**Application for Mentorship & Therapeutic Art coaching Online**

Date of application:

Name:

Date of Birth:

Gender Identification/Pronouns:

Occupation:

Where are you located / City / Country:

Time Zone:

Email address:

Website (if you have one):

Are you applying for Mentorship or Therapeutic Art coaching?

Have you done any previous courses or healing sessions with Claudia? If so, please name it?

How many sessions and how often are you planning having individual sessions (example: Twice a month for 3 months)?

When would you like to start?

**Submission of this form acknowledges I have read the information at**

[**http://www.claudiatomaz.com/art-therapy-mentorship**](http://www.claudiatomaz.com/art-therapy-mentorship)

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Thank you for your interest. To get to know you a little, and see what your needs are / what directions we might take, and if / how I can guide you, please respond to the questions and considerations below and keep your responses brief.

With appreciation for your considered responses to our questions, and with respect for our time, we ask that you wait to send us your application until you have confidence that, if you are accepted to this offering, you can commit with the sessions and make time to develop your project / practice outside the sessions.  There are more details after this page. Please read and see if you can commit. Thank you.

**All the information you provide will remain confidential and will be handled with the most care**

1. Tells us a little about yourself and why you are interested in these individual sessions
2. Are you working on a particular creative or health project? If so please describe it and state what issues might be blocking you or where you might need guidance
3. Please list any relevant previous art, nature-based and soul work that you’ve explored, in courses or on your own. Or any practices that are relevant for what you’d like to explore further in our sessions
4. Share what is currently alive for you creatively and psycho-spiritually — what are you being called to, what stories are emerging, what is not working, what is dreaming through you, what is breaking your heart, what images, symbols or metaphors are you tracking?
5. And have you previously worked with the images of your inner life, dreams, health issues, in any art form? If so, how?

**Details about the Sessions and commitments**

**Online Sessions & Sacred Space**

* **The sessions are on Zoom and are 60 minutes long**. You will be sent a Zoom link for a **recurrent meeting**. Make sure you **Bookmark the link** to use in the next sessions.
* **Please log in on Zoom 10 minutes before** the start of the call. Make sure your sound is working and that you have good lighting. Feel free to re-create your space for the sessions!
* Create a **sacred space** for our meetings if you like. You might want to meditate or move before we start or light a candle or incense and have flowers! I mean, make your space quiet and comfortable, sit on a chair or on the floor, have water near by and make sure you will not be interrupted. Use **comfortable clothes** as we might do some somatic movement in our sessions.
* Please have paper to draw and some **simple art materials** (pencils, crayons, pens) and a **journal and pen** next to you, in case we need them. If you are working on any particular project you might want to bring images, or if computer based, please have it ready so we can do a screen-share

**Invitations & homework.**

* You will be invited and encouraged to create images, art, written word, nature based practices and other expressions that arise from your work during our time together - during the sessions, and also **in between the sessions** to give you the chance to dive deeper. Can you commit with this?
* Please consider carefully before you apply / start the program **how much time you can commit each day / week** and schedule it as part of your soul work. Perhaps you commit 30 minutes a day to draw, journal, movement or healing. Or maybe you prefer to carve 1 hour three times a week for example. See what is best for you and make it possible! Can you commit with this?

**Scheduling and payment**

* The cost of a session is £45. **The sessions will be scheduled** before we start (we can schedule sessions up to 3 months). Sessions **will be paid in advance** in the beginning of each month. Can you commit with this?
* I**deally we will find a day / time that we can repeat** (for example, the first Monday of each month at 2pm for 3 months or 1 session every two weeks for 3 months). Can you commit with this?
* If we need to **re-schedule** a session please give **at least 48 hours notice,** more if possible

Thank you so much for your heartfelt care in answering these questions. We will let you know in 1 week.

Please put in the subject line of your email,

**“First Name-Last Name + Mentorship –or- Therapeutic Art-Application”**

and send completed application to

**cloudhands@yahoo.com**

Thank you!