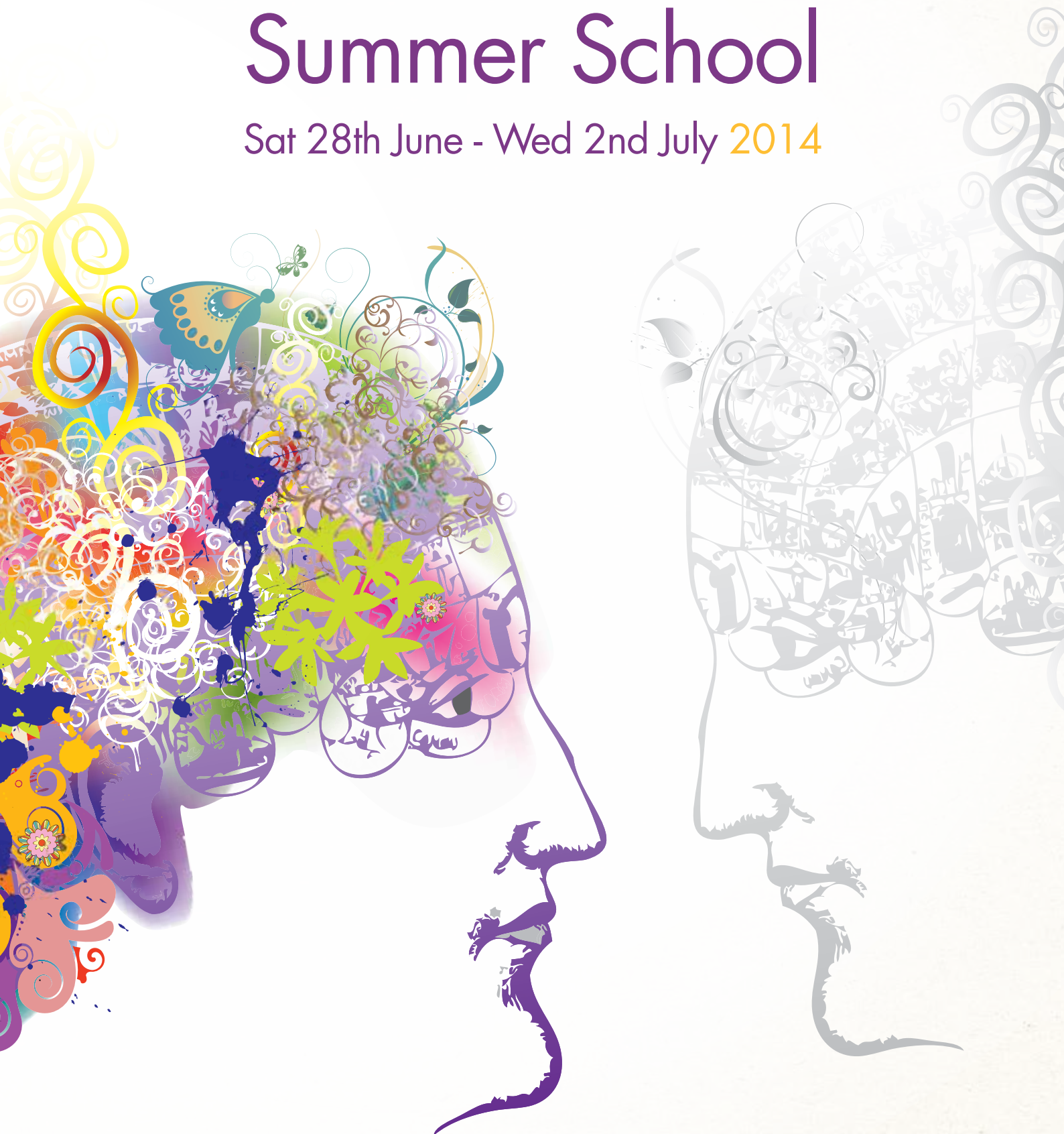


# 24TH Cork ART THERAPY Summer School

Sat 28th June - Wed 2nd July 2014



# Introduction

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Art Therapy is a form of psychotherapy 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 well over two decades 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.

