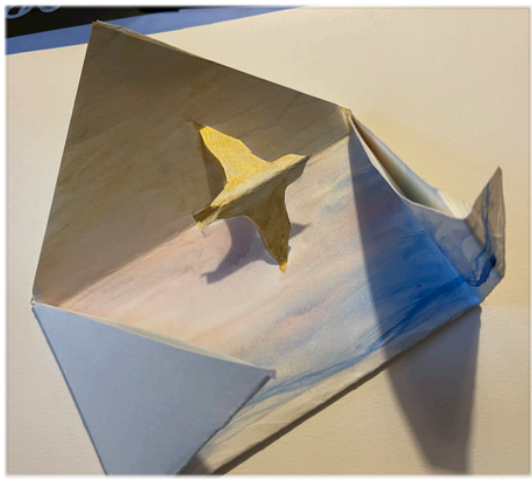




# OTA ORIGAMI MONTHLY WORKSHOP FEB 27 10-11:30AM EST



Session 1: 10-10:40am est

Instructor:  
**Kamila Agi-Mejias**  
"Note card with pop-up  
flying bird feature"

Paper 12"x12" or larger,  
scissors, glue or decorative  
stickers to seal the note



Session 2: 10:50-11:30am est

Instructor: **Toshiko Kobayashi**  
"Rabbit & Tree"

Suggested materials: **Your  
choice of at least 6 pieces of  
square paper, scissors,  
coloring materials, stickers**



## Session 1: 10-10:40am EST, US

**Kamila** is a board-certified registered art therapist. She learned the value of using origami with patients at the Bronx Psychiatric Hospital under the mentorship of Toshiko Kobayashi. She continues to use origami often combining it with other media with many populations including hospitalized children and seniors in memory care. "Origami has a wonderful magical quality that can transform a flat piece of paper into a beautiful and beloved object!" says Kamila.

## Session 2: 10:50-11:30am EST, US

**Toshiko Kobayashi**, LCAT, ATCS, ATR-BC is originally from Japan. She has an MA in art therapy from New

York University (NYU) and worked as a crisis counselor after 9-11. She formulated the theory of Expressive Origami Therapy (EOT), emphasizing the use of origami as a tool of art therapy in trauma work, which covers a wide range of age groups who have diversity in issues. She is also a founder of the Community of Japanese Creative Arts Therapists (CJCAT) and Origami Therapy Association (OTA). (<https://arttherapy.org/blog-origami-toshiko-kobayashi/>)

**Where: Google Meet**

**Registration: @ [facebook.com/origamitherapyassociation](https://www.facebook.com/origamitherapyassociation)**