Art Therapy
4-5 December, 2017

2 Day Workshop
Learn practical ways to use art exercises in counselling and group work. This hands-on workshop explores use of 7 different art media. Bring your apron.

When: 4-5 December, 2017
Time: 9.00am - 4.00pm
Where: Burwood RSL,
96 Shaftesbury Rd, Burwood NSW
Cost: $660 (inc GST, all materials, lunch, m/a tea)
$630 (Early bird paid 2 months prior)
$560 (Student price)
$530 (Student early bird paid 2 months prior)

About the Workshop
Why are adult colouring books so popular? Many find art expression (like colouring) calming, restful and creative. Art can also be a powerful counselling method in being able to bypass the logical constraints of language and cognition, tap into emotions and memory and access places of healing and wholeness.

This two day experiential workshop introduces you to approaches and applications of art therapy for all ages. Creating new individual expression gives rise to new possibilities in oneself and the world. Art therapy has been used across time and cultures to give voice and form to that which has always been hard and important to express. Evidence shows art therapy can reduce symptoms of depression, aggression, anxiety and confusion. Current research is reporting positive outcomes for women with cancer, from relaxation and feeling expression to greater happiness and health.

This workshop will introduce you to theory, evidence and methods in art therapy and give you practical strategies to start working with individuals and groups in a safe and respectful manner. The focus of the workshop will be an experiential and practical introduction to a range of art therapy techniques using pencils, textas, pastels, charcoals, paint and clay. No skill or artistic experience is required for this hands-on workshop.

You will have the opportunity to:
- Explore a range of art materials and methods
- Identify the art therapy theory
- Consider the evidence
- Practise counselling skills using art exercises
- Experience art therapy exercises for use with clients
- Review ethical practice considerations
- Consider practical ways to build an art supply kit

Trainer
Jacki Short
Registered Counselling Psychologist, Play Therapist and Supervisor