

Celebrating **25** YEARS

CORK ART THERAPY Summer School

Sat 27 June - Wed 1 July 2015



Department of Art Therapy & Continuing Visual Education

Bringing your creativity to life



Further information about our department and all our courses from:
www.artincontext.eu
or contact:

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Introduction

Art Therapy is a psychological therapy that utilises a creative medium to offer an additional and alternate way for individuals to explore and understand their life experiences in a safe and therapeutic space.

Established in Europe and America as a profession since the 1960s, it is practiced with a variety of client groups, including individuals and groups availing of psychiatric services, children, and people with learning disabilities. Its history can be linked to the development of arts in social and health contexts, from Outsider Art and Art Education to the development of Psycho-analysis/Psychotherapy in the 20th century.

For 25 years the Cork Art Therapy Summer School has welcomed up to sixty participants annually, providing them with a unique opportunity to learn about and experience the Art Therapy process.

Participants are offered the chance to explore the therapeutic potential of art through themed experiential workshops. A series of related lectures during the week provide a context for the current practice of art therapy.

This year we are offering an even greater variety of Art Therapy experiences to the public. Whilst all the workshops will have a strong emphasis on the creative process, participants can choose both from the range of themes on offer, and from a facilitated or co-facilitated experience. One of these co-facilitated workshops is geared specifically towards training and practicing therapists offering a space to consider how one's practice can be adapted to different situations.

Participants who are looking for academic credit for their attendance can now choose an accredited option. The course has been accredited as a 5 credit module at Level 9 on the National Framework of Qualifications. Participants seeking credit for their attendance must complete two assignments. Further information can be obtained when you book a place.

For some, this summer school may be the first steps on the road to a career in Art Therapy. For others it may be an opportunity to re-engage with their creative identity. Every year this course, with its intensive workshop and lecture series, proves to be an invaluable personal encounter, whatever one's motivation for attending.

Louise Foott

Course Coordinator



Workshop 1

Building Foundations: making-creating-thinking

Colin Higginson & Natalia Higginson

Colin Higginson is founder and director of AIM (Art in Motion) Bristol, a not-for-profit participatory arts organisation established in 2013. AIM provides opportunities for artists and non-artists to engage with multidisciplinary arts with a specific focus on heritage and the built environment.

Colin qualified as an art therapist from University of Hertfordshire, UK. He worked in the NHS for 16 years both as an art therapist and Clinical Lead/Manager for the Art and Drama therapy service for adults with learning difficulties throughout Bristol and surrounding area, UK. He went on to teach in further education where he taught art and animation to adults with learning difficulties. Colin's work as an artist is ongoing.

Initially from a background in fine art, **Natalia Higginson** worked for over 11 years facilitating art groups in partnership with organisations that offered a service to street homeless, sex workers, drug users, and people from diverse cultural and economic backgrounds.

In 2005, Natalia qualified with an MA in art psychotherapy from Goldsmiths University and since then has worked within the UK NHS adult psychiatry services in different settings including inpatient secure unit, mental health rehabilitation wards and community services. She is currently the lead art psychotherapist for a Complex Psychological Therapy Team (CPT) in Adult Psychiatry, managing the arts psychotherapists within the team and developing arts psychotherapy within the CPT service and the NHS. She continues to hold a caseload. Natalia's work is underpinned by recognising the capacity of art to give form and meaning to people's lives.

Workshop

Maslow (1943) stated that people's actions are motivated to achieve certain needs. In order to develop we must first fulfill our basic needs before moving on to successively higher stages. Using Maslow's framework we will start our journey by individually engaging in a creative process, making an artwork that will grow and expand as we explore the different stages of needs. We will consider what we need to be in place in our lives in order to develop and grow, and the conditions needed to engage in a therapeutic and creative process.

The workshop will focus on the correspondence between making and material, providing a creative space for imaginative thinking, reflection and learning. Within this journey of making and exploration we will be drawing on different theories from art therapy and art practice.

“It is in playing and only in playing that the individual child or adult is able to be creative and use the whole personality, and it is only in being creative that the individual discovers the self.”

W D Winnicott



Workshop 2

The Art of Play

Eileen McCourt

Eileen McCourt qualified as an art therapist from the University of Hertfordshire in 1987 returning to work for the Probation Board for Northern Ireland where she had formerly been a Probation Officer. She has had extensive experience of working with offenders in the community and in prisons as well as supervising students from the MSc Art Psychotherapy course in Belfast from its inception in 2002, the Probation service being a placement agency. She has also been a Clinical Supervisor on the course for many years and retains a supervisory role with art therapists who work in the Criminal Justice system, since her retirement in 2012.

Eileen has been involved with the Northern Ireland Group for Art as Therapy (NIGAT) since its formation in 1976 and is now its President.

She has joyfully renewed acquaintance with her own art in a more on going manner since her retirement.

