



## Professional Certificate in Art Therapy Skills (CPD Accredited)

CPD Accredited Programme	<b>Professional Certificate in Art Therapy Skills</b> 		
Programme Provider	 Dublin Art Therapy College		
Venue	1a Village Green, Tallaght, Dublin. D24 EP94		
Contact Details	Jean Strong      Email: <a href="mailto:dublinarttherapystudio@gmail.com">dublinarttherapystudio@gmail.com</a> Phone: 086 2432930		
Duration: two days per month	10.00am –5.00pm = 120 CPD hours (20 training days face to face)		
Start Date	September 2024		
Programme Fee	€3,000 (€500 deposit + payment plan) <u>Payment Plan:</u> Deposit: €500 + 1st November 2024: €1,500, 1st February 2025: €1,000.		
The Programme is suitable for:	This programme is specifically designed to enhance the practice of Counsellors and Psychotherapists (or equivalent in therapeutic practice) by adding Art Therapy as a tool in their clinical practice. It is also an upskilling pathway to the MSc in Creative Art Psychotherapy (Working with Young People) Level 9 or Year 4 of the BA (Hons) in Integrative Counselling and Art Therapy programme (Level 8).		
Entry requirements:	Minimum Level 7/8 Counselling/Psychotherapy training or equivalent with sustained clinical practice experience. <b>There is <u>no requirement</u> for previous experience of art or art therapy training.</b>		
Other Requirements	30 hours of Art Therapy integrated into clinical practice. Personal Therapy recommended.		
	<b>Date</b>	<b>Timetable</b>	<b>4 x Written Assignments</b>
1	28 + 29 Sept 2024	Foundation	
2	19 + 20 Oct 2024	Foundation	1. Journal Assignment
3	23 + 24 Nov 2024	Neurobiology (1) N Rogers + Ways + A/T Practice + Self-Supervision	
4	7+8 Dec 2024	Approaches to Art Therapy Neurobiology (2)	
5	25+ 26 Jan 2025	GROUP Approaches Pres + Clinical Supervision Book Review (1)	Approaches Presentation Practical
6	08+09 Feb 2025	GROUP Led (Intro) + Book Review (2) Case Study + Application to Clinical Practice	2. Neurobiology Assignment
7	22+23 Feb 2025	Book Rev GROUP Presentations (Max 3 groups) (Mental Health Project + Jungian Focus (Application to Clinical Practice	Book Review Presentation Practical
8	08+09 Mar 2025	Art Therapy FISHBOWL 20mins Clinical Practice Case Study Presentations (not assessed)	3. Book Review Assignment
9	22+23 Mar 2025	Mental Health Project Presentations (Practical) Closed Studio Practice	
10	12+13 April 2025	GROUP Led Presentation (Practical) Programme end tutorials + Studio Review	4. Mental Health Assignment Group Led Presentation

- *It is unlikely but dates may be changed.*

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

Education Objectives	To upskill Counsellors/Psychotherapists and Clinical Supervisors or equivalent in the integration of Art Therapy into their clinical practice. To enable RPL entry to Level 8 (Year 4) of the Dublin Art Therapy College BA (Hons) in Integrative Counselling & Psychotherapy (Accredited SETU + IACP). To enable RPL to MSc in Creative Art Psychotherapy (Working with Young People) SETU Accredited.
Credentials of Programme Facilitators	Programme facilitators hold Counselling/Psychotherapy/Art Therapy training to at least Level 8 and are versed in facilitating on the Dublin Art Therapy BA (Hons) in Integrative Counselling and Art Therapy Programme (Level 8)
Learning Outcomes	<ul style="list-style-type: none"> <li>• An in-depth exploration of the Art Therapy processes experienced</li> <li>• An understanding of the therapeutic nature of Art Therapy</li> <li>• Integrative group dynamic processes</li> <li>• Experience of individual and group Art Therapy exercises</li> <li>• Exploring the creative connection to self</li> <li>• Learn to trust the process</li> <li>• Enhanced personal and professional reflection</li> <li>• Experience of reframing thoughts and practices</li> <li>• Integration of programme content into everyday life</li> <li>• Make friends with your own innate creativity</li> <li>• Understanding that the creative process has an intelligence that can be trusted, and the gift of creation is the ability to work with it</li> <li>• Creating symbolic representations</li> <li>• Distilling the essence of personal thoughts and feelings</li> <li>• Integrate Art Therapy skills with various therapeutic approaches</li> <li>• Understand and apply Neuroscience to self and clinical practice</li> <li>• Group work applied to theoretical concepts and approaches</li> <li>• Proficient in facilitating an art therapy group</li> <li>• Clinical proficiency and supervision</li> <li>• Completion of a mental health project</li> <li>• Integrating the concepts of Open and Closed Studio Practice</li> <li>• Enhance self-awareness</li> <li>• Art Therapy as a tool for self-supervision/self-care</li> <li>• Become comfortable using art as a therapeutic and diagnostic tool</li> <li>• Experiential learning</li> <li>• Integrative Approaches to Art Therapy and Neurobiology applied to Counselling and Art Therapy skills practice.</li> <li>• Group facilitation experience</li> <li>• Book Review</li> <li>• Case Study</li> <li>• Mental Health Project – Jungian Aspect.</li> <li>• Studio Practice</li> <li>• Integrating Art Therapy as a tool for personal and professional self-awareness</li> <li>• Application of Art Therapy in the clinical practice</li> </ul>
Programme Content Assessment Criteria:	<ul style="list-style-type: none"> <li>• 4 x written assignments</li> <li>• 5 x practical and experiential exercises</li> <li>• Ongoing participation in skills, feedback from peers, self and facilitators.</li> <li>• Learning Journal x 1 (experiential and written).</li> <li>• Neurobiology Assignment (written).</li> <li>• Book Review Assignment (practical and written).</li> <li>• Mental Health Project (practical and written).</li> <li>• Group Led Facilitation (experiential and practical).</li> </ul>

