

Itinerary

STORY 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)

OPEN STUDIO: The Open Studio is a space for the exploration of self-expression and creativity. DATC offer a space in which participants can freely express themselves using art materials or alternatively become involved in an open, highly expressive, and extremely positive arts environment where you can work directly with the Studio's Therapist.

TRANSCULTURAL ART PSYCHOTHERAPY:

As psychotherapists, it is important to explore one's own prejudices, assumptions and issues regarding race and racism so that our cultural story does not unconsciously spill into the therapy room and prompt clients to disengage from counselling services. Transcultural Psychotherapy is not about a 'type' of therapy for people of colour or ethnic minority, but it is about: Becoming aware of our own culture, assumptions, prejudices and stereotypes. Working through pre-transference. Exploring the dynamics of culture, race, and ethnic difference in the therapeutic relationship. Reviewing our own practice and considering what is trans-culturally therapeutic. This workshop will offer perspective on the effects of heritage and culture across multiple geographical areas.

WORKING THERAPEUTICALLY WITH CLAY:

This workshop look at various methods of working therapeutically with clay.

RESOURCING & RESILIENCE:

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. For clients in distress, crisis or trauma these skills may be under-utilised, insufficient or maladaptive.

SAND THERAPY: This workshop focuses on an experiential approach working therapeutically with sand. 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 experiential overview of the use of Sand-tray work through metaphorical and symbolic communication. Further training is recommended. *Prior psychological training is required.*

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WORKING CREATIVELY WITH LOSS: A practical workshop offering the opportunity to discuss and experience a variety of creative approaches to support Loss.

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. The workshop is based on experiential workshops designed to enable the participants to intuitively embrace the innate creative potential that resides within all of us. Through individual and group experience this two day programme introduces participants to an understanding of the therapeutic potential of Art as Therapy.

(2 Day workshop). *No previous experience required*

ESSAY WRITING:

This workshop provides an creative and theoretical experience of looking at essay writing. It will address how to put an essay together and covers content, referencing, layout etc. It will enhance essay writing competence.

OPEN STUDIO: A space for the exploration of self-expression and creativity. Alternatively you can become involved in an open, highly expressive, and extremely positive arts environment where you can work directly with the Studio's Therapist.

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.

CREATIVITY IN SUPERVISION:

Suitable for: Accredited Supervisors or those studying on Supervision programmes.

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 and affirmed.

For supervisors and trainee supervisors only.

Dublin

ART
THERAPY

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Creative - Therapy - Training

Creative Arts WORKSHOPS Summer 2024

19th June—14th July

Individual Workshops

Facilitated at:
1a Village Green,
Tallaght
Dublin 24
D24 EP94

Dublin Art Therapy College.com
Email: dublinarttherapystudio@gmail.com

To secure a place on a workshop please complete an Application Form and email it to dublinarttherapystudio@gmail.com

CREATIVE ARTS WORKSHOPS 2024

19th June—14th July 2024 (10am to 4pm daily)

Each workshop day costs €95 - CPD 6 hours

Wed+Thurs	19+20 June	Ref: SC0124	STORY POETRY & SHARED WISDOM: (Two day workshop) Mary Downey, Mater Dei Graduate, sMA Spirituality
Saturday	22 June	Ref: SC0223	OPEN STUDIO: Helen May, Art Therapist/ Counsellor/ Psychotherapist MIACP
Wednesday	26 June	Ref: SC0523	WORKING THERAPEUTICALLY WITH CLAY: Elisa Dalle Molle, Ceramicist
Wednesday	26 June	Ref: SC0619	RESOURCING & RESILIENCE: Helen May, Art Therapy/ Counsellor/ Psychotherapist MIACP
Thursday	27 June	Ref: SC0723	WORKING THERAPEUTICALLY WITH CLAY: Elisa Dalle Molle, Ceramicist
Thursday	27 June	Ref: SC0823	CREATIVITY IN SUPERVISION: Jean Strong, Counsellor/ Psychotherapist/ Art Therapist/ Supervisor MIACP, IACAT
Sunday	29 June	Ref: SC0323	OPEN STUDIO: Helen May, Art Therapist/Counsellor/Psychotherapist MIACP
Saturday	06 July	Ref: SC0923	SAND THERAPY (Introduction): Liz Doyle, Counsellor/Psychotherapist/Art Therapist MIACP
Sunday	07 July	Ref: SC0923	SAND THERAPY (Introduction): Liz Doyle, Counsellor/Psychotherapist/Art Therapist MIACP
Sat+Sun	06+07 July	Ref: SCIN2719	INTRODUCTION TO ART THERAPY: John Hutchinson, MIACAT, Art Therapist
Saturday	13 July	Ref: SC0423	TRANSCULTURAL ART PSYCHOTHERAPY: Noeleen O'Callaghan, Art Therapy/Psychotherapist/Supervisor MIACP

Workshops FACILITATED in:
Dublin Art Therapy College
1a Village Green,
Tallaght, Dublin 24.

086 2432930

Workshop times: 10.00a.m. - 4.00p.m.

Dates and Workshops are subject to change

Sunday 14 July Ref: SC1023 **WORKING WITH LOSS:** Deirdre Costello, Counsellor/Psychotherapist/Art Therapy MIACP

Sat+Sun 13+14 July Ref: SC1323 **PHOTO THERAPY:** (2 Day Workshop) Noel Dowling, Art Therapy/Psychotherapist/Supervisor IACP, MACI, AAI

