Arts for Wellness Workshop: Surrealist Shorts

Casondra Sobieralski

510.684-3807 or cmsobieralski@hotmail.com

Day 1

Part 1: Tapping the mind for “Postcards from the Subconscious” – Guided Imagery Exercises

Part 2: Writing/Drawing Your Journey

Part 3: Witnessing the Stories of Others -- Listening and Supportive Critique

Day 2

Part 1: Guided Imagery warm up

Part 2: Writing/Drawing the Second Journey

Part 3: Learning to digitally animate your story (using Journey 1, Journey 2 or a composite)

STORY RESOURCES (Also see sources on tarot, mythology, folklore)

(My teacher) Suzanne West, M.A., John F. Kennedy University Psychology Faculty, Guided Imagery instructor: <http://www.susannewest.com/index.htm>

Rachel Naomi Ramen, MD <http://www.rachelremen.com/>

 *Kitchen Table Wisdom* <http://www.rachelremen.com/books/kitchen-table-wisdom/>

Lewis Mehl-Madrona, MD & PhD <http://www.mehl-madrona.com/>

 *Coyote Wisdom: The Power of Story in Healing*

[*http://www.amazon.com/Coyote-Wisdom-Power-Story-Healing/dp/1591430291*](http://www.amazon.com/Coyote-Wisdom-Power-Story-Healing/dp/1591430291)

Healing Story Alliance: <http://healingstory.org>

VIDEOGRAPHY RESOURCES:

See my 2012 Videography class website, including the resources page: <http://pelefire.com/videography2012/>

TECHNICAL RESOURCES

Adobe TV—Learn Premiere Pro 6: <http://tv.adobe.com/show/learn-premiere-pro-cs6/>

Final Cut Pro X Tutorials: <http://www.apple.com/final-cut-pro/resources/>

Final Cut Pro 7 Tutorials: <http://files.lynda.com/files/finalcutstudio#fcp7>

iMovie Tutorials:

 OS10.9 (Maverick) <http://www.youtube.com/watch?v=HjF2y5NABq0>

 Prior to OS10.9: <http://www.youtube.com/watch?v=4RZ7jGSk60I>