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



# Art Therapy at CCAD

## Department of Art Therapy & Continuing Visual Education

Cork Art Therapy Summer School  
Department Open Day  
Art Therapy Introductory Days  
Principles of Art Therapy Certificate  
Arts in Group Facilitation Certificate  
Arts, Participation & Development Certificate  
MA in Art Therapy

For over two decades the CIT Crawford College of Art and Design (CCAD) has worked to establish a strong Department of Art Therapy & Continuing Visual Education, now running a range of Certificate courses in addition to the MA in Art Therapy. These courses range from drawing and painting night classes, through an introduction to the Principles and Theory of Art Therapy to courses that explore creativity and art making within a social context and the differing roles it can play. The central theme and link between all the courses is that of the innate creativity of individuals and the potential this has when used as a creative methodology by practitioners to enhance communication, self and group understanding, and relationship building between individuals and groups within our society.

Pioneering art therapy training in Ireland, the Summer School was set up in 1991. Subsequently the Art Therapy Foundation Course was established, now titled **Principles of Art Therapy Certificate** (HETAC Level 8). This course provides an opportunity to explore the core principles of Art Therapy within a group setting. For many it may be a step towards training as a qualified art therapist. For others it may introduce them to a more sympathetic understanding of the role of art in rehabilitation and development work.

Over the years, the department has developed a range of other courses to meet the increasing demand to find out more about the arts in social and health contexts. An annual **Department Open Day** takes place in mid-February where all our courses are discussed in detail. Through **Art Therapy Introductory Days**, we provide an entry-level opportunity to explore the theory and practice of Art Therapy, together with a chance to work experientially.

The **Arts in Group Facilitation Certificate** (HETAC Level 8) aims to facilitate artists, community workers, care assistants, and anyone involved in informal education in the development of their facilitation and leadership skills in creative group work. The **Arts, Participation & Development Certificate** (HETAC Level 8), with an emphasis on social change and global citizenship, is aimed at a similar group, including youth workers, activist educators, volunteers and anyone who is interested in exploring the connection between creativity, learning and change in the world.

Ultimately, we offer the qualifying **Masters Degree in Art Therapy**. This professional training course was the first of its kind in Ireland and, for over a decade now, sees Irish trained art therapists graduate annually.

Further information and booking/application forms for all these courses are available at [www.artincontext.eu](http://www.artincontext.eu) or contact:

Louise Foott  
CIT Crawford College of Art & Design  
Sharman Crawford St, Cork  
Tel: 021 433 5256  
E-mail: [louise.foott@cit.ie](mailto:louise.foott@cit.ie)





# 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.**

**\* Early bird offer-**

**€435 for first 25 places booked before 23rd May 2014**

**Please pay by cheque, bank draft or postal order, payable to CIT Crawford College of Art & Design.**

**Overseas applicants: please email [louise.foott@cit.ie](mailto:louise.foott@cit.ie) for credit card or bank transfer payment details.**

## 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 13th June 2014.
- Cancellation prior to that date will incur a €50 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 €100 for the duration of the course. There are a small number of single occupancy deluxe rooms available at a cost of €140 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 **Dean's Hall directly at:**

Dean's Hall Summer Village, Crosses Green, Cork

**Tel:** 021 431 2623

**E-mail:** [info@deanshall.com](mailto:info@deanshall.com)

**Further information:** [http://deanshall.com/crosses\\_green.asp](http://deanshall.com/crosses_green.asp)





# Workshop 1

## Money: an Archetypal journey

### Julie Aldridge

Julie, who has a background in Fine Art, was one of the first 14 students to qualify as an Art Therapist from Sheffield University in 1985 and has since attained her MA. She has worked in a variety of healthcare and educational settings in the UK and Ireland including the NHS, Social Services, Hospice and Voluntary sectors. Julie has taught on the MA Art Therapy at CIT CCAD for the last 13 years and currently contributes to the Certificate in Jungian Psychology with Art Therapy LIT. Since moving to Ireland in 1993, she has become increasingly interested in mythology, archetypal psychotherapy and narrative forms. She continues to paint and has a small private practice in conjunction with community based service providers. She has lived in Beara for almost 20 years together with her life partner and an independently minded rescue dog called Wess.

### Workshop

Traditionally the subject of money was considered an unsuitable topic for polite conversation, along with sex and politics. Evidently these areas hold a great deal of unresolved unconscious material, which continues to pervade every aspect of our personal and social lives.

