

# Karen Harlon

Expressive Art Therapy Practitioner and  
Founder of Painting Your Soul™



Helping individuals, families,  
and communities process  
emotion, restore clarity, and  
reconnect — beyond words.



*The answers are  
not found in the busy mind,  
they are found in  
the silence of the soul.*

**Karen Hanlon, Founder**



Karen Hanlon is an expressive art therapy practitioner, former educator, author, and international speaker whose work bridges creativity, emotional wellness, and self-reflection. She is the founder of Painting Your Soul™, an award-recognized expressive arts process designed to help individuals access emotional release, clarity, and calm when words alone are not enough.

Karen's path into expressive art therapy emerged during a deeply challenging chapter of her own life. Through painting, meditation, journaling, affirmations, and sensory grounding, she experienced first-hand how creative expression could quiet the mind, regulate the nervous system, and create space for insight and healing. What began as a personal sanctuary evolved into a replicable process she now shares globally.

Drawing from her background in education and years of hands-on work with individuals and groups, Karen developed a structured yet

intuitive method that prioritizes emotional processing over artistic outcome.

Painting Your Soul™ is intentionally accessible—no artistic experience is required—allowing participants of all ages and backgrounds to engage safely and meaningfully. To bring this transformative process beyond the session space and into everyday life, Karen created the Painting Your Soul™ Kits. These thoughtfully curated kits offer a state-of-the-art, one-of-a-kind expressive artexperience—unlike anything else in the world—designed to serve as an emotional first-aid tool for deep reflection and healing. Each kit gently guides individuals through grounding, intention setting, and expressive painting at their own pace, allowing them to return to the process whenever support, clarity, or emotional release is needed.

The kits can be used individually or within facilitated workshops, including immersive experiences such as Spa Day for the Soul, and

are suitable for both personal use and professional settings. They make emotional processing accessible, portable, and supportive—allowing meaningful healing moments to unfold whenever and wherever they are needed. Today, Karen leads private sessions, workshops, retreats, and collaborative painting experiences worldwide. Her work has been integrated into wellness clinics, holistic health practices, and community programs, where practitioners often describe Painting Your Soul™ as the missing emotional piece in care and self-development.

Her approach has been recognized as the Best Emotional Therapy Program by Best Holistic Life Magazine, and she has been featured on multiple podcasts, television programs, and wellness platforms. Karen's mission is simple yet profound: to give people a pathway back to themselves—through presence, creativity, and compassionate self-expression.

## Expressive Healing Beyond Words

Painting Your Soul™ is a guided expressive arts experience designed to help individuals process emotions, reduce stress, and reconnect with themselves through a structured yet intuitive creative flow.

Rather than focusing on artistic skill or outcome, the process emphasizes emotional expression, nervous system regulation, and reflective insight.

*The missing emotional piece in integrative and holistic care.*

Painting Your Soul™ is frequently described by healthcare and wellness practitioners.

