



26TH

CORK
ART THERAPY
SUMMER SCHOOL

Saturday 25 June – Wednesday 29 June

2016

Introduction



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. For trainee and qualified therapists it may provide continuing professional development. 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

Department of Arts in Health & Community Practice

For over two decades the Art Therapy Department has worked to establish a portfolio of courses offering tuition and professional training in areas from adult education through arts in community practice to art therapy; exploring creativity and art making within a social context and the differing roles it can play. The central theme and link between all our 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. This year sees the **Art Therapy Department** change its name to **Department of Arts in Health & Community Practice**, reflecting more accurately the range of courses we offer.

Art Therapy Introductory Days and the **Cork Art Therapy Summer School** provide entry-level opportunities to explore the theory and practice of Art Therapy, together with a chance to work experientially.

The **Principles of Art Therapy Certificate** (Level 8 on the National Framework of Qualification) 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.

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

Exploring other roles for the arts within a social context, the **Arts in Group Facilitation Certificate** (Level 8 on the National Framework of Qualification) 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 **Creativity & Change Certificate** (Level 8 on the National Framework of Qualification), 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.

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

Louise Foott
CIT Crawford College of
Art & Design
Sharman Crawford St, Cork
T: 021 4335256
E: louise.foott@cit.ie

General Information

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

Fee

Cork Art Therapy Summer School provides all your materials, tuition and meals (tea/coffee, lunch and one 3-course evening meal) over the 5 days.

Total fee €490 or €440* if you avail of the early bird rate.

Please note that payment for catering needs to be made separately.

Tuition and materials payment options:

€390

€340* Early bird offer for first 25 places booked before 20th May 2016

Cheque, bank draft or postal order made payable to **CIT Crawford College of Art & Design**.

For credit card or bank transfer payment details, please email louise.foot@cit.ie

Catering payment options:

€100

Cheque, bank draft or postal order made payable to **Nicola Dowd: Catering**

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 10th June 2016.

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 €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 Dean's Hall directly** at:

Dean's Hall Summer Village, Crosses Green, Cork

Tel: 021 4312623 E-mail: info@deanshall.com

Further information: http://deanshall.com/crosses_green.asp



Workshop 1

**"So now, can you tell me what it means?"
– Interpretation v. Trust**

GABI BEUCHERT

After completing an image or artwork one frequently asks oneself: "What does this mean?" It is tempting to be clever and think that we can find out what an image means, but assigning a meaning or interpreting symbols puts a stop to what could be an ongoing and exciting process. If we resist the temptation to interpret, we become open to layered and more complex possibilities that the image might contain.

In a safe and trusting atmosphere, participants will be encouraged to explore their images without assigning specific meaning or answers. We will allow rhythm, colour and composition to speak - staying with the language of symbols without getting lost in translation.

Gabi Beuchert graduated from the University of Hertfordshire (PG Diploma) in Art Therapy and completed her MA in Art Therapy in 2011 with First Class Honours. Since 2006 Gabi has worked in a variety of settings and with clients of all ages and needs. As well as practicing Art Therapy, her keen interest and on-going research have led her to various teaching platforms from visiting lecturer in CIT CCAD to providing workshops and training in the Czech Republic and Slovakia. She has published articles, one of which is titled: "Can Post Session Image Making Enhance the Therapist's Awareness of Countertransference?"

Gabi is an energetic member of the Cork branch of the Irish Association of Creative Arts Therapies (IACAT), organising and taking part in Continuous Professional Development. She contributed to the IACAT Conference 2012 and the Art Therapy Information Day 2015.

A symbol is often defined and treated as though it were a superficial matching of two things...More profoundly though, a symbol is the act of throwing together two incongruous things and living in the tension that exists between them, watching the images that emerge from that tension. In this approach to symbol, there is no stopping point, no end to reflection, no single meaning, and no instruction on what to do next.

Thomas Moore



Workshop 2

What Lies Within

AUSTIN CREAVEN



Often there is a tension between what we feel on a deeply personal level and what we project to the outer world. If we can explore and acknowledge the contrast between our inner and outer worlds we afford ourselves the opportunity to reduce the tension and stresses in our lives to increase our mindfulness and emotional wellbeing. By engaging with our own emotional processes, without self-judgment or criticism, we can access and acknowledge parts of us that are often lost or suppressed as we go about our day-to-day lives.

