

# Dear Inner Critic

## WORKSHOP

Sunday, Sept. 30  
10am-6pm

Ashland, OR

Sliding Scale  
\$129-95

- Bring your lunch
- Snacks will be provided!
- All art materials provided

The Inner Critic (or Superego) is an inner structure which interferes with our joy, self-actualization and ability to thrive.

Using film clips, art therapy and exercises we will explore this basic obstacle to personal growth and learn practical ways to effectively address that critical voice.



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**REGISTER**

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