### Each session integrates :



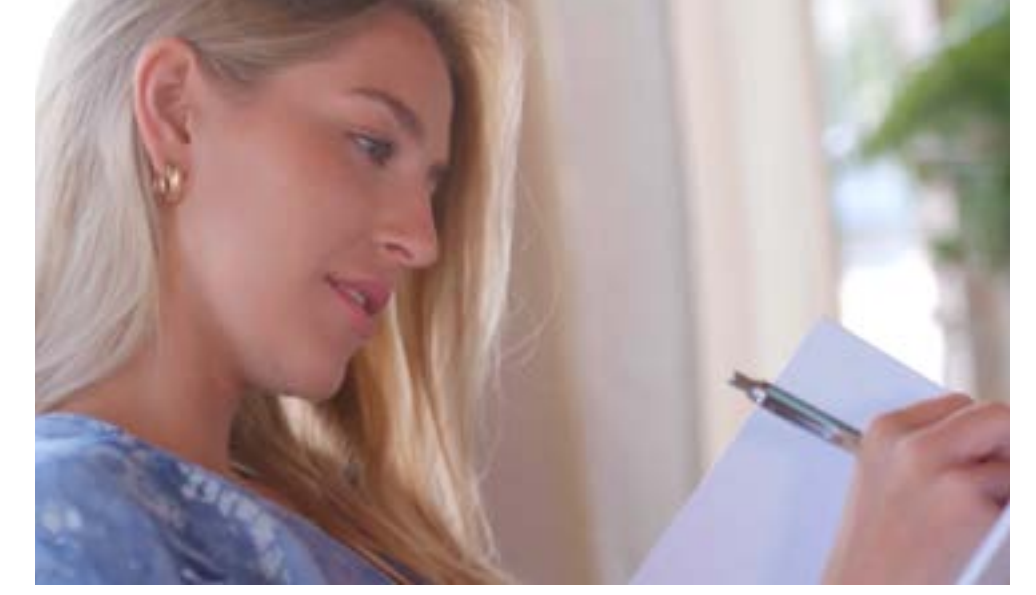
#### Guided Meditation

To quiet the mind and create emotional safety.



#### Essential Oils

Anchors relaxation through limbic activation and sensory input during the experience.



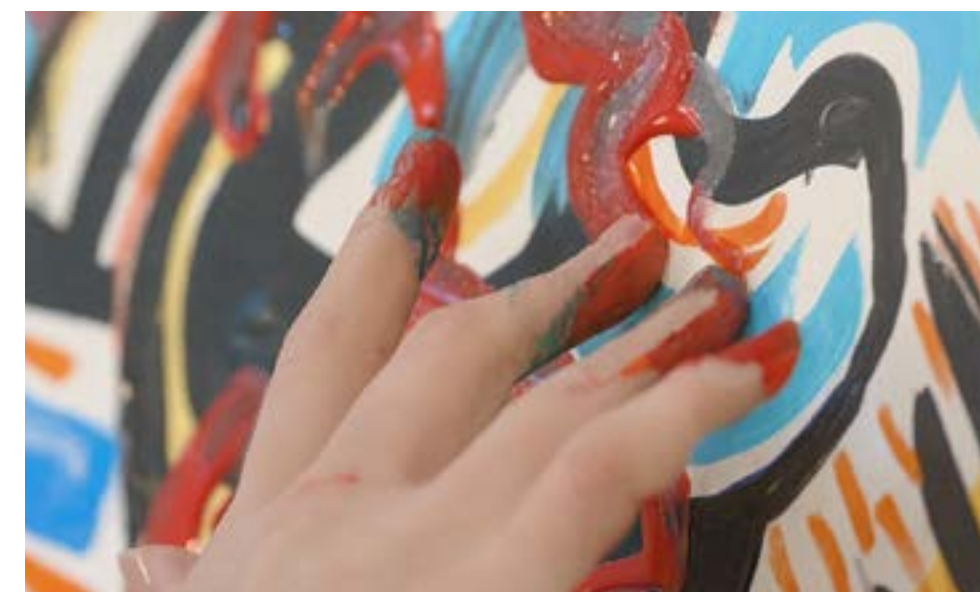
#### Journaling & Reflection

To anchor insight and meaning.



#### Affirmations & Sensory Grounding

Supporting self-connection and emotional regulation.



#### Expressive Painting

Using color and movement as a form of non-verbal release.



#### Process Over Product

No art experience required — the canvas becomes a mirror, not a masterpiece.



*The  
Painting Your Soul™  
Experience*

Painting Your Soul™ is an immersive experience designed to help you relax, unleash your creative side, or help you work through a challenging time in your life. It will bring clarity, peace, and hope. This expressive art therapy kit will help you pave a path toward the future and equip you with skills to recognize the beauty within you and life itself.

Whether you consider yourself an artist or not, you were designed to create. Painting Your Soul™ will engage your senses, ignite your creativity, and give you an opportunity to release what cannot be put into words.



[Click Here  
for the Demo Video](#)

# Karen shares powerful insights on:



Creative expression as a universal healing tool



Art therapy for stress reduction and mental wellness



Building community through shared artistic experiences



Transforming personal trauma into creative growth



Implementing expressive arts programs in various settings



## Painting Your Soul™ can be delivered in a wide range of environments, including:



Medical, wellness, and holistic health clinics.



Integrative and regenerative medicine practices.



Educational and nonprofit settings



Families, couples, and private groups



Retreats, conferences, and community events



Corporate wellness and leadership experiences

## Sessions can be customized for:

Individual experiences

Small private groups

Large workshops

Collaborative painting events

Ongoing practice integration



# What Participants Share



“I had tried journaling, talking, and meditating — but this was the first time I felt real release.”