These workshops will encourage exploration of the relationship between our inner emotional experiences and what we project to the outer world. The artworks we produce can be seen as physical manifestations of our imagination and of our emotional lives. If we can afford ourselves the opportunity to play with ideas and materials we can access and explore our deeper felt emotions, some that are known to us and others yet unknown. By immersing ourselves in a creative environment full of potential, exploration and discovery, we can nurture our creativity and our ability for self-understanding.

"Do not be too timid and squeamish about your actions. All life is an experiment."
Ralph Waldo Emerson

Austin Creaven trained as a Fine Artist in Galway, graduating in 1984. He moved to London and worked in a variety of jobs, including as a studio artist, and with homeless people, before training as an Art Psychotherapist at Goldsmiths College, University of London. Graduating in 1997, he was invited to return to Ireland to be involved in setting up an Art Therapy service for children and adolescents in Limerick city. This project, 'The Blue Box', provides a Creative Arts Therapy service to young people, mainly through schools, in the city. Austin worked as a Creative Arts Therapist and Clinical Supervisor with the project until August 2015.

He has also trained in Child Psychotherapy (Play Therapy) and in Creative Supervision with the Children's Therapy Centre, Ireland. In addition he has training in Therapeutic Supervision with the Centre for Supervision, Training and Development, UK.

Austin is now in private practice, as a Clinical Supervisor and as a Creative Arts Therapist, working with children, adolescents and adults in the west of Ireland, (mainly Clare, Limerick and Galway). He is also a founding member of The Phoenix Creative Psychotherapy Centre, Limerick.

What lies behind us and what lies before us are small matters compared to what lies within us. And when we bring what is within us out into the world, miracles happen.

Ralph Waldo Emerson



Workshop 3

A Journey of Discovery

MICHELLE GUINNESS

We are often 'not present' in our own lives. Our minds are easily distracted, ruminating about events from the past and trying to anticipate the future. We operate on 'auto pilot' getting stuck in the same patterns and we fail to notice the good things. We attempt to resolve problems using familiar faulty thinking.

Mindfulness-informed Art Therapy provides a creative space to engage with the 'Here and Now', focusing on the experience of the present moment. It promotes conscious awareness of the changing nature of our minds, bodies and environments. Paying attention with intention.

Each workshop will begin by utilising guided themes, specific materials or techniques to engage in the full potential of image making, being present and engaged with the process. The workshops will involve image making as a mindful activity and a form of self-expression. Participants will be invited to explore and develop their own personal symbols and unconscious imagery using a range of metaphors in a safe, contained framework. There will be opportunities throughout the week to explore related Art Therapy theories and process.

No previous experience or skill in art required, only the willingness to participate.

Michelle Guinness completed her BA in Fine Art Sculpture at NCAD in Dublin in 1990. Post qualification she worked for the Arts Council and Health Board in Ireland both in a paid and voluntary capacity in Mental Health and Learning Disability Hospitals. Michelle trained as an Art Therapist at the University of Hertfordshire in 1993 and has over 20 years experience as an Art Therapist in the UK.

She has spent the last 14 years employed in the Substance Misuse field gaining a qualification in Social Care, Substance Misuse Practitioner through the University of Kingston. She is currently employed as a team leader with CDSSL (Community Drug Service South London) delivering group programmes for abstinent and non-abstinent clients utilising Cognitive Behavioural Therapy (CBT) and Mindfulness-Based Relapse prevention for Addictive Behaviours. Michelle is a committee member of BAAT Addictions Special Interest Group. Her client experience includes Substance Misuse, Mental Health, Social Services, and the Criminal Justice System. She has been a visiting tutor on the Principles of Art Therapy certificate at CIT CCAD for the past four years.

Michelle became interested in Mindfulness through her own experiences of yoga and through her training in the NADA (National Acupuncture Detoxification Association) protocol.



The real voyage of discovery consists not in seeing new landscapes, but in having new eyes.

Marcel Proust





Workshop 4

The Intelligence of Heart, Speaking through Art

GRÁINNE YOUNG

The heart sends far more information to the brain than the brain sends to the heart. The signals the heart sends to the brain can influence perception, emotional processing and higher cognitive functions.
HEARTMATH Institute

The art process is a language of the heart whose invisible form can be given shape through an image. It can speak to us through the space of the imaginal realm – a place in our imagination where things are 'real' – a world as real as the things we see or touch or know intellectually and have an integrity and existence of their own.

Using guided visualisations, meditations and body awareness techniques, the process of understanding how to listen deeply to the heart's language will be explored and an art therapy space will be created to hold the unfolding revelations of the image.

Bring an intention to this space – what is it that you deeply wish to understand about yourself?

