

## Itinerary

**STOREY, POETRY & SHARED WISDOM:** Weaving threads of story, poetry and shared wisdom in the tapestry of art therapy. Recognising that various creative approaches, when worked with in an interdisciplinary and connected way, offer a deep insight into the unfolding of our personal lives and the lives of our clients. Exploration of how story, poetry and shared wisdom can bring us into a deep creative space in the art therapy process. (2 day workshop)

**CREATIVITY IN SUPERVISION:** Creating Space is the heart of Supervision and this is where most of the time will be spent. This is the place where the Supervisee is held, challenged and affirmed in their work. It is a place to 'PLAY', a place of 'not knowing' where collaboration and investigation with another qualified person can happen, somewhere to be challenged, contained & affirmed. *For supervisors and trainee supervisors only.*

**ANXIETY ART & CBT:** This workshop offers a 2 day training on using art to soothe and resolve the anxious mind. It will provide a framework for understanding the complex interaction of physiology and psychology underlying anxiety and provide an integrated approach using CBT and Art in therapy which will enhance working with anxious clients. (2 day workshop)

**PHOTO THERAPY:** Phototherapy utilises images to reflect upon feelings, beliefs and emotions. The image acts as a catalyst to potentially enhance the therapeutic process in a way the spoken word sometimes fails to do. In defining and redefining the image, a series of flexible techniques are used as phototherapy moves beyond the directive approach in its fluidity that reflects the subjective world of the human spirit. Please bring at least 6 meaningful photos/ images for use during the workshop.

**SANDTRAY:** This workshop focuses on an experiential approach to Humanistic Sandtray work. Designed for practitioners and students who are new to the experience of using sand in client work. Working with symbols, minatures and trays it provides an overview of theoretical understanding, experiential and clinical aspects of the use of Sandtray work through metaphorical and symbolic communication. It also explores when, why and how to use Sandtray work? Further training is recommended. *Prior psychological training is required.*

**RESOURCING & RESILIENCE:** Each day requires us to call upon our psychological coping skills to resolve challenges in our environments. For clients in distress, crisis or trauma these skills may be under-utilised, insufficient or maladaptive. This workshop offers a framework and tools to activate, organise and strengthen the psychological resources and coping skills which enhance the capacity to manage stress and resolve challenges.

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**Working with SHAME in the Therapeutic Space** When chronic shame presents in therapy it can be accompanied by profound inner disturbance which can be distressing and difficult to work with. Recent research has shown that experiences which activate chronic shame responses can be dissociated in the same way as trauma memories, calling for a trauma focused resource based approach. Presenting a humanistic, compassion focused approach for working with shame, using a range of techniques to build positive emotional responses around the core self as an antidote to shame.

**Working with ADDICTION & Art Therapy** Addiction has been described as a compulsion; a disease; a sponge; a cooling mind. Irrespective of any description laden upon addiction-behavioural and substance - the individual exists in a very small, isolating and destructive bubble. This workshop is an exploration of how and where art therapy can potentially make an impact on that bubble.

**POTTERY - Exploring Clay as a Healing Medium:** Objects To Meditate With: Objects carry energy. If we tune in we can feel them. Workshop examines the energies carried by objects which can offer nourishment to enrich our daily lives. Work with clay to make vessels that fit our hands and nourish us. Explore the use of clay as a healing medium. *No previous experience required.*

**MUSIC & MOOD:** Music has a powerful effect on our moods, particularly in the cases of anxiety and grief. Strong evidence is currently emerging to support the use of music based interventions in therapy. Introducing some of the neurobiology underpinning the use of music in therapy, in particular looking at the effect of music on our physiology and the ANS. It will allow participants to experience the effects of music based interventions on mood and creative expression as well as exploring the role of music in re-regulating emotional response.

**GENDER, SEXUALITY & IDENTITY:** This workshop will provide an experiential exploration of our own stories and narratives around gender, sexuality and identity and examine how we construct them and are guided by them. It will also provide a grounding in the diverse identities which can present in our clients and the social factors which impact on developing with non-mainstream identities.