“I didn’t know what to expect, but I left calmer, clearer, and more connected than I had been in years.”

# Formats Available

## Keynote / Educational Talk

The power of expressive art in emotional regulation and healing

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## Interactive Workshop

Guided Painting Your Soul™ experience for groups

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## Collaborative Painting Experience

Co-created art as a tool for connection and reflection

## Private Sessions

Individuals, families, couples, and small groups

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## Clinic & Practice Integration

Supporting patient experiences through expressive arts

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## Delivery

- In-person experiences worldwide
- Select virtual formats available
- Sessions are fully customizable based on audience and intention



# Global Impact & Speaking

As Painting Your Soul's message of healing through creative expression continues to resonate worldwide, founder Karen Hanlon brings her unique and powerful approach to audiences across the globe. Her presentations combine personal insight with practical techniques for using art as a pathway to emotional wellness.

## International Recognition

Karen's appearance at the 2024 Global Woman Summit in London marked a significant milestone in Painting Your Soul's international journey, and was even featured in the September 2024 issue of STROLL Harbor Bluffs Magazine.

Her message of creative healing resonated deeply with attendees from diverse cultures and backgrounds, leading to working with people from:

United Kingdom | Germany  
Greece | Cyprus

Additional European locations coming soon.

STROLL HB BRAGGING CORNER

### How Karen Hanlon's Unique Approach is Revolutionizing Wellness Around the World

Healing through art



Founder, Karen Hanlon

**Healing Heroes**  
One of Painting Your Soul's most impactful applications has been its work with veterans. In partnership with local VA hospitals, Karen has developed programs tailored to help veterans process trauma and find new avenues for self-expression. Anthony, a veteran who participated in a recent Painting Your Soul workshop, shares, "Since returning from deployment, I've suffered from PTSD that I really can't control. But what I can control is my heart and the happiness I experience. This workshop is helping me with that."

**A Box of Transformation**  
Central to Painting Your Soul's mission is the expressive arts box, a carefully curated kit that brings the healing power of expressive arts directly into homes and healthcare settings. Each box contains high-quality art supplies, guided meditations, essential oils, and journaling prompts, providing a complete toolkit for emotional exploration and healing. "The kit allowed me to pause, breathe, and regenerate," shares local participant Jenny. "It's more than just art; it's a medium through which I've been able to channel emotions, find clarity, and reconnect with the passions and dreams that often get lost in the business of life. I didn't just find art; I found a piece of myself that I had long forgotten."

**From Belleair Beach to the World Stage**  
Karen's innovative approach hasn't gone unnoticed. Recently, she graced the cover of Best Holistic Life magazine, a testament to the growing recognition of art therapy in the wellness community. But perhaps even more exciting was her recent appearance at the Global Woman Summit in London, where she shared her story and vision with an international audience. "Standing on that stage, facing women from around the world, I felt the true power of what we've created," Karen reflects. "It's not just about painting; it's about connecting people to their inner selves and to each other."

**The Power of the Paintbrush**  
Karen's journey began as a personal quest for healing, but it quickly blossomed into something much larger. "There's a language beyond words," Karen explains, "a way to tap into the deepest recesses of our being and express ourselves authentically." This philosophy forms the cornerstone of Painting Your Soul, which combines painting, meditation, journaling, and aromatherapy into a powerful tool for self-discovery and emotional wellness. The beauty of this approach lies in its accessibility. "It's not about artistic talent," Karen emphasizes, "but about the journey, the exploration, the freedom to express oneself without judgment." This inclusive philosophy has resonated with people from all walks of life, from stressed executives to veterans grappling with PTSD.

**A Colorful Future**  
As Painting Your Soul grows, Karen remains committed to spreading the healing power of art therapy. With programs set to launch in the UK, Germany, and Greece, the movement that started here in Tampa Bay is truly going global.

**"We're painting a more vibrant, emotionally resilient world—one brushstroke at a time,"** Hanlon says with a smile. "Everyone is invited to pick up a brush and join us."

