



## ***Playing With Fire ~ Individual Transformational Art Process***

**With Michelle Bancroft, M.A., C.H.T., RM**

I am thrilled you have found me and treasure this opportunity to work with you.

To access your greatest healing potential, I combine three synergistic modalities: Reiki, Hypnotherapy/Guided Visualization and Transformative Art Process.

I strongly believe we all have an Artist within and that Artist is also one of our greatest healers. My role with you is to act as a witness and a Guide to help you connect to that Artist/Healer within.

I do not use a cookie-cutter approach to my clients. Each session is based on our conversations and what you seek to explore. I adhere to the highest standards of confidentiality.

I ground our time together in a very simple but deep process: Sessions will consist of an initial check-in to discuss any issues/insights, guided visualization and/or Reiki session, 30 minutes for collage/art making, discussion of art piece/process. I will also ask you to establish a collage/art journal and create one collage per day that suits your unique exploration.



**Reiki** – *Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing. The word Reiki is made of two Japanese words: Rei which means "God/Goddess Wisdom or the Higher Universal Power" and Ki which is "life force energy". Therefore, Reiki is actually "spiritually guided life force energy."* I will incorporate Reiki to relax the body and create a positive, safe energetic space.

**Hypnotherapy/Guided Visualization** – *Hypnosis is a natural, organic, relaxed state of being. Most of us experience various degrees of hypnotic states on a daily basis such as daydreaming, reading or watching television. Hypnotherapy/Guided Visualization calls forth the relaxed state of hypnosis allowing you to tap into the deep wisdom of your subconscious mind. Hypnotherapy will be used to quiet the mind and focus creative, healing intent through guided and individualized visualization.*



**Transformational Art Process** – *"The Work". Viewing art and the making of art has transformative effects upon the psyche and soul. To engage in the creative process is to engage directly with your Inner Healer or innate healing energies. The old saying that a picture is worth a thousand words is incredibly potent in this context. The images you will be creating are akin to dreams and are mirrors of your Soul. In each session you will engage in a simple but powerful art process where your inner journey will be revealed to you.*

**About Me:** One of my greatest joys in life is assisting and witnessing the unfolding of the creative process in others. The eclectic approach I employ – combining Reiki, hypnotherapy and transformative art process – reflects my own daily spiritual and creative process. Combining these different modalities allows for enlivened and spontaneous session – the essence of Art. During our time together, I will draw from over twenty five years of personal, creative and spiritual exploration. My academic background and training reflect my spiritual growth, practice and process. My passions range from transformative art process, comparative religion, ancient wisdom and Goddess traditions, Jungian psychology, archetypal knowledge, dream work, mythology, folklore and symbolism.



### **My Training:**

Reiki Advanced and Reiki Master, International Center for Reiki Training with Jessica Miller, July 2008.

Reiki 1 and 11, International Center for Reiki Training with Jessica Miller, March 2008.

Hypnotherapy Training Institute, Certified Master Hypnotherapist, C.H.T., April 2007.

John F. Kennedy University, Interdisciplinary Consciousness Studies, M.A., 2000.

Sacramento State University, Religious Studies and Women's Studies, B.A., 1997.

Life

**CONFIDENTIAL**

**Client Intake Form**

1. What brought you here today? \_\_\_\_\_

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2. What experiences with art or art making did you have as a child? \_\_\_\_\_

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3. Was there art in your home as a child? (paintings, music, etc.) \_\_\_\_\_

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4. What experiences with art or art making did you have as an adult? \_\_\_\_\_

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5. What piece of art – this can be music, film, pictures, pottery – moved you the most in your life?

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**6. Do you have any particular spiritual practices are you drawn to or engage in? \_\_\_\_\_**

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**7. What are your experiences or understanding of hypnosis and hypnotherapy? \_\_\_\_\_**

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**8. What are your experiences or understanding of Reiki? \_\_\_\_\_**

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**9. Please discuss any issues or concerns you would like to explore with our time. \_\_\_\_\_**

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**10. Any additional comments or concerns? \_\_\_\_\_**

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For me to assist you in our process, please check any of the following (if any) that apply to you. These are broad and common life-areas that people may want to seek assistance to transform or explore deeper.

- Aging
- Anxiety
- Creative Blocks
- Body Issues
- Caregiver Stress
- Chronic Health Issues
- Chronic Pain
- Communication
- Death
- Depression
- Eating Problems
- Emotional Upset
- End of Life Issues
- Fear
- Grief
- Guilt Feelings
- Hopelessness

- Insomnia
- Intimacy
- Lack of Motivation
- Menopause
- Money/Abundance Worries
- Negative Self-Talk
- Nightmares
- Relationships
- Relaxation
- Self-Loathing
- Self-Motivation
- Sexuality
- Shyness
- Spiritual Longing
- Stress/Tension
- Worry

If I missed any items, please add here:

- \_\_\_\_\_
- \_\_\_\_\_

- \_\_\_\_\_
- \_\_\_\_\_

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### Client Contact Information

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

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

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ E-Mail: \_\_\_\_\_

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***All information you provided will be kept strictly confidential!***

Thank you for taking the time to fill out this intake form. This will assist me greatly in being an effective Guide for you and help focus our time with each other.

Michelle Bancroft, M.A., C.H.T., RM

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