Workshop

“The practice of an art, or arts, is as essential to the whole man as a knowledge of science. This is not because of what art is but what art does to the artist.”

John Fowles. The Aristos.

Participants in this workshop will discover, explore and pursue personal styles of art making in a safe and confidential space where the emphasis is on individual play with art materials. Reasons for placing obstacles in the way of such a vital activity either before, during or afterwards will be considered. Largely non-directive within a firmly held structure, the content will draw upon major influences on the workshop leader's professional practice over many years.

Some theoretical aspects will be offered to aid the understanding of the nature of mark making, offering participants an opportunity to muse upon approaches that suit them best. The workshop's aim is to ensure a creative means of self-communication and communication with others, and to enjoy the relationship between oneself and the art materials.

Woven into the fabric of the week will be references to poetry and literature that may resonate with, prompt or complement personal art making.



Workshop 3

A Place out of Time

Catherine Phillips

Catherine Phillips originally studied Fine Art painting at NCAD, Dublin where the image making process began to interest her as a reflection of one's inner world. On graduation, she worked within the HSE with people who have learning difficulties and this is where her interest in training as an art therapist took hold. She qualified as an art therapist from University of Hertfordshire, UK in 1994.

Catherine's experience includes working with children and families affected by sexual abuse, foster children and their carers, adolescent and adult mental health and children in a variety of educational settings.

She currently works on the MA Art Therapy at CIT Crawford College of Art & Design, delivering training groups, lectures and supervision, and is the course tutor on the Principles of Art Therapy Certificate. Catherine also delivers training to other health professionals in educational and community settings.

Catherine's research and clinical interests lie in understanding the analytical art therapy group process and the working relationships between artist and art therapist in the workplace. She presented at NEAT (Network of European Art Therapists) 2014 and recently presented her work in 'Common Space 2015', a conference in the Czech Republic.

Workshop

“What I am trying to do is to make a picture of the interior, the interior of me”

Anish Kapoor

The image making process can bring the maker to a place where their inner world finds expression in the physical form of an image, a clay form or perhaps the drawn line. Over a five-day period we will seek to immerse ourselves in our art making process to create and explore our creativity in a non-judgemental and supported space. A space will be created where we can playfully explore and begin to understand ourselves within the group. Participants will gain a personal experience of the potential of their art making practice when created within an art therapy framework.

Catherine will facilitate this experience using a variety of art therapy exercises and techniques that would be used by art therapists in a range of different work settings. No previous art-making experience is needed, only the openness to explore.



Workshop 4

Art Therapy Adaptations

Chris Wood & Germaine Bryant

Chris Wood (PhD) works as the team leader for the Art Therapy Northern Programme in Sheffield. This is a base for art therapy training and research, based on the partnership between the Sheffield NHS and local Universities. She combines work in higher education with therapeutic practice in the public sector and is inspired by the life-stories of service users, students and the people who work in mental health services, perhaps particularly in the many ways that service users manage to live well.

Chris has a number of publications. Her interests include: art and popular culture; the relationship between mental health and politics; and creating 'spaces of hope' in which people can meet and share. She is keen to contribute to the evidence base for art therapy, whilst also collaborating with others to promote art therapy adapted to a wide range of contemporary settings.

Germaine Bryant has over 20 years experience of working as an art therapist and has a special interest in the art making process and how the felt experience of using art materials helps us get in touch with our feelings and connects these to our more cerebral parts.

She spent 20 years working within adult mental health for the NHS in the north of the UK within hospital and community settings where she developed an interest in team working. For the past 9 years she has been working with the Art Therapy Northern Programme in Sheffield as tutor, supervisor and placement co-ordinator.

Workshop

We are currently in the midst of a new period of art therapy history. It involves weaving together what we have learnt from the past with contemporary adaptations.

Adaptations might involve working with various models of therapy in a range of different settings from the clinic, to the council estate, and to rural settings. They might involve responding to the challenges in client lives and also adapting in response to the service user movement. All of these changes can challenge us as practitioners and we hope the workshop will provide space for participants to think about how they care for themselves in the midst of this changing world.

