



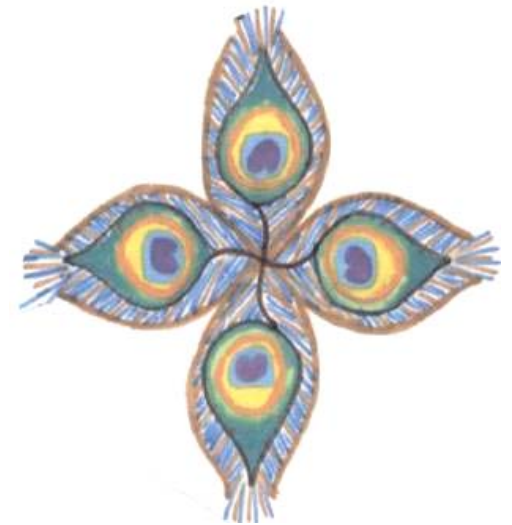
Ruth Hamilton, MA Ed. is a Certified Expressive Arts Facilitator, Technologies for Creating Counselor, and Founder of Carolina Health & Humor Association (Carolina Ha Ha.) She is also a presenter on “Humor, Health, & the Arts for Healing.” Ruth’s sessions are entertaining, insightful, and inspiring.

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ARTS CAN HEAL



Ruth Hamilton, MA Ed.
Expressive Arts
for Healing Counselor

Ruth Hamilton, MA Ed. is an Expressive Arts Counselor, certified by the Expressive Arts Institute at Salve Regina University, Newport, R.I. She also is founder of Carolina Health & Humor Association (Carolina Ha Ha.) Ruth delights in weaving the Expressive Arts with humor. Her sessions and workshops are enjoyable and inspiring. She leads clients to new insights that soothe the spirit and awaken the healing power of imagery.

Expressive Arts can also be used for setting intentions that reveal hidden strengths. Should you be considering a career change, experiencing a life challenge or breaking an obstructive habit, you can benefit from Expressive Arts.

The therapeutic arts that Ruth Hamilton utilizes include:

- Visual journaling
- Movement/ Balance
- Handcrafts
- Storytelling
- Music/ Sound
- Humor

Through these arts, you may create personal images and express feelings that are difficult to verbalize. Expressive Arts is process oriented and does not focus on analyzing your art. However, you may develop artistic techniques during the sessions that increase self-esteem and personal enjoyment.

You can increase the effectiveness of your Expressive Arts session by:

- Reserving judgment of your Expressive Arts visuals, sound practice, or movement. The art is not necessarily for display and is for your self-exploration.
- Making regular entries into your visual journal.
- Becoming aware of the visual images you create daily.
- Paying special attention to the symbols in dreams.

ARTS CAN HEAL

Ruth is available for clients at Health Touch on:

Mondays, 10 am – 9 pm

Wednesdays, 12 pm – 6 pm

Thursdays, 10 am - 6 pm

Week-ends by special arrangement

Dial (919) 544-2370 today to make your appointment.

Health Touch is in Durham at Westgate Plaza, near Target's. Map: www.healthtouchnc.org.

The Expressive Arts can remove obstructive habits, restore balance, and reveal the body's healing imagery.