	<ul style="list-style-type: none"> <li>• Skills Practice and feedback (practical).</li> <li>• Studio review (experiential and practical).</li> <li>• Evidence of the use of Art Therapy Skills within 30 hours of art therapy clinical practice.</li> <li>• 30 hours of clinical practice signed off by your clinical supervisor.</li> <li>• Final assessment by self and peers to be validated by programme facilitators.</li> </ul>												
Learning/Teaching Methods	Series of one/two-day workshops using lectures, experiential exercises, tutorials, self-supervision and clinical supervisory techniques.												
Educational Content	Art Psychotherapy Training to Level 7 & 8												
Programme Outcomes	<p>This programme specifically explores the practical application of art therapy as a therapeutic intervention and is experiential in nature. It facilitates the development of professional Art Therapy skills supported by theoretical underpinning.</p> <p>The programme integrates counselling skills with art therapy practice. Successfully completing the course enables access to the second year of the BA Hons in Integrative Counselling and Art Therapy.</p> <p>To help clients to become integrated, we need to promote and integrate the experience of verbal and non-verbal approaches and encourage them to be in tune with both rational thinking and intuitive knowing. Using Art as an integrative part of your work practice will bring about this non-verbal wisdom.</p>												
Programme Evaluation	<p>Written assignments are assessed as per Level 7 assessment criteria. A pass is the minimum requirement for successful completion. As well as theoretical assessment students will be monitored for application of theory to practice and demonstration of the lived Humanistic experience of the therapeutic process. Students will be given every opportunity to resubmit an assignment where the initial submitted assignment falls short of the assessment criteria.</p> <table border="1"> <tr> <td>First Class Honours:</td> <td>Distinction (1:1)</td> <td>70-100%</td> </tr> <tr> <td>Second Class Honours Grade 1:</td> <td>Merit, Grade 1 (2:1)</td> <td>60-69%</td> </tr> <tr> <td>Second Class Honours Grade 2:</td> <td>Merit, Grade 2 (2:2)</td> <td>50-59%</td> </tr> <tr> <td>Pass:</td> <td>Pass</td> <td>40-49%</td> </tr> </table> <p><b>Resubmit:</b> An assignment not reaching the above grading system percentage will receive a request to Resubmit. A Pass grade will be awarded for the successful resubmission of an assignment.</p> <p>Each assignment has specific criteria outlined in a Programme Handbook.</p> <p><b>Attendance:</b> 100% attendance expected, 85% attendance required.</p> <p><b>Supervisory Evidence</b> of 30 hours of Art Therapy integrated into clinical practice.</p> <p><b>Personal Therapist Evidence</b> of 10 hours of Personal Therapy.</p>	First Class Honours:	Distinction (1:1)	70-100%	Second Class Honours Grade 1:	Merit, Grade 1 (2:1)	60-69%	Second Class Honours Grade 2:	Merit, Grade 2 (2:2)	50-59%	Pass:	Pass	40-49%
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***'Creativity is Intelligence having fun' (Einstein)***

*'The creative challenge of our time is to take our own path of individuation under our feet because if we do not, no one will do it for us and we will be forever undone. To live one's own life is to take these steps of creativity'. (Ruff, 1988) in Swan-Foster, N. 2018 Jungian Art Therapy, A Guide to Dreams, Images, and Analytical Psychology, Routledge, New York.*