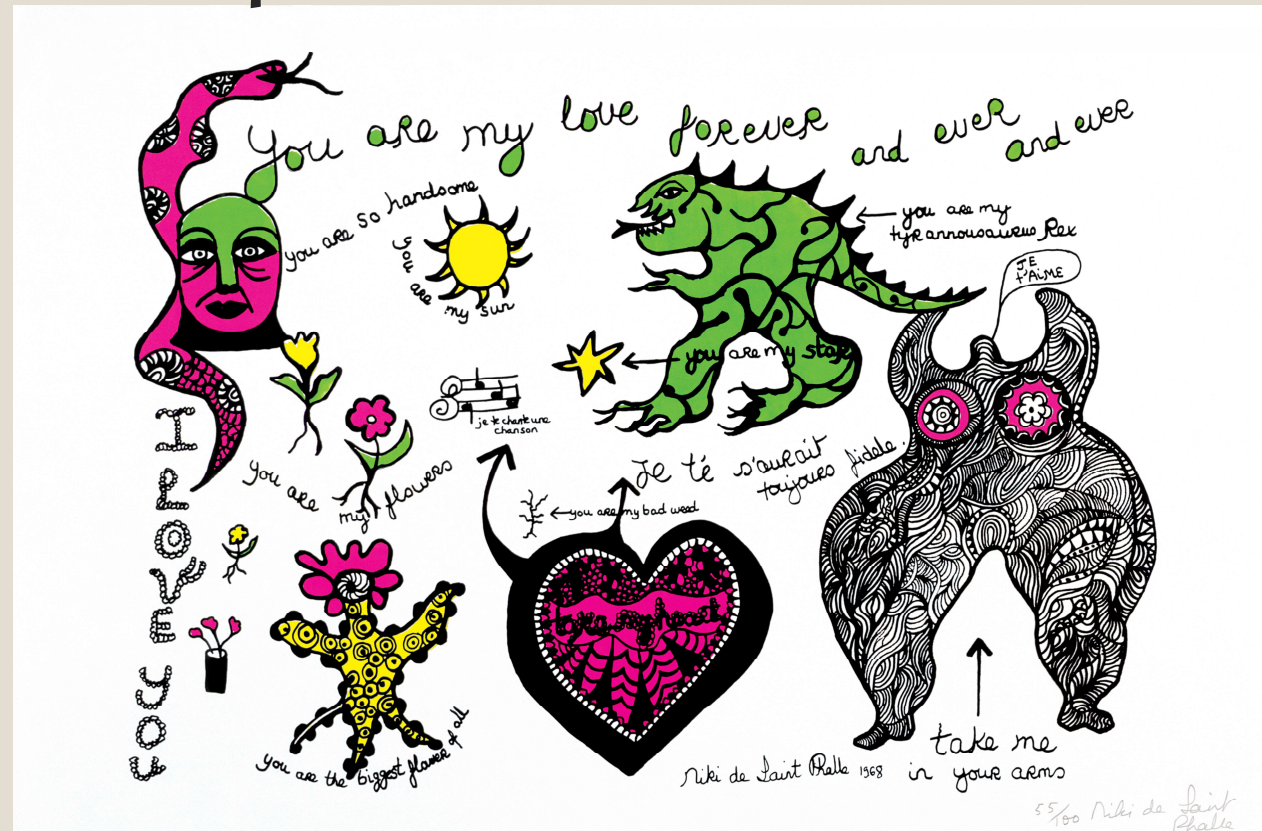




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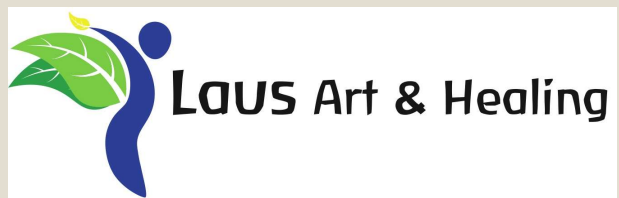
Results or accomplishments

- Balanced emotions
- Self care
- Mindset
- Vitality
- Confidence
- Expressive art works
- Impressive art works



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Let's Catch up soon
Thanks for being here



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