**INTRODUCTION to Art Therapy** Anyone interested in engaging with and developing an understanding of the therapeutic use and aspects of the art therapy process. It is specifically designed for personal development. (2 Day workshop). *No previous experience required.*

Dublin

ART

THERAPY

College

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**Creative - Therapy - Training**

**086 2432930**

**Summer Camp**

**2018**

**23rd June—15th July**

Facilitated at:

ACE Enterprise Park,

Bawnogue Road, Clondalkin, Dublin 22.

**Dublin Art Therapy College.com**

**Email: [dublinarttherapystudio@gmail.com](mailto:dublinarttherapystudio@gmail.com)**

## SUMMER CAMP

23rd June—15th July 2018

Each workshop is one full day—Fee per workshop: €125

Tuesday 26 June	Ref: SC0118 STOREY POETRY & SHARED WISDOM: (Day 1)—Mary Downey, Mater Dei Graduate, sMA Spirituality
Wednesday 27 June	Ref: SC0118 STOREY POETRY & SHARED WISDOM: (Day 2)—Mary Downey, Mater Dei Graduate, sMA Spirituality
Wednesday 27 June	Ref: SC0218 CREATIVITY IN THE SUPERVISORY SPACE: Jean Strong, Art Therapist, Psychotherapist, MIACP Supervisor
Thursday 28 June	Ref: SC0318 ANXIETY ART & CBT: (Day 1) Soothing - Annette Williams MIACP, Creative Psychotherapist
Friday 29 June	Ref: SC0318 ANXIETY ART & CBT: (Day 2) Anxiety - Annette Williams MIACP, Creative Psychotherapist
Friday 29 June	Ref: SC0418 PHOTO THERAPY: Noel Dowling MACI, AAI
Saturday 30 June	Ref: SC0518 PHOTO THERAPY: Noel Dowling MACI, AAI
Monday 2 July	Ref: SC0618 SANDTRAY THERAPY: (1 Day Workshop) Introduction to Humanistic Sandtray work—Celine O'Driscoll MIACP, PG.Dip Play Therapy
Tuesday 3 July	Ref: SC0718 SANDTRAY THERAPY: (1 Day Workshop) Introduction to Humanistic Sandtray work—Celine O'Driscoll MIACP, PG.Dip Play Therapy
Tuesday 3 July	Ref: SC0818 RESOURCING & RESILIENCE: Annette Williams MIACP, Creative Psychotherapist
Wednesday 4 July	Ref: SC0918 WORKING WITH SHAME: Annette Williams MIACP, Creative Psychotherapist
Thursday 5 July	Ref: SC1018 WORKING WTH ADDICTION: Noel Dowling MACI, AAI
Monday 9 July	Ref: SC1118 POTTERY: Exploring Clay as a Healing Medium—Geoffrey Healy, Healy Pottery
Thursday 12 July	Ref: SC1218 MUSIC & MOOD Annette Williams MIACP, Creative Psychotherapist
Thursday 12 July	Ref: SC1318 CREATIVITY IN THE SUPERVISORY SPACE: Jean Strong, Art Therapist, Psychotherapist, MIACP Supervisor
Friday 13 July	Ref: SC1418 GENDER & SEXUALITY THROUGH ART: Annette Williams MIACP, Creative Psychotherapist
Friday 13 July	Ref: SC1518 OPEN STUDIO: Helen May, Dip Art Therapy
Saturday 14 July	Ref: SC1618 OPEN STUDIO: Deirdre McCormick, Dip Art Psychotherapist in Training
Sunday 15 July	Ref: SC1718 ECO ART: Tia McCaughey MIACP, Dip Art Therapy & Lucy Maguire MIACP, Dip Art Therapy

**COURSES FACILITATED IN:**

**ACE Enterprise Centre**

**Bawnogue Road, Clondalkin, Dublin 22.**

Near: Naas Rd and M50

**086 2432930**

**Workshop times: 10.00a.m. - 5.30p.m.**

**All Correspondence to Our Office Address:**

**36 ROWANBYRN**

**BLACKROCK, CO. DUBLIN**