

Stage 1: The elements of the Person Centred Art Psychotherapy Approach, (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. Throughout year one students are encouraged and supported to apply all their learning to their own process of personal development, experientially extending and enriching their learning experience.

Stage 2: In year two students integrate these elements of Person Centred Approach with experience and practice of facilitating art as therapy, along with the wider field of humanistic psychology and neurobiology. Students underpin their developing skills with theory, thus acquiring understanding and the 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. It also provides an understanding of the Neurobiology of Psychotherapy. It addresses 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. Throughout year two, the therapeutic relationship is presented as the critical variable for the development of therapeutic change. The key skill of the art psychotherapist in training is in the practice of facilitating the development of this relationship with clients.

Alongside the development of the PCAPA paradigm students consider the historical development of Counselling and Psychotherapy and how this relates to understanding the evolving need for Counselling and Psychotherapy in society. This involves an introduction to other theoretical approaches which have an integrated art component (CBT, Systemic, Gestalt, Psychodynamic and Jungian).

Stage 3: In year three, 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 this year's focus on stress, crisis and trauma, where students are introduced to an evidence-based understanding of working with trauma, along with up to date skills, which are both safe and effective. 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 also introduced to the prevalent mental health conditions which present in therapy. They 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.

Stage 4: In year four students will study analytical art psychotherapy theory and concepts and experiential practice. This will provide students to develop skill acquisition, explore their creative process and to discover how it might be analysed and understood through the analytical art psychotherapy approach. It will have a specific emphasis on the embodied and diagrammatic imagery present in client work. The student will obtain the knowledge of transference and countertransference through the imagery and how it informs practice thus encouraging the student to discern the stages of construction of such imagery. Develop an understanding of the core concepts and therapeutic practices of the Psychoanalytic and Humanistic schools of theory. Deepen and broaden the student's understanding of the way social structures, forces and institutions shape on human life through impacting choices and behaviours. Students are fully supported in the placement and clinical component of the programme which follows the IACP guidelines in relation to best clinical practice and student placement. Group Supervision provides the space and support for deepening their reflective capacity and understanding of the complexity of action, reaction and intervention in the therapeutic space. Students attend this module, outside the normal hours of the programme until they have completed the IACP requirements for clinical placement hours.

Throughout the four years of the course students are also engaged in a process of personal growth, self-discovery and learning which is presented and facilitated in the humanistic tradition of respect for client needs, and subjective authentic experience. Students are helped to discover, express and accept their inner experience through the respect, presence, empathy, acceptance and authenticity of the core staff and facilitators.

Stages 5 is currently in progress:

MA in Creative Arts Psychotherapy

Dublin

ART
THERAPY

College

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ACE Enterprise Pk, Clondalkin, Dublin 22

086 2432930

Creative - Therapy - Training

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



INSTITUTE of
TECHNOLOGY
CARLOW
Institiúid Teicneolaíochta Cheatharlach



Irish Association for Counselling and Psychotherapy

Dublin Art Therapy College.com

email: dublinarttherapystudio@gmail.com

INTRODUCTION PROGRAMME (CPPD 11hrs) Time Sat 10am -5.30pm & Sun 10am-4pm (Fee: €250)

- Course Ref: IN2820 - Dates: 12 & 13 September 2020—Full
 Course Ref: IN2921 - Dates: 26 & 27 September 2020
 Course Ref: IN3021 - Dates: 27 & 28 February 2021
 Course Ref: IN3121 - Dates: 15 & 16 May 2021
 Course Ref: IN3221 - Dates: 08 & 09 July 2021

FOUNDATION PROGRAMME (CPPD 22hrs) Times: Sat 10am -5.30pm & Sun 10am-4pm (Fee: €500)

- Course Ref: FC2120 - Dates: 24 & 25 October & 21 & 22 November 2020
 Course Ref: FC2221 - Dates: 27 & 28 March & 17 & 18 April 2021
 Course Ref: FC2321 - Dates: 19 & 20 June & 17 & 18 July 2021

BA Hons in Integrative Counselling and Art Therapy

Times: Sat 9am – 6pm & Sun 9am-5pm (dates publishes may be subject to change)

BA Year 1: Ref: BA1/21 (**February Intake 2021**) Fee: €3,500 (Studio & Summer Camp workshops dates to be confirmed)

Level 6 Minor: (Foundation) Cert: Integrative Counselling & Art Therapy Skills

Dates: 06&07 Feb, 06&07 March, 10&11 April, 01&02 May, 29&30 May, 26&27 June, 10&11 July 2021

BA Year 2: Ref: BA220 Fee: €3,700 - Next Intake September 2020

Level 6 Major: (Intermediate) Higher Cert: Integrative Counselling & Art Therapy Skills

03&04 Oct, 14&15Nov, 12&13Dec, 2020. 23&24Jan, 20&21Feb, 20&21Mar, 10&11Apr, 01&02May, 29&30May, 03&04Jul 2021.

BA Year 3: Ref: BA320 Fee: €3,700 - Next Intake September 2020

Level 7 Major: (Advanced) BA in Integrative Counselling & Art Therapy Skills

19&20Sept, 10&11Oct, 31Oct&01Nov, 28&29Nov 2020. 16&17Jan, 13&14Feb, 13&14Mar, 24&25Apr, 22&23May, 12&13Jun2021

BA Year 4: Ref: BA420 Fee: €3,800 - Next Intake September 2020

Level 8: (Honours) BA (Hons) in Integrative Counselling & Art Therapy

26 & 27 Sept 17&18 Oct, 07& 08 Nov, 05&06 Dec 2020. 09&10Jan, 06&07 Febr, 06&07Mar, 17& 8Apr, 15&16May, 19&20 Jun 2021

SUMMER CAMP 2021

Experiential and Creative Workshops: June—July

Sandtray, Pottery, Phototherapy, Working with Addiction, Open Studio, Trauma & Shame,
 Story Poetry & Shared Wisdom, Music & Mood, Art & CBT, Resourcing & Resilience,
 Open Studio Days and more (please see website)

All dates subject to change: **Post Graduate**—Creativity in the Supervisory Space for Supervisors.

Facilitated at:

ACE Enterprise Pk, Clondalkin, Dublin 22. Phone: 086 2432930

The **Introduction & Foundation Courses** for those who are interested in experiencing the therapeutic process of Art Therapy. The **BA Hons in Integrative Counselling and Art Therapy** programme is validated by IT Carlow and 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 an 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

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 the **BA Hons. Integrative Counselling & Art Therapy** degree programme and validated by IT Carlow.

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

Dublin Art Therapy College

ACE Enterprise Park, Clondalkin, Dublin 22
086 2432930

Level 8:

Bachelor of Arts (Honours) in Integrative Counselling and Art Therapy

Level 7 Major:

Bachelor of Arts in Integrative Counselling and Art Therapy Skills (Advanced)

Level 6 Major:

Higher Certificate in Arts in Integrative Counselling and Art Therapy Skills (Intermediate)

Level 6 Minor:

Certificate in Integrative Counselling and Art Therapy Skills (Foundation)

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