



## CREATIVITY WORKSHOP CLASS 3 OF 3

### *Ovid's Pygmalion*

Presented by Wilna van der Walt

Saturday 30 November 2019 at 8.30 – 13.00

In this series of 3 classes, the creative process will be explored. Each class has a practical as well as theoretical aspect. Acrylic paint, charcoal, oil pastels and clay will be available. No previous artistic experience is required. The 3 classes build one upon the other; therefore, it is ideal to attend the whole series. However, if you are interested in only one or two topics, be assured that each class forms a meaningful unit on its own. In this third class, we will explore the role of consciousness in developing a nurturing personal relationship to creative inner work, as found in Ovid's Pygmalion.



If one turns toward the unconscious with a need and with expectation, it will respond. If we take this process to a creative medium, we have the beginning of the creative process. As images unfold one after another, energy is assimilated from the previous expression to the new, and the unfolding of motifs can be traced from image to image. By relating to your creative work and its energy, neglected aspects of the personality can be nurtured and the individuation process strengthened.

Jung said in *The aims of psychotherapy*: "A patient needs only to have seen once or twice how much he is freed from a wretched state of mind by working at a symbolical picture, and he will always turn to this means of release whenever things go badly with him." (Chodorow, 1997, p. 93)

## Biography:

**Wilna van der Walt** practiced as medical doctor and her experiences as family doctor and caring for terminally ill patients increased her conviction that the unity of psyche and body is often neglected in sickness and in health. She brings a profound understanding of the importance of life histories, culture and emotional patterns for healing and individuation. Since she moved away from a clinical focus on the body to a wider focus inclusive of psyche, she discovered the rich inner resources available to all of us. In her personal journey, she encountered the creative process in the 1990's as a living organic process and tool. Jungian psychology confirmed her experience of the healing power of the creative process and continues to inform her current work. Her creative experimentation of 25 years was published in a book "The Old Woman and the Moon" in 2016. Still a registered medical doctor, she practices in the field of psychotherapy with a special interest in creative work. Her practice is in Muizenberg

**DATE**  
Saturday 30th November 2019

**VENUE**  
CG Jung Centre, 87 Main Rd,  
Rosebank, Cape Town

### ADVANCED BOOKINGS ONLY – PLACES LIMITED TO 8

Bookings with Proof of payment to  
**saaja@mweb.co.za**

**COST**  
R800 each. All welcome

No refund policy if bookings cancelled within 7 days of Workshop.

## CLASS DATES

CLASS 3: 30th November 2019

**BANKING DETAILS:** STANDARD BANK  
Account name: SAAJA Account no: 072975059  
Branch code: 025-009 Rondebosch

Beneficiary Ref: **SURNAME+Wilna+2**

Beneficiary Ref: **SURNAME+Wilna+3**

**NO CASH OR CHEQUE DEPOSITS ACCEPTED**

### PLEASE NOTE: PARKING

Parking is an issue at the Jung Centre and we ask in consideration for our neighbours, that visitors please park at the Baxter Theatre or along Woolsack Drive.

Thank you