This workshop is intended for both trainees and practising therapists. It will be mainly based upon the art making and creative writing of participants working in the studio over the five days. However, brief talks and film clips will be included aimed at helping workshop members imagine different ways of adapting their art therapy practice



Lectures

Saturday

Marianne Adams

Introduction to Art Therapy

Marianne Adams has an MA in Psychoanalytic Studies. She worked for Childline as a Telephone Counsellor for 2 years. In a subsequent position as Head of Therapeutic Care over a community of residential children's homes she encountered the work of an art therapist and was captivated. She enrolled in a Summer School and later undertook Art Therapy Training. On qualifying as an art therapist she worked for 8 years in a Child and Adolescent Mental Health Clinic in the UK. Since moving to Ireland to years ago, Marianne has had a family, started a private practice, supervised and lectured on the MA in Art Therapy, CIT CCAD, Local CAMHS, Child and Family Psychology Dept., Social Services Dept., GPs, and the Adult Psychiatric Service commissioned her. Marianne represents Ireland in a new book, "Multicultural Family Art Therapy" published by Routledge in February 2014. You can find out more about her on www.arttherapywestcork.com

Sunday

Chris Wood

An art therapist sharing stories about collaborative work with service users

Chris Wood (PhD) is the team leader for the Art Therapy Northern Programme in Sheffield, a base for art therapy training and research. She combines work in higher education with therapeutic practice in the public sector and is inspired by the life-stories of service users, students and the people who work in mental health services, perhaps particularly in the many ways that service users manage to live well.

Tuesday

Natalia Higginson

Solid Ground: Working with trauma in Art Psychotherapy

Natalia Higginson qualified with an MA in Art Psychotherapy from Goldsmiths University in 2005. Since then she has worked within the UK NHS adult psychiatry services in different settings including inpatient secure unit, mental health rehabilitation wards and community services. She is currently the lead art psychotherapist for a Complex Psychological Therapy Team (CPI) in Adult Psychiatry, managing the Arts Psychotherapists within the team and developing Arts Psychotherapy within the CPI service and the NHS. Natalia's work is underpinned by recognising the capacity of art to give form and meaning to people's lives.



General Information

Participants must choose from one of four workshop options outlined in this brochure.

Fee

€485 (still at 2008 price)

Includes tuition, materials, tea/coffee, lunch and one 3-course evening meal.

€435 (early bird offer - for first 25 places booked before 22nd May 2015)

Please pay by cheque, bank draft or postal order, payable to

CIT Crawford College of Art & Design.

For credit card or bank transfer payment details please email: louise.foott@cit.ie

Terms

- Places cannot be reserved on the course without receipt of full fee.
- Once the Summer School has begun it will not be possible to change workshops.
- The CIT Crawford College of Art & Design reserves the right to retain the fee in full in the event of cancellations made after Friday 12th June 2015.
- Cancellation prior to that date will incur a €150 administrative handling charge.
- The CIT Crawford College of Art & Design reserves the right to make alterations to the programme if necessary.
- If you must be absent during the Summer School, please inform the coordinator.
- Students should wear comfortable, appropriate clothing.

Accommodation

Deans Hall Summer Village, situated just two minutes walk from the college, make their student accommodation offer available to participants on the Summer School. Single rooms, in a self-catering apartment, cost €110 for the duration of the course. There are a small number of single occupancy deluxe rooms available at a cost of €150 for the course duration.

Book early, as there is limited availability and please tell them that you are doing the Art Therapy Summer School.

For further information contact **Deans Hall** directly at:

Deans Hall Summer Village, Crosses Green, Cork

Tel: 021 431 2623

E-mail: info@deanshall.com

Further information: www.deanshall.com



Timetable

Time	Sat	Sun	Mon	Tues	Wed
9.00	Register				
10.00	LECTURE	WORKSHOP	WORKSHOP	LECTURE	WORKSHOP
11.15	Coffee			Coffee	
11.45	DISCUSSION			DISCUSSION	
12.30	Lunch	Lunch	Lunch	Lunch	Lunch
2.00	WORKSHOP	WORKSHOP	WORKSHOP	WORKSHOP	WORKSHOP Starts 1.30pm Plenary 3pm
3.30					
4.30		Tea		Prepare for Dinner at 7pm	Week Over
5.00 - 6.30		LECTURE			

There will be a social evening on Tuesday.

Dinner will be provided for everyone at 7.00pm in the college.

The Summer School finishes on Wednesday at 3.30pm.



Booking Form

Please cut out and return completed form with payment to:

Cork Art Therapy Summer School
Crawford College of Art & Design
Sharman Crawford Street
Cork, Ireland

Personal Details

Name _____

Address _____

Email _____

Telephone _____

Date of Birth _____

Occupation _____

Personal Qualifications (if any) _____

Workshop Option

Please choose from the four options outlined

First Choice _____

Second Choice* _____

No preference (please tick here)

**Although we will try to give applicants their first choice, allocations will be made on a first-come-first-served basis.*

I want further information on the accredited course option

Payment

I enclose a cheque/bank draft/postal order:

- €485 payable to CIT Crawford College of Art & Design OR
- €435 if booked before 22nd May 2015 (limited to first 25 places. Please check availability)
- I have paid by credit card/bank transfer

Please note **your receipt is confirmation** of a place on the course. You will be emailed/written to in June with further details.

Signature _____

Date _____

Office use only

D/B	€435	E-payment
Invoice	€485	Rec.

25th Cork Art Therapy
Summer School

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