



## The Principles of SoulCollage®

The SoulCollage® process is a flexible, creative and inclusive tool. It can be adapted to many settings with varied populations. It is a trademarked process in order to differentiate it from other collage/art therapy processes, and to provide the training and support important for solid and ethical work done under the “SoulCollage” name.

SoulCollage® is the process, developed by Seena B. Frost, of creating a deck of collaged cards from found images—cards that are arranged in suits for the primary purpose of self-exploration and self-acceptance. SoulCollage® cards are made from original purchased art (e.g., art published in magazines, calendars, books, cards, etc.) and personal materials (e.g., photos). SoulCollage® cards are not to be sold, traded, or bartered and are to be reproduced only for the personal use of the maker of the card. SoulCollage® cards may be used as examples to illustrate the SoulCollage® process, but it is a principle of SoulCollage® that SoulCollage® cards are not for sale, trade, or barter.

SoulCollage® can be introduced to a variety of populations by Facilitators with varied backgrounds and trainings. Some will use SoulCollage® as an adjunct to various types of therapies; some will offer groups specifically to create and ‘read’ SoulCollage® cards; some may persuade an existing group to engage in the fun and deepening power of this process. SoulCollage® is a creative tool, but is not in itself a therapy. The SoulCollage® Facilitator Training highly recommends that Facilitators develop and have ready a referral list of one or more licensed therapists who are familiar with the SoulCollage® process and to whom Facilitators can make referrals as the need arises.

The term, “SoulCollage® Group,” is reserved for the use of SoulCollage® Facilitators who have completed an on-site, SoulCollage® Facilitator Training, organized by SoulCollage®, LLC. The term “SoulCollage® Group” describes a group that includes these elements:

- The personal experience of card-making;
- Practice in encouraging unique ways individuals can use their cards, including readings;
- Examples of ceremonial uses of SoulCollage® cards;
- Training in ethical issues with regard to scope of practice and scope of competence;
- Practical information about materials, resources, and community building;
- The use of the SoulCollage® website.

(Continued other side)

Copyright © 2003, 2007 by Seena B. Frost (page 1 of 2)

In SoulCollage® groups, Facilitators will give a verbal introduction as outlined by Seena Frost in her book, *SoulCollage®*, or explained in her audio CD, *Introduction to SoulCollage®*. This verbal introduction will include:

- The importance of the Source Card, the four suits, and the concept of the ‘One and the Many’ in a SoulCollage® deck. It is understood that in some group populations one or more of the suits may be emphasized while others may be omitted from the actual work. Some people may wish to add a suit to their personal deck;
- The concept of how every guide or challenger depicted on a SoulCollage® card has some sort of positive intent for a person’s life, and how each also has a shadow or negative potential;
- Permission to work with creating the cards in one’s own unique way;
- The concept of a person’s personal or local story, and how it weaves into a larger, more archetypal story.

When introducing the SoulCollage® process and when leading SoulCollage® groups, the Facilitator will assist the participants to discover their unique inner and outer guides and challengers, and will give examples when useful. The emphasis is on creating an environment that supports creativity and that is safe for each person to explore and express his or her unique soul, in its lightness and its shadow. Using the “*I Am One Who...*” exercise is a crucial piece of this exploration, and Facilitators will need to find various occasions in which participants can experience it. Competition is to be discouraged, and all cards are to be honored. Each person is encouraged to interpret his or her own chosen images *before* either Facilitator or group members offer suggestions as to further possible meanings.

SoulCollage® cards are made either from one’s own art or from images found in materials which have been created by, bought by, or given to the SoulCollage® card maker. These collaged cards are used only for the cardmaker’s own inner exploration. SoulCollage® cards are not copied (except as a back-up for the cardmaker’s own use). Where SoulCollage® cards are available to be seen by others, it is for the purposes either of demonstrating the SoulCollage® process or of sharing the cardmakers’ inner processes in the context of community. SoulCollage® is grateful to the artists and photographers who make this deep awakening process possible, and in all ways SoulCollage® seeks to be respectful of their rights. SoulCollage® is written as one word, not two, and SoulCollage® cards are called “SoulCollage cards”, rather than some shortened version of that term, in order to avoid confusion with other products and techniques.

SoulCollage® cards may be exhibited publicly for the purpose of demonstrating and describing the SoulCollage® personal exploration process. The purpose of the exhibit and the fact that SoulCollage® cards are not art for sale, trade, or barter should be clearly printed and displayed both on flyers and on any poster mounted for the exhibit. Exhibitions should include SoulCollage® cards made by five or more persons. The cards should be exhibited as a grouping separate from any other art, especially art for sale, so that persons viewing the exhibit are not confused between art for sale and SoulCollage® cards.

Facilitators who complete a training, with Seena B. Frost or a SoulCollage® Facilitator Trainer designated by SoulCollage, LLC, and who adhere to these SoulCollage® Principles in their groups may use the trademark “SoulCollage” in the phrases “SoulCollage® Facilitator” or “SoulCollage® Group or Workshop” when advertising. Others who are facilitating the SoulCollage process in accordance with the SoulCollage® Principles, but who have not yet attended the SoulCollage® Facilitator Training, may say in their advertising that they will be working with the group “using the process of SoulCollage® as described in Seena B. Frost’s book, *SoulCollage*.”

SoulCollage®, LLC trains, but does not certify Facilitators. SoulCollage®, LLC is the only entity authorized to train “SoulCollage® Facilitators” and designate “SoulCollage® Facilitator Trainers.”

## SoulCollage® LLC

PO Box 8051, Santa Cruz, CA 95061-8051

Tel: 831-459-6855 / Fax: 831-426-4474

[www.soulcollage.com](http://www.soulcollage.com)

Copyright © 2003, 2007 by Seena B. Frost (page 2 of 2)