

DBT INFORMED METHODS & APPROACHES TO MEDIA IN ART THERAPY

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Practicing Mindfulness with Watercolor

May 31, 2026 | 7:00 - 9:00 pm EST | 2 ATCB/OH LPAT CEs

Suggested Supply List * (click on item link)

[Watercolor Set - Assorted Colors](#)

Paint Brushes, [Foam Brush](#), [Water Brush](#)

[Spray Bottle](#), Water Spritzer, Cup & Water

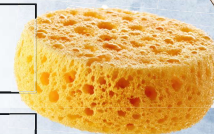
[Cold Press Watercolor Paper](#) (9x12 pad)

[Painter's Tape](#)

[Hairdryer, Heat Gun](#)

Paper Towels & [Sponge](#)

*Item List: (approx. \$42 USD)



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