

BA Hons

Integrative Art Psychotherapy

Programmes are part-time. 10 weekends or equivalent in each academic year.

Year 1: Access through successful completion of the Introduction to Art Therapy and the Foundation Certificate programmes (or equivalent).

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.

Year 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).

(updated: 04.06.25)

Year 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.

Year 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.

MSc/Pg.Diploma in Art Psychotherapy—APL 2-3 Years

Registration on the above programmes is subject to Garda Vetting

Dublin

ART
THERAPY

College

1a Village Green, Tallaght.

D24 EP94

Professional

Creative - Therapy - Training

086 2432930

**MSc/Pg. Dip: Creative Art Psychotherapy
(Working with Young People)**

**BA (Hons): Integrative Counselling &
Creative Art Psychotherapy**

**Professional Cert - Art Therapy Skills
IACP Cpd Accredited**

Introduction to Art Therapy

Foundation Certificate

Cert: Sand Therapy Training

Cert: Therapeutic use of Clay

Creative Arts Workshops



Dublin Art Therapy College.com

email: jean@datc.ie

The **Introduction & Foundation Programmes** are for those who are interested in experiencing the therapeutic process of Art Therapy. Prelude to BA programme.

The **BA Hons in Integrative Counselling & Creative Art Psychotherapy** programme is validated by SETU 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 programme also prepares the student for clinical work with its main focus on the therapeutic relationship.

Person Centred Art Psychotherapy Approach (PCAPA)

An integrated approach to Art Therapy incorporating Counselling & Psychotherapy skills, and training the Person Centred Art Psychotherapy Approach. 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 Expressive Arts, Interpersonal Neurobiology and Multicultural Counselling.

Who Should Apply?

Introduction to Art Therapy Programme 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 progression to the BA (Hons) in Integrative Counselling and Art Therapy Programme, which is accredited by the Irish Association of Counselling and Psychotherapy.

BA (Hons) in Integrative Counselling & Creative Art Psychotherapy 4 year degree programme validated by SETU and IACP.

Pg Dip/MSc: in Creative Art Psychotherapy (Working with Young People) Direct entry or RPL

Professional Certificate in Art Therapy Skills:

(IACP CPD Accredited): 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.

RPL Access: BA Yr4 or MSc/Pg Dip in Creative Art Psychotherapy (Working with Young People).

INTRODUCTION PROGRAMME(CPPD 12hrs) Time Sat 10am -5.30pm & Sun 10am-4pm

Fee: €300 (One weekend programme)

Programme Ref: IN5226	-	Dates: 09 & 10 May 2026
Programme Ref: IN5326	-	Dates: 04 & 05 July 2026
Programme Ref: IN5426	-	Dates: 26 & 27 September 2026
Programme Ref: IN5527	-	Dates: 16 & 17 January 2027
Programme Ref: IN5627	-	Dates: 15 & 16 May 2027
Programme Ref: IN5727	-	Dates: 03 & 04 July 2027

FOUNDATION PROGRAMME(CPPD 24hrs) Times: Sat 10am -5.30pm & Sun 10am-4pm

Fee: €600 (Two weekend programme)

Programme Ref: FC3926	-	Dates: 23 & 24 May + 20 & 21 June 2026
Programme Ref: FC4026	-	Dates: 14 & 15 + 28 & 29 November 2026
Programme Ref: FC4127	-	Dates: 06 & 07 February + 06 & 07 March 2027
Programme Ref: FC4227	-	Dates: 29 & 30 May + 19 & 20 June 2027

The BA Hons in Integrative Counselling & Creative Art Psychotherapy is SETU & IACP Certified

Successful completion of the above two programmes or equivalent enables application to the BA (Hons) Level 8 Programme .
The above will address English language proficiency and fitness to study. Applicants must be 23 years of age or over.

The BA Hons in Integrative Counselling & Creative Art Psychotherapy is SETU Certified

Successful completion of the above two programmes or equivalent enables application to the BA (Hons) Level 8 Programme .
The above will address English language proficiency and fitness to study. Applicants must be 23 years of age or over.

The below programmes are part-time: 10 weekends over each academic year –Entry Sept 2026

BA Year 1: Ref: BA1/26 (September Intake 2026) Fee: €4,500

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

BA Year 2: Ref: BA2/27 Fee: €4,500

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

BA Year 3: Ref: BA3/28 Fee: €4,500

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

BA Year 4: Ref: BA4/29 Fee: €4,500

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

Professional Certificate in Art Therapy Skills: Ref: SK26 Fee: €3,000 (CPD, IACP Accredited): 2026 - April 2027.

Pg Dip/MSc: in Creative Art Psychotherapy (Working with Young People) Ref: MSc26/27.

Facilitated at:

1a Village Green, Tallaght, Dublin 24. **D24EP94**

086 2432930

Programme dates are subject to change