



ART PSYCHOTHERAPY/ART THERAPY WHAT IS IT? WORKING WITH CHILDREN, ADOLESCENTS AND THE AGED

Session 1:

Where did Art Therapy come from?

An extensive history of the originators of past and present day 'art therapy' will be given and the varied context of the practice in UK, USA and Australia/NZ/Singapore.

What is Art Therapy?

Art + Therapy = Process and Product

Theories behind Art Therapy- Its about gaining insight – reflection- re-integration and a transitional object.

(Your first memory of making-Free use of materials- Construction 9am-10.30am)

Session 2:

Art Psychotherapy and Creativity with Children

"Art-making has multiple roles to play in the development of the emerging ego of the child" (C Essame 2010)

(Finger Painting with water colours 10.30 – 11.15)

Session 3

Art Psychotherapy and Creativity with Adolescents -

A non-threatening environment with imagery

(Placing Objects 11.15 – 12.00)

Lunch 12.00 – 12.30

Session 4

Art Psychotherapy and Creativity with the Aged (Hugh's Story).

(Putting the pieces together-Collage and colour 12.30 – 1.45)

Session 5

The Revealing Image (Schaverian J.) Client images – Their thoughts. 'Family Dynamics'.

(Guided Meditation and imagery Pencils and Texters/Paint Pens 1.45-2.30)

Session 6

Compassion Focussed Therapy – How it can help us as therapists in our work and help our clients. (2.30 – 3.30)

Questions

(3.30-4.00)

Expressive Therapy Clinic programs are now approved for CPD/OPD Points