

# THE ARTIST'S WAY+

A 12 Week Course To Higher Creativity  
For All Kinds of Artists & Non-Artists

Release Creativity from:  
Limiting Beliefs, Fear, Guilt, & Other Inhibiting Forces

Discover the Learnable Skills to:  
Artistic Confidence and Productivity

Creativity Enhancing Exercises & Activities in Small Group Format (10 Members, Maximum)  
Tuition: \$30/class paid in advance = \$360. \$180 to join, Second \$180 at week 4  
Location: 5002 Timberlake Terrace, Culver City (Near Overland & Jefferson)

The structure of the course is based upon  
Julia Cameron's, "The Artist's Way."

Each week we will focus on an aspect of our creative work:

Week 1: Sense of **Safety**\* Week 2: Sense of **Identity**\* Week 3: Sense of **Power**\*  
Week 4: Sense of **integrity**\* Week 5: Sense of **Possibility**\* Week 6: Sense of **Abundance**\*  
Week 7: Sense of **Connection**\* Week 8: Sense of **Strength**\* Week 9: Sense of **Compassion**\*  
Week 10: Sense of **Self-Protection**\* Week 11: Sense of **Autonomy**\* Week 12: Sense of **Faith**\*



MFT #34888

**Facilitated by: Dr. Jane Bolton, PsyD, LMFT.** Dr. Bolton has been a psychotherapist for 16 years and was formerly a painter, sculptor and actor. She is also a certified Master Results Life Coach. Her mission is to support the full and authentic Self Expression of all people.

She carries out her mission by providing psychotherapy, by giving supervision and in-service trainings to psychotherapists, and giving workshops and presentations for the general public.

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Blog: [www.FreedomFromShame.com](http://www.FreedomFromShame.com)