

Course Details

Held over ten weekends, totalling 160 hours of training, from February to November 2012. Participants who satisfactorily complete the course receive a **Certificate of Completion** from the Centre for Art Psychotherapy.

Further information, content details, reading material and other resources are available on application.

This course is also available by distance learning. Further information available upon request.

Venue

Mount Druitt, Western Sydney, N.S.W.
(Near M4 Motorway and public transport.)

Dates

18-19 Feb • 17-18 Mar • 28-29 April • 26-27 May
23-24 June • 21-22 July • 18-19 Aug • 15-16 Sept
20-21 Oct • 24-25 Nov

Dates subject to change.

Application Fees

There are ten(10) places available, offered subject to an interview, on a first come, first serve basis. This interview is the only pre-requisite.

Early registration is advised, to ensure a place. (No further places offered once course is full.)

FULL COURSE FEE \$4500

\$250 Deposit

Non-refundable, required to cover initial administration and processing interview.

\$950 Holding Deposit.

An up-front fee that secures course place offered.

Non-refundable, after 16 December 2011.

Securing a place is a commitment to pay the full course fee.

\$3300 Balance of Fee. Due 17 February 2012 unless alternate fee schedule is negotiated.

Course fees include tuition, supervision, presenters' fees, reading material and administrative costs. There is no GST.

Applicants provide their own art materials.

FURTHER INFORMATION

0408 822 080

02 4757 2728

Email: annettecoulter@bigpond.com

Website: www.artpsychotherapy.com.au

Comments from Past Participants

"the best year of my life... an adventure of discovery of self "

"...best investment... in my professional development, and that includes my psychology degree... helped me reclaim the language of metaphor... led to a depth of emotional expression (that) has benefited myself, my wife and my clients..."

" valuable information, resources and professional insights... highly recommended"

"gave me confidence to go ahead in the profession"

"offers an excellent basis in understanding art psychotherapy theory and practice from an Australian, American & British perspective"

"...fun, informative, inspiring..."

"made me more aware of my inner feelings and self-worth... gave words when I may not have used any"

"a unique experience for the development of both professional skills and tapping into a personal creativity – awesome !!"

The Centre for Art Psychotherapy

The Centre for Art Psychotherapy, (TCAP), was established in 1990. This was in response to requests that an opportunity be provided for those wishing to develop art psychotherapy knowledge and skills. The aim is to deliver a consistent level of comprehensive courses, workshops and agency consultation to the public and private sector, to stimulate, support and promote art psychotherapy development in Australia. We provide customised training for teams and organisations, clinical supervision in effective use of art, as well as workplace consultancy, personal coaching and mentoring.

www.artpsychotherapy.com.au



Centre for Art Psychotherapy

ABN: 56 527 342 784

Foundation Studies in ART PSYCHOTHERAPY 2012

SUITABLE FOR
Therapists • Counsellors • Artists
• Educators and Others

160 HOURS TRAINING
Ten Weekends

Conducted in Four Modules:
Module I: Introductory
Module II: Experiential
Module III: Clinical
Module IV: Practical

A Continuing Professional Education Course
run through Centre for Art Psychotherapy

Application Form

I wish to apply to attend 2012
Foundation Studies in Art Psychotherapy.

I wish to be added to the data base of interest in future courses.

Date of Application:

Name:

Address:

..... P'code:

Mob: Tel:

Email:

My current position and education or training:

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My interest in applying for this course:

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Payment by cheque/money order
(made payable to **Annette Coulter**):
Send completed Application Form, plus \$250 Deposit.
Mail to: Centre for Art Psychotherapy,
PO Box 74, Wentworth Falls, NSW 2782
Payment by Direct Debit/Internet transfer:
Bank: ANZ Access Savings
BSB: 012-702
Acct No. 5331-00653
Acct Name: Annette Coulter
Please use your full name as reference for deposit record.

What is Art psychotherapy

Art psychotherapy is where artwork is used to facilitate the externalisation of thoughts and feelings that might otherwise remain unexpressed. It differs from traditional art in that the focus is not aesthetic merit - the process is just as important as any finished product - scribbles and random marks are of equal importance as complete images. It is not necessary to have any previous experience in art making to gain from art psychotherapy. Art is used as non-verbal communication so that unconscious material can be explored and meaning found. An area of experience or transition evolves, that bridges the internal subjective world of images and personal experiences, to the external world of reality, and objective fact. The artwork exists in the external world, but is endowed with meaning and significance from the maker's internal world. The symbolic quality of imagery, metaphor and spontaneous expression encourage the client to explore ideas, feelings and issues evoked by the art-making process. The presence of a trained therapist provides a safe space where emotional conflicts are expressed and reconciled, fostering self-awareness and personal growth. Mark-making activates the creative right-brain, enabling the client to express what might be difficult to verbalise.

Content

- Extends short course training. Comprises four modules:
- INTRODUCTORY Module I:**
Examines theoretical approaches and application through experiential workshop demonstration.
 - EXPERIENTIAL Module II:**
Ongoing art therapy group work to promote self-awareness and personal growth.
 - CLINICAL Module III:**
Application of theory to practice based on participants' area(s) of specialist interest.
 - PRACTICAL Module IV:**
Design, participate and conduct an art therapy group. Integrates theory, practice and experiential learning.

Objectives

- Participants gain skill, knowledge and confidence to:
- Use expressive art techniques therapeutically;
 - Facilitate art-based interventions that increase self-awareness, improve communication and promote self-expression;
 - Activate client creativity to reach a fuller potential;
 - Process artwork safely, ethically and respectfully;
 - Contributes to further experiential training.

Course Coordinator

Annette Coulter

DipFA PgDipATH MAEd AthR(Aust&NZ)
British-trained Art Therapist & Art Therapist Educator
Registered Art Psychotherapist
PACFA 21325 • ANZATA HP1987N-004 • ATR 93-001



I have practiced as an art psychotherapist for 36 years, specialising in child, adolescent and family art psychotherapy and completed further training in analytic group work, family therapy, sandplay and child psychotherapy. I have lectured on MA Art Therapy training programs in Australia, Britain and south-east Asia and have helped pioneer art psychotherapy. My clinical experience is in mental health and community welfare, and also includes disability, therapeutic community, education and correctional services. For the past twenty years, through the Centre for Art Psychotherapy, I have taught extended introductory courses.

My private practice in the Blue Mountains includes couple therapy, child, adolescent and family consultation, group psychotherapy, as well as provision of customised training, clinical supervision and mentoring. Currently completing teacher training in Interactive Drawing Therapy (IDT).

Recent Publications:

- 2011 (In press) *Contemporary Art Therapy with Transient Youth*, in H. Burt (ed) [Creative Healing through a Prism: Art Therapy and Postmodernism](#).
- 2008 *'Came Back – Didn't Come Home': Returning from a War Zone*, in M. Liebmann (ed) [Art Therapy and Anger](#).
- 2007 *Couple Art Therapy: Seeing Difference Makes a Difference*, in E. Shaw and J. Crawley (eds) [Couple Therapy in Australia: Issues Emerging from Practice](#).

Applicant Suitability

This course is designed for people who would like to use art effectively in their practice.

Suitable for those in health and welfare, such as counsellors, social workers, psychologists, psychotherapists, artists and educators, those with a general interest in art psychotherapy, as well as those considering an alternate career and require foundation training in art psychotherapy.

Visual art training or experience with art is NOT necessary, to benefit from this course.