



1 Day Workshop

Explore and experience the healing benefits of supported grief work through art in this one day course.

When: 22 March OR
8 November, 2019

Time: 9.00am – 4.00pm

Where: Hazelhurst Regional Gallery
and Arts Centre, 782 Kingsway,
GyMEA, Sydney

Cost: \$330 (inc GST, all materials, lunch, m/a tea)
\$300 (Early bird paid 2 months prior)
\$270 (Student price)
\$250 (Student early bird paid 2 months prior)

Trainer Beaté Steller

Masters in Adult Education
Bachelors' in Social Worker

About the Workshop

Experiencing a significant loss or change, throws the world into chaos and confusion. At these times, people are challenged to re-define and re-negotiate much and often have trouble putting feelings into words.

In this one day workshop you will gain an overview of current models and theories of loss and grief. We will consider an overview of art therapy and evidence for how art has helped thousands of people work through their losses. You will be encouraged to apply and experience some of the expressions of art therapy throughout the workshop and be able to discern its healing benefits first hand. Current loss and grief theories will be considered and applied through painting and collage exercises.

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You will have the opportunity to:

- Identify effects and impact of loss and features of grief
- Learn how to engage creatively with people who are living with loss
- Learn the basic elements of Art Therapy
- Visually represent multiple losses, mapping losses through art
- Learn to express your own losses through art
- Consider the evidence that informs this work