

Agnès Sigley is a registered counsellor (Prov. MNZAC) and Expressive Arts Therapist (CTAA) in private practice. She specializes in working with women and children who experience anxiety, grief, loss, trauma or emotional difficulties. Agnès holds a Post Graduate Diploma in Health Science (Expressive Therapies) and a BA in Communications. Living in Aotearoa since 1994 she is the lucky mother of two happy teenagers. Agnès speaks fluently English & French.



## Facilitators

### Agnès Sigley

Counsellor Expressive  
Arts Therapist, Prov. MNZAC  
www.expressiveartstherapy.co.nz  
agnes.sigley@xtra.co.nz; 027 6422 064

### Isabella Van Hoyer

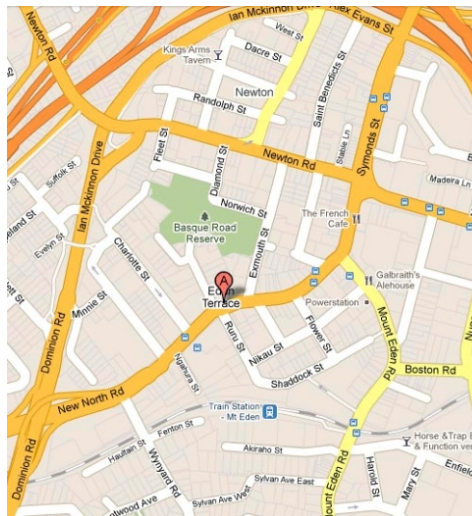
Registered Psychotherapist Prov. MNZAP  
www.accesspsychotherapy.co.nz  
isabella@accesspsychotherapy.co.nz; 027 455 3166



Isabella Van Hoyer is a registered psychotherapist (Prov. MNZAP) with over 17 years experience in private practice. She has trained and co-facilitated groups both in France and New Zealand, and works with individuals and couples with a wide variety of approaches. These include body & trauma therapy, psychodynamic psychotherapy, infant observation, Emotional Focused Therapy and sandplay therapy. Isabella is also the proud mother of three delightful children. She speaks fluently English & French.



**Arts Therapy NZ Trust**  
Level 2, 81 New North Road  
Eden Terrace, Auckland  
Parking available.



# EMERGING MOTHERS

For mothers from all walks of life,  
cultures and ethnicities



**WHEN:** Beginning 30 May, 10am-12pm  
Regular 5 week workshops

**WHERE:** Arts Therapy NZ Trust,  
81 New North Rd, Eden Terrace

**COST:** \$175 per person (\$35/session)  
Materials included

- **Do you feel challenged or confused about motherhood?**
- **Do you question your parenting skills?**
- **Do you feel anxious, sad or stressed?**
- **Do you need support in a warm and friendly environment?**

The use of creative therapies in a supportive group is proven to have many benefits.

### **These workshops can help:**

- Increase your self-esteem and self-awareness
- Help you cope with life stresses and conflicts
- Raise your awareness of Body-image/self-image
- Connect with your strengths and authenticity
- Find a sense of well-being and sensory enjoyment
- Validate your connection to the whole of life
- Enhance attunement with your child
- Enjoy sharing your experience safely with other women.

## **EMERGING MOTHERS**

Emerging Mothers offers an encouraging, supportive and fun environment to strengthen mother's self-esteem, confidence and wisdom.

In a space that is warm and non-judgmental, mothers are invited to give shape to their thoughts, feelings and hopes for the future.

The use of simple drawing, mindfulness, discussions and other media will help facilitate expression.

No need to be an artist!

There will be time for interaction with the spontaneous activities of the infant/child which will be used to enhance maternal sensitivity and responsiveness.

Both Agnès and Isabella, as mothers of children themselves, are passionate about empowering women in their own and unique journey to becoming confident mothers.

## **RELEVANT INFORMATION**

Our goal to provide support for Mums in a unique way through creative expression, comes from our own experience as mothers and our professional observations and experience as therapists.

Our program draws on over 50 years of research and studies in the fields of attachment theory and more recently the inter-disciplinary research from neuro-science, psychotherapy, psychophysiology, child-development and psychology. These findings demonstrate what are the important needs for the developing brain.

By encouraging mothers to become more confident, aware and knowledgeable of this co-relation, the ground for a healthy relationship between mother and child is strengthened.

For more information  
please contact either

**Isabella 027 455 3166  
or Agnès 027 64 22 064**