

Programmes

As well as facilitating **Introduction & Foundation Courses** for those who are interested in experiencing the therapeutic process of Art Therapy, the **Dublin Art Therapy College (DATC) Diploma** programme has been established to provide a comprehensive professional training programme for those who are drawn to work in therapeutic settings. Being **accredited by the Irish Association of Counselling and Psychotherapy**, it fully supports students in learning to work with the multifaceted balance of elements required by the practice of counselling and psychotherapy. This is achieved through advanced personal, professional and academic growth, allowing each student to develop a unique integrated perspective on human development and therapeutic change along with the skills of intervention. The course also prepares the student for clinical work with its main focus on the therapeutic relationship.

Person Centred Art Psychotherapy Approach (PCAPA) DATC has developed an integrated approach to Art Therapy incorporating Counselling and Psychotherapy skills, and training known as the Person Centred Art Psychotherapy Approach (**PCAPA**). This consists of a core humanistic approach, using the counselling process and models for change of Person Centred Counselling, further supported and enhanced by the Person Centred Art Therapy of Natalie Rogers, Interpersonal Neurobiology and Multicultural Counselling.

Diploma in Person Centred Art Psychotherapy

Stage 1: The elements of the (**PCAPA**) are introduced in year one where students are helped to develop the micro-skills of active listening as the core of their skill in counselling. At this stage students are given the knowledge of a solid theoretical base incorporating person centred models of self and change, in particular, how self-actualising growth can best take place in a relationship which is grounded in the core conditions of the Person Centred Counselling tradition. Students are also introduced to the use of Art in therapy and given the skills to facilitate art in the therapeutic space. Students are encouraged and supported to apply all learning to their own process of personal development extending and enriching their learning experientially.

Stage 2: Students integrate the person centred approach with creative experiential practice, along with the wider field of humanistic psychology and neurobiology. Students underpin their developing skills with theory, thus acquiring understanding and tools necessary to make best practice interventions to meet diverse therapeutic needs. At this level **PCAPA** provides the framework for students to understand the counselling process while simultaneously integrating the traditional values and skills of counselling with art in therapy. Providing an understanding of the Neurobiology of Psychotherapy, its models of self and change, through the enhancement of neural integration within the safe psychosocial context of the therapeutic relationship and its practical applications for tailoring therapeutic intervention within the humanistic tradition. The therapeutic relationship is presented as the critical variable for the development of therapeutic change and the key skill of the therapist is in facilitating the development of this relationship with clients. The PCAPA approach is applied to other relevant theoretical approaches.

Stage 3: Students further extend their understanding to models of working with psychological process of change. An evidence base, grounded in current neuroscience research shows how **PCAPA** encourages awareness, neural integration, emotional regulation and resolution of psychological conflict. This learning is enhanced by focus on stress, crisis and trauma, where students are introduced to an safe and effective ways of working with trauma. Students explore how models and theories provide a framework for understanding and working with clients. They are encouraged to integrate elements of other approaches to enrich their personal integrative framework. Students also develop a broader understanding of the sociocultural influences on human behaviour and development. This provides a model for using the therapeutic relationship to explore the lifespan development of the individual within multiple social and cultural contexts. Students are introduced to the prevalent mental health conditions which present in therapy and are facilitated in developing the skills of research into the underlying factors which influence the onset of these conditions as well as the best-practice interventions which can be used to aid clients in both understanding and recovery.



Creative - Therapy - Training

086 2432930

BA Hons Integrative Art Therapy

Diploma Art Psychotherapy

Professional Skills Certificate

Foundation Certificate

Introduction to Art Therapy

Summer Camp Workshops

Open/Closed Studio

Creative Supervision Diploma



Dublin Art Therapy College.com

email: dublinarttherapystudio@gmail.com

Who Should Apply?

Dublin Art Therapy College (DATC) Introduction to Art Therapy Course is for those who are drawn to experience the medium of art as a form of self-development. This experiential courses can provide a stepping stone towards further study in the field of Art Therapy.

DATC Foundation Certificate provides a nuanced experiential approach and forms a progressive part of the Diploma in Person Centred Art Psychotherapy, which is accredited by the Irish Association of Counselling and Psychotherapy.

DATC Professional Certificate in Art Therapy Skills Courses is designed for professionals working in the area of mental health who wish to integrate the therapeutic use of art to compliment their chosen therapeutic approach.

The **DATC Diploma in Person Centred Art Psychotherapy** is fully accredited by the Irish Association of Counselling & Psychotherapy and is a prerequisite to our **BA Hons. Integrative Counselling & Art Therapy** degree programme.

*'Art Therapy can be used effectively
at every level of human development'
(Silverstone 2009)*

All Correspondence to:

DATC, 36 Rowanbyrn, Blackrock, Co. Dublin

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Full details of ALL Courses and Application Forms are available on our Website

INTRODUCTION to Art Therapy

Times: Sat 10am -5.30pm & Sun 10am-4pm (Fee: €250)

Course Ref: IN2318 - Dates: 13th & 14th October 2018
Course Ref: IN2519 - Dates: 09th & 10th February 2019
Course Ref: IN2619 - Dates: 11th & 12th May 2019
Course Ref: SCIN2719 - Dates: 29th & 30th June 2019

FOUNDATION CERTIFICATE

Times: Sat 10am -5.30pm & Sun 10am-4pm (Fee: €500)

Course Ref: FC1818 - Dates: 20th & 21st Oct and 24th & 25th Nov 2018
Course Ref: FC1918 - Dates: 15th & 16th June and 13th & 14th July 2019

Wednesday Evening: 6th February to 17th April 2019 (one evening weekly) Times: 6.45pm -9 30pm (Fee: €750)

INTRODUCTION to Art Therapy + FOUNDATION CERTIFICATE

Course Ref: IN2419/FC1919—Dates: February: 6, 13, 20, 27 March: 6, 13, 20, 27 April: 3, 10, 17.

Person Centred Art Psychotherapy DIPLOMA

Times: Sat 9am – 6pm & Sun 9am-5pm

Dip Year 1: (September Intake)

Fee: €2,500 (Studio and Summer Camp workshops dates to be confirmed)

Ref: SK1518 Dates: 29&30Sept 13&14Oct 10&11Nov 8&9Dec,2018 12&13Jan 16&17Feb 23&24Mar,2019

Dip Year 1: (February Intake)

Fee: €2,500 (Studio and Summer Camp workshops dates to be confirmed)

Ref: SK1619 Dates: 9&10Feb 9&10Mar 30&31Mar 27&28Apr 18&19May 15&16June 13&14July 2019

Dip Year 2: Fee: €3,500 (Studio dates and Summer Camp workshops dates to be confirmed)

Ref: Dip0718: Dates: 29&30Sept 1 27&28Oct 17&18Nov 8&9Dec 2018
19&20Jan 16&17Feb 9&10Mar 13&14April 11&12May 8&9June 2019

Dip Year 3: Fee: €3,500. (Studio dates and Summer Camp workshops dates to be confirmed)

Ref: Dip0617: Dates: 6&7Oct 3&4Nov 1&2Dec 2018
12&13Jan 2&3Feb 2&3Mar 6&7April 4&5May 1&2June 6&7July 2019

BA Hons Integrative Counselling and Art Therapy

BA Year 4: **2019**-Dates to be confirmed

Facilitated at:

ACE Enterprise Pk,
Clondalkin,
Dublin 22
086 2432930

New Evening Course—February—April 2019
Introduction & Foundation Certificate
One evening—weekly

