

Making Jewelry to Express Inner Jewels



Instructor: Maryam Mermey, Ph.D. REAT

Monday, July 10th 2017, 5pm-7pm

**\$45 includes all materials (will
make three sets of jewelry)**

No Previous Experience Necessary

CEUs Available



In Making Jewels to Reflect Inner Jewels, participants choose from a wide range of jewelry molds to make a matching set of earrings and a necklace. The intention is to select pieces of glass with colors, shapes and textures which reflect each person's inner jewels or the gems within another person. Participants are also instructed as to how to design their own necklace and set of earrings, which reflect a hope and a dream. The expressive arts, meaning an integration of multiple art forms including movement are used to help participants bring the wisdom of their whole selves to artistically nurture their inner treasure.



Registration: To hold your spot, please call Stained Glass Express at 213-4126 or stop in to the store at 966 Western Avenue in Manchester by Monday July 3rd 2017. A 50% deposit is required at the time of sign up. Class limit is 14.

Dr. Maryam Mermey, Registered Expressive Arts Therapist, holds a Ph.D. in Arts, Health and Society. She also has an M.A. in Counseling Psychology, a M.Ed. in Arts in Education, and a B.A. in Dance and Poetry. Dr. Mermey studied Art, Fairytales and Healing the Psyche at the Carl Jung Institute in Kusnacht, Switzerland and has advanced training in grief therapy. She was formerly a grief and creative arts therapist. She co-presented a workshop and film called From the Heart at The Third International Children's Bereavement Conference in Edinburgh, Scotland. Maryam was also a cheraga or minister in the Sufi Order in the West as well as a member of the Sufi Healing Order. Dr. Mermey currently has a private practice called Morning Glory Arts Therapy as well as offers Healing Glass workshops at Stained Glass Express in Manchester, Maine. She also facilitates workshops in Sacred Dance and a Women's Healing Arts Circle at The Center for Wisdom's Women in Lewiston, Maine.

Previously, Dr. Mermey taught the first expressive arts therapy courses at Thomas College in Waterville, Maine called Exploring the Expressive Arts and the Advanced Seminar in the Expressive Arts. She also developed an original bully prevention model called Transforming the Bullying Cycle Through the Expressive Arts, which she taught internationally. Her presentation and film on this work received a "Best Presentation" award from the Center for Scholastic Inquiry International Research Conference in San Francisco, California in 2014. She has also written a book entitled "New to the Forests of Selay" with an accompanying CD for elementary age students and teachers on transforming the bullying cycle through the expressive arts. These offerings and documentary films can be found on her web site: www.thetransformativearts.com. In the fall of 2014, Maryam and her husband Akiba, the Program Developer for The Transformative Arts, screened their film Norway: Art, Waterfalls, and the Human Spirit at Railroad Square Cinema. In 2016, The Journal of Maine Education published Maryam's article entitled "Arts-based Transformative Learning."