

ART AS THERAPY TRAINING



This 10 day training offers an overview of Art Therapy, Art as Therapy and an introduction to the use of a wide range of art materials.

The desire and aim of Art Therapy is to enable the client to effect change and growth on a personal level and to discover a healthier sense of self. Working as part of a small group, there is the opportunity to work in pairs as both creator and silent witness, coming together to reflect upon art images that have been created, with the assurance that the work will be treated sensitively and will not be interpreted. You will gain insight and knowledge of the distinction between 'art therapy' and 'art as therapy'.

You will also witness the art as therapy process through case material and gain an insight into the theoretical underpinnings of art as therapy. By the end of the training participants will :-

- Develop an understanding of the foundational theories underpinning art as therapy:
- Consider the basic concepts relating to the triad of art, client, therapist:
- Understand the ethical issues around boundaries, confidentiality, safe containment and assessment / referral:
- Explore art medium and understand their appropriate use:
- Have personal experience of the symbolic art making process and its role in maintaining and/ restoring well-being:
- Recognise the relevance and needfulness of personal development, self care and supervision.
- Critically reflect on and evaluate non-verbal and verbal therapeutic approaches.
- Develop competence in the application and evaluation of relevant facilitation skills:
- **For more information on bespoke training programs contact Jean Gascoigne**

