

IFS & SoulCollage[©]

The Deep Dive Series



Embarking on SoulCollage[©] practices can unlock profound avenues for healing and personal evolution. Many of us are drawn to this creative arts practice, finding solace and insight in crafting cards that mirror various facets of ourselves, our energies, and our inner guidance. Yet, for some, the journey often stalls after the creation stage. Cards are made, but then set aside, or the depth of engagement needed to truly bring them to life remains elusive. Others struggle to carve out the necessary time to engage with their cards as a meaningful and sacred practice.

If you resonate with these sentiments, if you yearn to connect with a community of like-minded individuals sharing in the intimacy of their creative journey, if you feel the call to delve deeper into the sacred process of SoulCollage[©], then our upcoming series may be just what you need. Join Sabrina and Priscilla as we guide you in uncovering the rich tapestry of your SoulCollage[©] cards – listening to their stories, understanding their needs, exploring their connections within your inner landscape, and deciphering the messages they hold for you.

This online gathering is designed for those who have already dipped their toes into SoulCollage[©] and are eager to explore further. Each session, we'll delve into different themes, providing a lens through which to uncover the unique gifts and insights your cards offer. Through the practice of IFS and Authentic Relating, participants will have the opportunity to express the essence of their soul-infused creations, gain profound insights, and chart a course for personal growth and transformation. Join us on this journey of self-discovery and connection.



Priscilla Boyd

Priscilla, a social worker, life coach, and lifelong learner, brings 35 years of diverse experience. Trained in IFS, Imago Relationship Therapy, and Gottman Marital Therapy, she integrates these methods in her private practice.

Additionally, she's certified in Positive Behavior Intervention Systems, Restorative Practices, and Trauma-Informed Schools, delivering widespread presentations.

Since 2015, Priscilla has facilitated SoulCollage[©] workshops, renowned for their engaging format, both online and offline. She hosts transformative overnight retreats, blending yoga and expressive arts. A published mindfulness author, she educates adults and children on the subject



Sabrina Santa Clara

Sabrina, a certified IFS therapist and consultant with over 30 years of experience, holds certifications and degrees in dance/movement therapy, yoga, psychedelic therapy and integration, somatic psychotherapy, massage therapy, and holistic health. While Sabrina is a licensed psychotherapist, she primarily serves as an educator, keynote speaker and Spiritual Doula, assisting clients in their transition back home to their deepest and most Authentic Self.

For almost a decade, Sabrina has been incorporating the SoulCollage[©] system into her personal and professional practice. She expands the initial framework of the model to integrate seamlessly with IFS and expansive spirituality.



REGISTER HERE

Days/Times: 6 Mondays, 7-9 Central
2025 Tentative Dates: 1/17, 1/31, 2/14, 2/28, 3/14 & 3/28 (Groups will recur quarterly)
investment: \$575 - Earlybird \$525 by 11/1/24
SabrinaSantaClara.com/event_registration

IFS CEs may be possible for this course - please Inquire