This workshop aims to look into our relationship to money, from a Jungian perspective. We will take time to explore the roots of our connection to financial supply, or the lack of it, and share significant growth points in our life experience. As a learning community we will use personal art making and interactive exercises to further empower our relationship to money and material resources, drawing on myth, and sharing our stories to enhance our collective understanding of this juicy topic. My aim will be to facilitate an honest exploration of the nature of money as a relational dynamic and as a symbol of interpersonal energy and value.

**“ One of our most deeply individual relationships is that which we have with money. It often carries much of our unconscious and unresolved tension and can reveal hidden conditioning and insecurity, It can reflect difficult aspects of other close relationships including those with our parents, with the earth, with our bodies and with spirituality ”**

**Kelvin Hall, Psychotherapist**



# Workshop 2

## Art Therapy & the Photographic Image

### Philippa Brown

Initially from a background in design, Philippa worked extensively as an art therapist in mental health in the UK. Currently she is the programme leader for the MA Art Therapy at the University of Hertfordshire. She represents the course at ECArTE and is an art therapy supervisor. During her career Philippa has taught art therapy across Europe and Internationally, most recently in Ukraine. Following the completion of an MA in History of Art, Philippa expanded her teaching on the Critical and Cultural studies programme at the School of Creative Arts. Her visual art practice encompasses drawing, photography and printmaking, and the relationship art therapy has with contemporary art.

### Workshop

“*So I make myself the measure of photographic “knowledge”. What does my body know of photography? I observe that a photograph can be the object of three practices, or of three emotions, or of three intentions: to do, to undergo, to look*”

Roland Bathes, *Camera Lucida* 1980

The digital age has spawned the phenomena of the ‘selfie’, a posed self-portrait created by turning the camera back on itself and applying flattering filters. Then, with one quick tap this self-aware image is uploaded onto social networks to be admired or vilified. But history tells us that the photographic image has held much more than just instant approval. Many old black and white family photographs are kept in memory of those long gone, colour prints of familiar places and relationships are full of sentiment, returned to as a trace of personal histories. Through creative and expressive art making this workshop aims to explore the personal and collective nature of a photographic image and the meaning it holds for each member of the workshop. Shared discussion and reflection on the photograph, and the art made in response, will form an important part of the process of discovery.

Please bring a photograph of yourself as a starting point to the workshop. It can be taken in any context, time or place, be black and white or colour, be digitally produced or printed. Please also bring a black and white or colour photocopy of the photography and a digital camera.



# Workshop 3

## Dogs, Birds and Frogs... The Change that Relocates, Dislocates and Sets Us in Motion: A voyage through Expressive Art Therapy

### Julia Byers

Dr Julia Gentleman Byers is currently a Professor and the Graduate Art Therapy Coordinator at Lesley University, Cambridge, MA, USA. She was formerly a professor (1981-1996) and the Expressive Therapies Division Director (1996-2008) at Concordia University, Montreal Canada; and, the PhD Expressive Therapy Director (2000-2005) at Lesley University. Julia has provided workshops and training in over twenty countries, emphasising the innovative applications of expressive art therapy; and, Humanitarian Art Therapy in crisis intervention, disaster relief initiatives, and community re-stabilisation efforts.

Having worked within the faculty of fine arts and trained at Thaliens Mental Health Clinic in Beverly Hills, California, Julia integrates the fine arts aspects of art therapy with mental health counseling that celebrates art for life. Her current focus is working with immigrants and refugees at the Community Legal Services and Counseling Center in Cambridge, MA, which work has indirectly led her to develop projects in Uganda and other human service interventions.

### Workshop

“

*There is nothing that explains everything, but everything illuminates something...* ”

Anonymous

The expressive arts provide creative and aesthetic prototypes for approaching situations from new perspectives and synthesising them into life's quests. Inspiration is an essential component of the art process whether it is manifested in actual visual image making, performing installations, or by our articulated artful approaches to living life fully. Inspiration may be defined as a moment of awareness that permeates the senses and sparks the creative spontaneous response, not unlike love. This workshop focuses on exploring innovative combinations of raw and recycled materials, magnified or enlarged through a journey of rediscovering what is truly important in life. Our *modus operandi*, or habits of mind or heart, will be revisited. By empowering our objects of desire to be found within the ground, in flight or transformed through play, wonder and awe, a change – always relocating, often dislocating occurs, setting us in motion.





