

## About the facilitators:

**Helen Butlin - PhD (Candidate), Registered  
Psychotherapist, Spiritual Care Specialist**

**Anne MacDougall - Expressive Arts Facilitator and  
elder.**

### About Helen Butlin

I am a registered psychotherapist and certified spiritual director. 'Soul-Medicine' as a way of living, is distilled through my life and work from many years of professional training and learning from the inner journey of those living and dying with cancer in my oncology practice in the London Regional Cancer Program. Soul-medicine is a way of life, not a curriculum or program. Soul-medicine invites you into greater awareness and acceptance of your own nature and 'way', to live life from your soul's depths in harmony with nature, within and without, and particularly through times of change and transformation. For 9 years I have engaged in personal Jungian analysis - working with dreams and the embodied life of soul and have steeped in Jung's writings and those of his legacy bearers. Also, I draw on the non-dual wisdom of diverse spiritual-wisdom traditions integrated through my own life as woman, mother, healer, teacher. I facilitate groups as a fellow seeker and pilgrim exploring the depths that feed and renew our lives.

### About Anne MacDougall

Anne was a modern dancer who left the performance and technical aspects of dance to explore the internal felt sense of the body and how that knowledge informs our unique creative expression into the world. Her life and work have been a deep inquiry into belonging and connection through professional training and life experience. Teachers in dance, Gestalt Therapy, the expressive arts, Continuum and

Continuum Montage, Shamanism, mediation, conflict resolution and natural horsemanship have created the tapestry of her life and work. The experience of learning to live after almost dying has been her greatest teacher. Hence, she believes that our life stories must be met with imagination, depth, creativity and kindness. When we meet ourselves in this manner, we embody the presence and resonance to life that we hold within ourselves. She has facilitated groups for over 25 years and is now focusing on the expressive healing arts and horses.