

SoulCollage®

DISCOVER YOUR WISDOM. CHANGE YOUR WORLD!

What is SoulCollage®?

SoulCollage® is a collage process, in which someone makes a personal deck of cards, one card at a time. It is easy, fun, and satisfying. The process is used world-wide by individuals and in groups (families, churches, schools, therapy, coaching, and many other contexts).

Roots

SoulCollage® is a trademarked method developed by Seena B. Frost, a psychotherapist and supervisor who studied theology at Yale Divinity School. She used healing modalities informed by spiritual traditions and the therapeutic theories of CG Jung, Fritz Perls, Roberto Assagioli, Virginia Satir, and others.

The Intention of SoulCollage®

It offers a flexible, creative, accessible, and inclusive tool that can be used as a practice for our own exploring, healing, and growth, so that each one of us can manifest our unique potential in increasingly balanced, compassionate, and joy-filled forms, both individually and in community.

Read more on www.soulcollage.com

