



90 S. Kyrene Road, #4
Chandler, Arizona 85226

602-686-3723
DalenaW@musicandimagery.com
www.musicandimagery.com

Personal Journeys offers a variety of programs and therapy groups. You may chose from one of the following or design a custom workshop/group with Dalena Watson. Dalena has provided workshops, in-services, lectures, and groups to churches, hospitals, corporations, volunteer and business organizations, and educational facilities.

Programs and In-services:

Stress Management Series

Stress Management Part I - Stress and Progressive Muscle Relaxation

Stress Management Part II - How thoughts cause or diminish stress and Autogenic Relaxation

Stress Management Part III - Imagery and Mediation

Each part can be 1-2 hours depending on the needs of the facility. Each part is self-contained, and does not require attendance at the previous part.

What is music therapy? What is the Bonny Method of GIM?

This introduction to music therapy and/or GIM can be from 1 hour to 1 1/2 hours depending on needs. It generally includes music and experiential activities.

Self-care and Avoiding Burnout

This program includes educational and experiential components. Program length is generally 1-2 hours.

Sexual Offending: What is it? Who does it? What can be done?

This program covers the basics of what constitutes sexual abuse, how sexual offenders think, access their victims, and conceal their offenses, and what can be done regarding prevention and treatment for victims and offenders. This program can be adapted from 1-2 hours.

Custom programs are available. Dalena has provided lunch and learn programs on a wide variety of topics including grief, self-care, spirituality and medicine, drumming, and affirmations.

Therapy and Personal Growth groups:

Some facilities may wish to contract with Personal Journeys to provide group therapy sessions at their facility. Groups will consist of 6-12 members who commit for the entire series. Payment may be made by the facility directly or by each participant. Pre-payment is required.

Personal Explorations 6 week series

2-hour groups for 6 weeks using GIM, mandalas, and discussion to explore a variety of topics of concern to the participants. Opportunity to provided for each participant to explore their inner world, beliefs, motivations, old patterns, and methods for transforming their life.

Exploring the Emotions of Grief 4 week series

2-hour groups for 4 weeks addressing the grief process, specific emotions related to grief and the use of multiple creative arts and GIM modalities to express emotions and begin the healing process.

Coping with Loss 9 week series

2-hour groups for 9 weeks exploring the process of grief and various coping strategies. This series is Christian-based and uses adaptations from the New Day Journal.

Creativity 6 week series

2-hour groups for 6 weeks for anyone who is seeking to open their creativity or overcome an artistic block. Sessions use GIM and writing and art. Each participant is encouraged to set goals toward their creative endeavor/project each week.

Survivors of Trauma 8 week series

2-hour groups for 8 weeks for persons who have survived any type of traumatic events/abuse. This group uses educational information as well as a variety of creative arts modalities and ritual to begin the healing process.

Exploring and Deepening Spirituality 5 week series

2-hour groups for 5 weeks using GIM, mandalas, and discussion to explore each participants' spiritual connection with the Divine. GIM allows for a personal experience of the Divine and exploration of personal issues that may be blocking a deeper spiritual relationship.

Journey to Wholeness (5 hours)

This workshop covers how our spirits and functioning become broken; how this affects us in daily life, relationships, and spiritually, and how we can begin the healing process. Christian spiritual references are given throughout. Extensive handouts provided. Participants are encouraged to actively participate.

Healthy Boundaries, Healthy Church (5 hours)

This workshop explores the meaning of boundaries, healthy versus unhealthy boundaries, effects of unhealthy boundaries personally and in the church, how to set healthy boundaries and avoid care-giving/ministry burn-out.

Christian Meditation (3 hours)

This workshop includes educational and experiential components. Methods adapted from lectio divina are presented as well as scriptural references to meditation.

Custom groups available

Contact Dalena Watson, LPC, FAMI, MT-BC

DalenaW@musicandimagery.com

602-686-3723