**The Healing Doll Way Online Class
Pre-Class Communication**
Questions + Agreements

(cut and paste this document into a word document or save to desktop before you type)

Please fill out and send to **bkobe@healingdollway.com**
It is designed to help me get to know you and support you
as you move through this process.
 This is confidential and will not be shared.

My name is:

I prefer to be called:
Address:
City/Country:

Email:

Preferred Cell/Telephone:

I have taken classes with you: (yes/no)
If yes, please give name of class, when and where:

I am new to this kind of an online learning experience: (yes/no)

If no, what other online classes have you taken:

 In Preparing for The Healing Doll Way
Please answer these questions and return to me
BEFORE the DISCOVERY section begins January 15
Also write your answers in Your Healing Doll Way
(required for class)

What draws you to learning about healing dolls?

Have you made art and/or healing dolls before? How experienced are you in using
art supplies and materials such as fabric, fibers, clays, paints. Etc. Also what art making skills have used such as sewing, painting, collage? Please send 2-3 attach photos of what you have made, if you have. Would you say you are at a beginner, medium or master level of experience, or somewhere in between.

Please understand that this is not a class that teaches you a specific way of making a healing doll (no patterns will be given). My ways of making dolls will be shared through videos and video conferencing. How comfortable are you with trusting your

creative process? Your intuition?

If the last year of your life was a movie or book, what would the title be? Expand or explain the story if you wish.

What general feelings and emotions describe the past year of your life?
Have you been, or are you experiencing sadness, loss, illness or challenge?
Do you have a wellness/healing team? i.e. physician, alternative healing professional,
massage therapist, counselor, art therapist, etc.

What do you do for work outside of home, if you do?
How do you spend your free time?

What distracts them from being creative? Do you tend to procrastinate?

What do you yearn for, what do you need, want…desire?

Do you have an inner wound or scar—part of self or experience—that aches for deeper healing?

What kinds of art and materials do you love to create with?

How much time per week can you commit to this class and process?

Important Reminders and Agreements (Please initial each):

1. Inspiration, healing, support, vision and transformation are common experiences for participants in my classes. As with any kind of healing process, participants occasionally experience challenges and difficulties. Please confirm that you have access to resources and/or will contact Barb Kobe if you need any additional support. (Resources include but are not limited to support circles, friends, family and/or professional support such as a doctor, holistic practitioner, therapist, depth coach or spiritual guide) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2. Are there any life events, health issues or personal challenges currently causing you distress or anxiety?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

3. This online creative process course is designed to accommodate individual needs as well as those of the group as a whole. This format is generally not the best place to process deep trauma, which is better handled on an individual basis. If you find that a wound or trauma is deeper or harder to deal with than you thought, or if you feel triggered during any part of this process, please contact me (barbkobe@gmail.com) to have a private discussion about how to best support your needs.. I can help you to navigate deeper healing, shift direction in your journey or find outside assistance. Do you understand and agree? \_\_\_\_\_\_\_\_\_\_

4. Two individual coaching sessions are important and valuable parts of this training. They allow deepening your journey and working on individual areas of focus. Please contact me at barbkobe@gmail.com to schedule your two free coaching times. Once during the Discovery period and once during the Awareness & Healing Process.
**​**

**You may find that you want to extend individual coaching into the year (via Skype, Facetime or ZOOM); you may email me any time about coaching options. Coaching fees $60.00 per hour.**

5. Refund Policy is on **The Healing Doll Way**

Refunds are possible if you have paid for the entire year, have taken the Discovery course and before the Awareness and Healing part of course begins. (no refunds for Discovery part of training). Once you have begun the Awareness & Healing Process part of the course and received passwords to specialized material, a refund will not be given.

The Healing Doll Way training, as well as coaching packages, may be offered with payment options. Payments, if chosen, are a mutually honored agreement and exchange and include an administrative fee. I agree and understand the refund policy, and realize that the specific details of my agreement are outlined by my payment, deposit, invoice and/or receipt. \_\_\_\_\_\_\_\_\_

Barb Kobe is a trained Creativity Coach\* and Group Facilitator.  Barb has a degree in psychology with an emphasis on the expressive arts. She is a NLP Practioner and a trained JourneyCircles™ facilitator\* and Artbundance™ Creativity Coach.\* She has been teaching dollmaking and healing since 2000 in retreat, personal classes and online settings. Her book, The Healing Doll Way, is used as a guide and workbook for the class.

I studied with Creativity Coach and Mentor, Eric Maisel. I like his explanation of creativity coaching.

Creativity coaching is one person offering soup-to-nuts help to another person who is trying to live a successful creative life. The creative client may have career concerns, creative blocks, psychological issues, relationship issues, or existential and spiritual crises, and may face a gamut of challenges that come from wanting and needing to create. A creativity coach expects all of this and is ready for all of this.”

“An effective creativity coach is aware of the big picture: human nature, personality structure, the psychological makeup of creative individuals, the problems inherent in the work creative individuals attempt, the shape of the different intellectual and art marketplaces, and so on. When a client comes in, the coach joins with the new client, as one human being to another and one creative person to another, listens to what the client is saying, and makes observations and suggestions.”

“Creativity coaching is not psychotherapy but creativity coaches need to have psychological insight and acumen and recognize that psychology is on the table whenever one human being attempts to help another. But the coaching they offer does not represent itself as psychotherapy, any more than the mentoring or coaching that a good writing teacher or art teacher provides represents itself as psychotherapy.”

<http://ericmaisel.com/creativity-coaching/>

**JourneyCircles™** It is a process based on expressive arts, transformative process, creative mapping techniques and visual narrative, using the simplicity of collage to invite your stories to guide you.Created by Cat Caracelo
 <http://catcaracelo.com/journeycircles-and-training/>

**ARTbundance Creativity Coaching**
The ARTbundance™ Philosophy is an innovative approach of self-discovery through creativity, based on the 9 ARTbundance Principles (Gratitude, Intuition, Balance, Choice, Vision, Action, Attraction, Connection, Service) and the exciting utility of ARTsignments™: unique exercises that use art and creativity as a conduit for exploration and transformation.

Created by Artella Founder Marney Makridakis

<http://artellaland.com/act.html>

Email: bkobe@healingdollway.com

\* I generally respond to emails within a half day! If you do not hear back from me within a day; always check in to make sure that I have seen your email and that it did not get lost!