No prior knowledge of art making is necessary, just a willingness to open to your heart's wisdom and a desire to create from this space. Bring a notebook for journaling.

Gráinne Young has a background in Fine Art and has practiced as an Art Therapist for 25 years. She has worked with clients in the Learning Disability sector, Psychiatry, Addiction and Alcohol Rehabilitation services and Education. Private practice led her to work in clinical supervision, with children on the autistic spectrum and families, and a staff development initiative in an orphanage in Uzbekistan.

Gráinne is a Lecturer and Clinical Supervisor on the MA in Art Therapy at CIT CCAD and college representative for the European Consortium of Arts Therapists in Education (ECARTE). Her present research interests lie in exploration of the therapist's unconscious and conscious, non-verbal transmissions and their influence on the client's process while creating the image in art therapy.

Gráinne is a student of Bio Energy Shaking Meditation; a self healing modality taught by Ratu Bagus in Bali. She is also an accredited Journey Practitioner with Brandon Bays and incorporates art therapy with this modality to create Journey Art Therapy work.

She also works as a storyteller for children in her local bookstore which she really enjoys!



And now here is my secret, a very simple secret, it is only with the heart that one can see rightly, what is essential is invisible to the eye.

Antoine De Saint-Exupery



Lectures

Saturday

Austin Creaven

AN INTRODUCTION TO ART THERAPY

Austin Creaven trained as a Fine Artist in Galway before moving to London and working in a variety of jobs, including as a studio artist, and with homeless people. He graduated as an Art Psychotherapist from Goldsmiths College, University of London in 1997. He returned to Ireland to help set up 'The Blue Box' in Limerick city. This project provides a Creative Arts Therapy service to young people, mainly through schools, in the city. Austin worked as a Creative Arts Therapist and Clinical Supervisor with the project until August 2015.

He has also trained in Child Psychotherapy (Play Therapy) and in Creative Supervision with the Children's Therapy Centre, Ireland. In addition he has training in Therapeutic Supervision with the Centre for Supervision, Training and Development, UK. He is also a founding member of The Phoenix Creative Psychotherapy Centre, Limerick.

Sunday

Barbara Shorten

THE OPEN STUDIO IN ART THERAPY

Barbara Shorten qualified with a BA Fine Art (1987) and a PG Dip Art Therapy (2001) from CIT CCAD, where, in 2008, she subsequently completed her MA in Art Therapy. She holds a Higher Diploma in Grief Counseling from Turning Point, Dublin and also in Integrative Psychotherapy from UCC, Cork. She is currently employed by the HSE working as an Art Therapist in the Mental Health Service since 2002. She has also worked with the child protection services in private practice. Barbara believes she learnt a great deal working as an art facilitator with: children with autism, patients in palliative care, the homeless, the elderly in residential care and different community groups ranging from children to adults. This was in tandem with being an artist.

Tuesday

John McHarg

ART THERAPY WITHIN ARTS AND HEALTH PRACTICE

John McHarg is an art therapist working in a large state-run centre for individuals with intellectual disability. He has been working in this centre for nearly 20 years. He is also art tutor with East Cork Youthreach, Youghal. Since 2009 John has worked in collaboration with artist Marie Brett, exploring the paradox of absence and presence, by creating artwork in response to spaces that hold an atmosphere of lived lives. Their work challenges ideas of public/private space while reimagining assumptions of participatory practice; it has been presented in gallery and non gallery venues alike. As an artist and art therapist, they have shared their thinking through lectures and conferences, and have published writings in both Ireland and Finland.

Timetable



| TIME | SAT | SUN | MON | TUES | WEDS |
|-------|------------|----------------------|----------|------------------------------|--|
| 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 |
| 4.30 | | Tea | | Prepare for dinner at 7.00pm | 3.30pm Week over |
| 5.00 | | Lecture 1.5 hours | | | |

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
CIT 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)

I want further information on
the accredited course option

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

Payment

Please select payment type and tick the box with appropriate fee

TUITION/MATERIALS

I have paid over the phone by credit card

I have paid by bank transfer

I enclose a cheque/bank draft/postal order payable to **CIT Crawford College of Art & Design**

€390 full fee **OR** €340 if booked before 20th May 2016 (limited to first 25 places. Please check availability)

CATERING

I enclose a cheque/bank draft/postal order payable to **Nicki Dowd: Catering**
€100

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

Signature

Date

OFFICE USE ONLY

D/B

€440

E-payment

Invoice

€490

Rec. #

26TH

CORK
ART THERAPY
SUMMER SCHOOL

Saturday 25th June - Wednesday 29th June

2016