# Workshop 4

## Losing Ourselves and Finding Ourselves

### Austin Creaven

Austin trained as a Fine Artist (Paint and Print) in Galway, graduating in 1984. He worked in a variety of jobs, including as a studio artist and with homeless people before going on to train as an Art Psychotherapist at Goldsmiths College, University of London. He graduated in 1997. He has also trained in Play Therapy and as a Creative Clinical Supervisor.

Austin returned to Ireland to be involved in setting up an Art Therapy service for children in Limerick City in 1997. This project, now called The Blue Box, provides a Creative Arts Therapy service to children and adolescents, mainly through schools, in the city. He continues to work as a Therapist and Clinical Supervisor with the project. He is also in private practice.

### Workshop

**“ Art enables us to find ourselves and lose ourselves at the same time. ”**

Thomas Merton

The image and image-making are directly connected to our inner emotional world. The essence of art is to play; to play with materials and to play with ideas. If we can afford ourselves the opportunity to play and to engage in the process of art making we get to explore our deeper felt emotions, some that are known to us and others yet unknown.

By immersing ourselves in a creative environment to avail of a space full of potential, adventure and discovery, we give credence to our creativity and to our instincts; parts of us that are often muted or lost amid the normal pressures and constraints of everyday existence; parts that can inform us and guide us with self-understanding and acceptance, through our personal life journeys, changing how we interact with, and experience the world.

**“ And now, I’m just trying to change the world, one sequin at a time. ”**

Lady Gaga

**Formal art training or experience are not necessary.**



# Lectures

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## Saturday

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**Angela Carrazza**

### The Open Studio in Art Therapy

**Angela Carrazza** was one of the first Irish trained Art Therapists to qualify in 2001. She was also one of the first to get full-time employment with the HSE and has been developing the Art Therapy Service in the South Lee Mental Health Services, Cork, over the past 13 years. She works both in the acute adult mental health unit and a community mental health setting, facilitating individual sessions and various groups, with a focus on the Open Studio in the acute unit. Angela has vast experience in supervising Art Therapy students, giving presentations and workshops to various professionals, and is a guest lecturer in CIT CCAD and Cork University Hospital (CUH). She is a trained Hearing Voices Group (HVG) facilitator and has over the past year been co-facilitating the first Irish HVG together with a nurse and an expert by experience. Her main interest lies in the use of metaphor when expressing and exploring distressing emotions.

## Sunday

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**Gabi Beuchert**

### Art Therapy in Education

**Gabi Beuchert** qualified with a Postgraduate Diploma in Art Therapy in 2006 and subsequently obtained her MA in Art Therapy in 2011 at CIT CCAD. On qualifying she worked for the Department of Education (DES) in a Behaviour Support Classroom in a second-level school in Cork and more recently in a primary school setting. Gabi also works for Cois Ceim, a low cost counseling service, and is a Visiting Lecturer in the Art Therapy Department of CIT CCAD. Gabi is a Co facilitator on the Introductory Course for Art Therapy in St. John's Central College.

## Tuesday

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**Gerry Lee**

### Art Therapy in the Community

**Gerry Lee** graduated with a BA in Fine Art and Production Design in 2005 before completing an MA in Art Therapy from CIT CCAD in 2010. He began working in a residential setting with adults with autism and severe challenging behaviour. In 2012, he left this position to establish an art therapy programme as part of NPH International's service for abandoned and orphaned children in Haiti. He worked for a 14-month period in a community based orphanage, facilitating groups and training local staff. He returned to Ireland in 2013 and is currently working as an art therapist for adults diagnosed with eating disorders in Dublin.



# 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

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Address

---

---

Email

---

Telephone

---

Date of Birth

---

Occupation

---

Personal Qualifications (if any)

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## Workshop Option

Please choose from the four options outlined

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First Choice

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Second Choice\*

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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.*

## Payment

I enclose a cheque/bank draft/postal order:

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€485 payable to CIT Crawford College of Art & Design **OR**

☐

€435 if booked before 23rd May 2014 (limited to first 25 places. Please check availability)

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	O/S
Invoice	€485	Rec.

# 24<sup>th</sup> Cork Art Therapy Summer School

Sat 28th June - Wed 2nd July 2014

