



Frequently Asked Questions about my Classes

***The Artist's Way* is a powerful process that has helped millions of people worldwide connect with their creativity and move forward with their goals. Whether you want to write a novel, start a business or simply be more creative in your daily life, *The Artist's Way* will help you rediscover your natural creativity.**

I have been offering Artist's Way classes since 2007. My classes are nine-weeks in length, and I offer both afternoon and evening classes in various locations in San Diego.

What is your background? What makes you qualified to lead *Artist's Way* groups?

In a nutshell, I have a masters in counseling/psychology from Hofstra University, a certificate in Expressive Arts from Saybrook University, and have trained in creativity coaching with Eric Maisel. I'm a former teacher and a registered yoga teacher. To learn more about me, please go to my website www.excoveries.com and click on the link titled *About Judith*.

Note: there are no certified facilitators for classes using *The Artist's Way* book. Julia Cameron quite wisely chose not to limit the number of people who could use her work.

"I've started journaling again and am feeling more empowered and unstuck! I am feeling stronger in myself (learning to say no) and embracing and accepting myself. What wonderful guidance from both Judith and the other women!"

**Anne Phillips Pitzer
Del Mar, CA**

What is *The Artist's Way* and how did the movement begin?

Julia Cameron, the author of *The Artist's Way*, is a writer, playwright and composer (three of her many talents) who began teaching creativity workshops to people in the arts and entertainment industry over 20 years ago. Her workshops were of great help to people in getting past their creative blocks. People in her groups supported each other as they moved forward with their creative goals. Her workshops evolved into the book, *The Artist's Way*, which has now helped and inspired millions of people worldwide.

What is the format of your Artist's Way groups?

In my groups, I use *The Artist's Way* as a basic text. We cover one chapter each week for nine weeks, doubling up a few times in order to finish the book in nine weeks. We follow the traditional *Artist's Way* process of checking in with each other and sharing whatever is appropriate for each person first, then in each session, there is an expressive arts activity designed to go along with the theme of the chapter and to meet the needs of each individual group.

If you've already done *The Artist's Way*, consider *Beyond the Artist's Way*!

I also offer a class for people who have already done *The Artist's Way*--either with me, with another facilitator or on their own. This class will use Julia Cameron's sequel to *The Artist's Way* called *Walking in this World*. This supportive class is perfect for people who want to continue to explore their creativity and/or people who have a specific project or goal in mind. *Beyond the Artist's Way* will also feature expressive arts activities to meet the group's needs.

More ►

What do you mean by the term “expressive arts”?

Expressive arts activities help promote insight and self-knowledge. Expressive arts activities might be drawing (think image making, NOT creating a work of art), writing, movement, guided visualization, role-playing or any combination of these. **No artistic talent is required!!!** These exercises help access the right hemisphere of the brain, which of course is where our creativity resides.

Expressive arts activities also help you gain deeper personal understanding and overcome the issues that are blocking your creativity. As an example, we do some work on the inner critic (you’ll never see her quite the same way again!), and there are activities to help you connect with the child still within you. For more information on expressive arts, please visit my website and click on the link titled *Creativity Classes and Coaching*.

“This class has been an eye-opening experience. I love how safe the class feels and how much I’ve learned about myself. The feeling of connection within the group is amazing. I loved all of the activities we did and learned something about myself in all of them.”

**Kym Roessel
San Diego**

Will I feel comfortable in your group?

If you’re familiar with the book, you know that *The Artist’s Way* process goes deep. The depth of the process is what makes it so powerful and helps people to overcome their past programming—which is often why they are creatively blocked. My top priority is creating a safe environment for my classes. I set the ground rules in the beginning. Throughout the nine weeks we will share, laugh, reflect and sometimes cry. No one is judged. Each person’s individual process is honored, and no one tries to “fix” anyone else. You are always free not to share or not to participate in any activity if it doesn’t feel comfortable for you.

How much time does *The Artist’s Way* process take, what’s required, and what will I get from it?

I will answer first with a question. What do you want to get out of the class?

Next, I suggest you read the testimonials on my website from people who have taken my class.

The Artist’s Way program can be transformational, but like anything else, the more effort you put in on the class, the more you will get out of it. Many people in my groups would tell you that the experience was life changing for them—read the quotes on *The Artist’s Way* page on my website. Other than attending each class, the requirements of *The Artist’s Way* class are daily journaling, called “morning pages,” and a weekly “artist’s date.” The morning pages are three pages of writing each morning.

“I was stuck, and this class released me. I feel more positive in that I realize that there are many solutions to a problem, not just one. You’re the best. Whatever you teach would be wonderful. You are a caring person, very genuine and fun to be around.”

**Janice Ganan
Del Mar, CA**

The artist’s date consists of doing some new activity once a week for at least one hour *by yourself*. This could be something as simple as going to a greenhouse (walking around, looking at the different plants, smelling the dirt) or going to a museum. This break from your normal routine will help jumpstart your creative juices. The reason for doing this on your own rather than with someone else is because when you are alone, you can focus totally on the experience rather than on the person you might be with. The chapters of the book are rich with self-discovery activities for you to choose from. These are all optional. Julia Cameron suggests that you plan to spend 7-10 hours a week on your Artist’s Way activities.

More ►

Do I have to do all the activities?

The book is filled with rich activities at the end of each chapter. In addition, I'll be sharing other materials and activities that you may want to try. Think of all this as a smorgasbord. Fill your plate with the activities that seem the most meaningful for you, leaving the rest for another time or choose not to do them at all. While you are in a group, this is your personalized journey, and you design it yourself.

"This class opened my eyes to things I had not thought of in years. It made me think about all the different sides of myself."

**Nancy Turner,
Del Mar, CA**

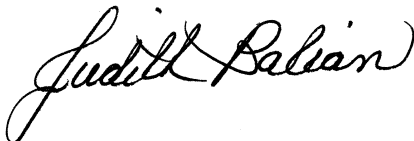
What materials do I need to buy for the class?

All you need is the book, *The Artist's Way* by Julia Cameron. I often suggest that people who feel they have a strong inner critic buy the book *Embracing Your Inner Critic* by Hal and Sidra Stone. You do not need to buy any of the other Artist's Way publications such as the workbook or the morning pages journal. You should choose a journal that feels right for you whether it's a leather bound book or simply a spiral notebook. You might want to have a loose leaf notebook or folder in which to keep the handouts.

Our Creative Community

By joining my Artist's Way class, you become a member of our creative community of the scores of people who have taken the course over the last four years. Three or four times a year I'll be hosting gatherings of this very special group. The purpose of these events is to let people reconnect with other members of their groups, to provide an opportunity for you to meet people from other groups, to provide a place for people to show/tell about any creative endeavors they're working on or have completed, to support each other and to just have fun!

I truly believe that taking this class is one of the best investments you'll ever make in yourself. Please join me for the very special Artist's Way journey!



760.436.8848

jbalian@excoveries.com

www.excoveries.com