



C.G. Jung Society of
Western Australia

Workshop: Sunday 23 August, 2026

10:00am – 3:30pm

Jungian Art Journalling

Paul Davis

“Honouring the soul through image-making is fundamental to Jungian Art Therapy.”

Nora Swan-Foster



In the spirit of Carl Jung’s Red Book, this workshop will provide you with inspiration and techniques to start your own art journalling practice. Paul, will guide you through:

- Exercises to encourage spontaneous creative expression using various art media.
- Art making techniques to support self-reflection on your individuation journey.
- Methods to help you work with images originating from the unconscious.

Important note: This workshop is designed to facilitate individual self-reflection, it is not group therapy. It is not designed for people currently experiencing active mental illness symptoms or people with intellectual disability. Any questions or concerns contact Paul on 0497 296 169. Numbers are limited.

Paul K Davis Paul K Davis AThR. is a qualified counsellor, educator and registered art therapist with 25 years of experience working creatively in the not-for-profit, community services sector. Although Paul experienced art therapy and studied arts in counselling 20 years ago, it was an encounter with Jung’s Red Book in 2016 that drew him to La Trobe University in Melbourne where he completed his master’s degree in art therapy. A general lack of understanding of art therapy for adults in the mental health sector meant Paul adopted an integrative approach, combining various counselling methods with art therapy such as narrative therapy, Acceptance and Commitment Therapy (ACT) and positive psychology. Since starting his private practice, Reflective Visions Art Therapy, in 2019, he has facilitated numerous art therapy workshops, notably The Creative Resilience series. He now works as the art therapist at the Midland Medicare Mental Health Centre and facilitates workshops in his spare time. Since discovering the Jung Society of WA in 2023, Paul has come full circle back to Jungian principles that originally inspired him to study art therapy.

To see photos of Paul’s previous workshops visit Facebook page: Reflective Visions Counselling & Art Therapy or Instagram: @reflectivevisionsarttherapy

Venue: Hovea Ashram 805 Margaret Rd, Hovea

Cost: \$120 (members), \$135 Concession \$150 (general)

C.G. Jung Society of WA (Inc) www.jungwa.org

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