For those interested in experiencing the transformative power of Painting Your Soul, visit [www.paintingyoursoul.com](http://www.paintingyoursoul.com) or look for upcoming local workshops. After all, as Karen often reminds us, "We are all artists inside, and we all have something to express."



"I really enjoyed using Painting Your Soul because it introduced journaling and meditation into painting. I would occasionally journal and have a quiet time. However, I never incorporated those into artwork. This opened my eyes to a new form of painting. Now when I paint I try to visualize myself in a calming/happy place. I put my headphones on and don't think about any stress. I let every negative thought from my head go. I let the brush go free and have no concern for minor flaws. Everything that is in my painting is meant to be there. Painting Your Soul was a great stepping stone in helping with my stress, well-being and creativity..."  
-RYAN



Developed by Karen Hanlon, Art Therapy Practitioner (727) 422-0419

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# Press Recognition

## PAINTING YOUR SOUL:

### How Karen Hanlon Is Transforming Lives Through Expressive Art and Healing

Karen Hanlon's journey to becoming a beacon of healing through art began with her own story of transformation. A mother, a survivor, and an artist, Karen turned personal hardship into purpose. After navigating the emotional turmoil of a difficult divorce and other significant life changes, she found solace and healing through creative expression. Her experiences not only restored her own sense of self but also sparked a profound desire to help others access that same healing.

From that place of deep intention, Painting Your Soul was born—a unique, holistic approach to emotional healing that combines expressive painting, journaling, meditation, and sensory experiences. Karen's work is not just about creating art; it's about creating space—for release, for insight, and for transformation.

As a certified Art Therapy Practitioner and abstract artist, Karen is uniquely equipped to guide people through the complexities of emotional exploration. Her background allows her to support clients in expressing themselves without fear or judgment. She encourages freedom over perfection and connection over performance. "It's not about creating perfect art," she often says. "It's about discovering who you are beneath the layers."

At the heart of Painting Your Soul is its signature take-home expressive arts kit—a portable workshop designed to deliver the same powerful, multi-sensory experience that participants would receive in one of Karen's live sessions. This therapeutic gift box includes guided meditations, essential oils, painting materials, and journaling prompts, all curated to walk users through a deeply personal and healing journey.

Each kit is designed to guide participants through a cycle of grounding, reflection, creative expression, and integration. It begins with meditation to quiet the mind and help users connect to their inner landscape. Then, through painting and journaling, participants are encouraged to let go of expectations and allow their emotions to take form on the canvas. The process concludes with personal reflection, helping them find meaning in the experience and identify paths for growth and healing.

Karen emphasizes the power of combining meditation with art as a way to access deeper emotional truths.





Photo: Corey and Associates/Art by Karen Hanlon

"Meditation prepares the mind to open," she explains. "It bypasses the analytical brain and allows us to hear the quiet voice inside. When that's paired with art, it becomes a channel for truth to surface."

That powerful combination has already led to countless stories of transformation. One especially moving moment came when Karen received a late-night call from a dear friend in the hospital, recently diagnosed with a terminal illness. Knowing her friend couldn't attend a workshop in person, Karen sent a complete kit to the hospital. As the patient painted bold colors from her hospital bed, surrounded by nurses wiping away tears, she described feeling more free than she had in years. That moment solidified Karen's mission to make healing through art accessible to everyone, no matter their circumstances.

Today, Painting Your Soul serves a wide variety of people navigating trauma, grief, anxiety, PTSD, recovery, or medical challenges.

**Connect With Karen**

[www.linkedin.com/in/paintingyoursoul](http://www.linkedin.com/in/paintingyoursoul)

[TikTok: soulfuartist](https://www.tiktok.com/@soulfuartist)

[Instagram: @paintingyoursoul](https://www.instagram.com/paintingyoursoul)

[Facebook: PaintingYourSoul](https://www.facebook.com/PaintingYourSoul)

Vitality Magazine



Best Holistic Life Magazine



Vitality Digest Magazine



Global Woman Magazine

# Recognition & Impact



Featured speaker and guest on podcasts, television, and wellness summits



Best Emotional Therapy Program - 2024

# TV Coverage



Featured on WFLA's Bloom program.



Featured on Spectrum News



Featured on WTSP 10 Tampa Bay  
"Beautiful People" TV Morning Show



Featured on ABC Action News



CONNECT WITH

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