



## The Principles of SoulCollage®

**What SoulCollage® is**—The SoulCollage® process is a flexible, creative, and inclusive tool. SoulCollage® can be introduced to a variety of populations by facilitators with varied backgrounds and trainings and adapted to use in many contexts. The term “SoulCollage” is trademarked 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 a creative tool, but it is not in itself a therapy. The SoulCollage® Facilitator Training recommends that SoulCollage® Facilitators develop a referral list of licensed therapists who are familiar with the SoulCollage® process and to whom referrals can be made as appropriate. Some Facilitators will use SoulCollage® as an adjunct to various types of therapies for which they are already licensed; some will offer groups specifically to create and “read” SoulCollage® cards; some will invite an existing group to engage in the fun and deepening power of this process.

Using SoulCollage® as developed by Seena B. Frost, a person creates a deck of collaged cards from found images. The cards are arranged in suits for the primary purpose of self-exploration and self-acceptance. SoulCollage® cards are collaged from images found in purchased or donated magazines, calendars, books, cards, etc. and from stock photos and/or personal materials (e.g., photos, one’s own art).

**Elements of a SoulCollage® group or workshop**—In SoulCollage® groups, Facilitators will offer explanations and experiential exercises to introduce the process. These are described by Seena Frost in her book about SoulCollage® and in her audio CDs, *Introduction to SoulCollage®*, *Facilitating SoulCollage® in Groups*, and her audio CD series, *Your SoulCollage® Cards*). They will include some or all of the following, depending upon the time frame:

- A description of the three Transpersonal cards, 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 as not appropriate.)
- 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 create 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.
- The use of the “*I Am One Who...*” exercise with the images.
- The value of community in making and sharing SoulCollage® cards.

When introducing the SoulCollage® process and when leading SoulCollage® groups, the Facilitator helps the participants to discover their unique inner and outer guides and challengers, and gives examples when needed. The emphasis is on creating an environment that supports creativity and is safe for each person to explore and express his or her unique soul in its lightness and its shadow.

- Using the SoulCollage® “*I Am One Who...*” exercise is a crucial piece of this exploration, so facilitators will look for more than one time 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.

**Displaying SoulCollage® cards**—It is a principle of SoulCollage® that *SoulCollage® cards are not to be sold, traded, or bartered and are to be copied by the maker of the card only as backup in case of loss.* SoulCollage® cards may be exhibited publicly only for the purposes of:

**1. Demonstrating the SoulCollage® process in a SoulCollage® Exhibition**

- Clearly state the purpose of the exhibit and the fact that SoulCollage® cards are not art for sale, trade, or barter, both on flyers and on any poster mounted for the exhibit.
- Always include in the exhibit SoulCollage® cards made by five or more persons .
- Group the cards as an exhibit separate from any other art, especially position SoulCollage® cards separately from art for sale, so that persons viewing the exhibit are not confused between art for sale and SoulCollage® cards.

**2. Sharing publicly (as the card maker) one’s own personal exploration process in the context of community**

- Many people are creating and nourishing community by sharing their cards publicly along with their *I Am One Who...* statements and writing about their process in blogs, emails, and on social networks. SoulCollage® asks that cardmakers be conscious of copyright issues when selecting cards to share in a public way. 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.
- Bloggers, social networkers, Facilitators, and those writing articles about SoulCollage®, can find additional guidance by reading the “SoulCollage® Guidelines”.

**Use of the “SoulCollage®” trademark**—The right to use the term, “SoulCollage®” in the title of a group or workshop is reserved for the use of “SoulCollage® Facilitators” who have completed an on-site, SoulCollage® Facilitator Training, which is organized or approved by the SoulCollage® corporation and 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 (e.g., scope of practice and scope of competence)
- Practical information about materials, resources, and community building
- How to use the SoulCollage® website
- The value of using the suit divisions

SoulCollage® Facilitators, who complete a SoulCollage® Facilitator Training with a SoulCollage® Facilitator Trainer designated by SoulCollage® Inc., and who adhere to these SoulCollage® Principles in their groups, are licensed to use the trademark “SoulCollage®” in the phrases “SoulCollage® Facilitator” or “SoulCollage® Group” or “SoulCollage® Workshop” when advertising their groups. SoulCollage® trains, but does not certify Facilitators in its basic Training. SoulCollage® Inc. is the only entity authorized to train “SoulCollage® Facilitators” and to designate “SoulCollage® Trainers”. Please contact SoulCollage Inc. regarding permission for other uses of the trademark.

Those who have not yet attended the SoulCollage® Facilitator Training and who are facilitating the SoulCollage® process in accordance with the SoulCollage® Principles may say in their advertising that they will be “using the process of SoulCollage® as described in Seena B. Frost’s published works about SoulCollage®”.

“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. Please refer to the “SoulCollage® Guidelines” for more information on the use of this licensed trademark in electronic identities, writing about SoulCollage®, and in other contexts.

**SoulCollage Inc.**

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