

Annual Art Therapy Training Program 2007
Newcastle & Taree

One or Two Day Introductory Courses
One Year Intensive Training Program



ART THERAPY

Art therapists assist people to access their own image-making abilities. They do this by jointly exploring the meaning of the processes and images in the light of personal experiences and relationships that may be nurturing or distressing. The great advantage is that the art therapist can facilitate for children and adults communications of their inner world that they may initially find difficult to verbalise.

The art therapist supports the processes of emotional integration and growth by providing a safe, reliable and containing therapeutic environment within which the client can create and use images to develop insight and achieve change.

ONE OR TWO DAY INTRODUCTORY COURSE DESCRIPTION

This introduction is an enriching experience for people who work or would like to work with children, adolescents or adults and who wish to enhance their practice through art. On both days participants will create an artwork and be introduced step by step to the concepts involved in art therapy. Saturday has an emphasis on concrete work such as things we can see in our environment, while Sunday focuses on abstract pictures. Both days also provide an overview of the practical application of the concepts to the workplace.

ONE YEAR COURSE DESCRIPTION

Art Therapy is still in its early stages of development in Australia and only four universities offer an extensive program. CECAT is committed to contribute to the training in art therapy and presents a solid foundation for those people who may not be able to study with one of the Universities.

This course offers students, in a group of 6-10 people, an extensive opportunity to experience and learn a range of verbal and non verbal art therapy approaches and therapeutic interventions used in different educational and clinical settings.

Course Content

The student experience is divided into three integrated but distinctive areas:

Theory

Based on an eclectic/integrated framework including interventions from a psychodynamic, humanistic and cognitive behavioural perspective.

Experience

Involves experiential learning about the therapeutic relationship and group processes; giving an ability to reflect intensively on the self and the dynamics of the group, as well as the ability to situate learning in a personal and career context.

Practice

Opportunity to show how well modules are understood.

Note: This course does not offer personal therapy and is not a formal degree.

Course duration

The introduction is available as a one or two day course with the option to additionally undertake the full year program consisting of 10 weekends over two semesters with a semester break in January and February.

Course outcomes

Participants who satisfactorily complete all the course modules will receive a certificate. CECAT is currently negotiating for their participants of the one year course to become registered art therapists with the Psychotherapy & Counselling Federation of Australia (PACFA). Some further contact hours may be required.



Admission criteria

You should be over 21 years of age and have some training or experience in psychological theory or practice (paid or voluntary), such as counselling, welfare, social work, occupational therapy, nursing, medical practice or teaching.

Admission to the year course requires that you have participated in the two introductory days.

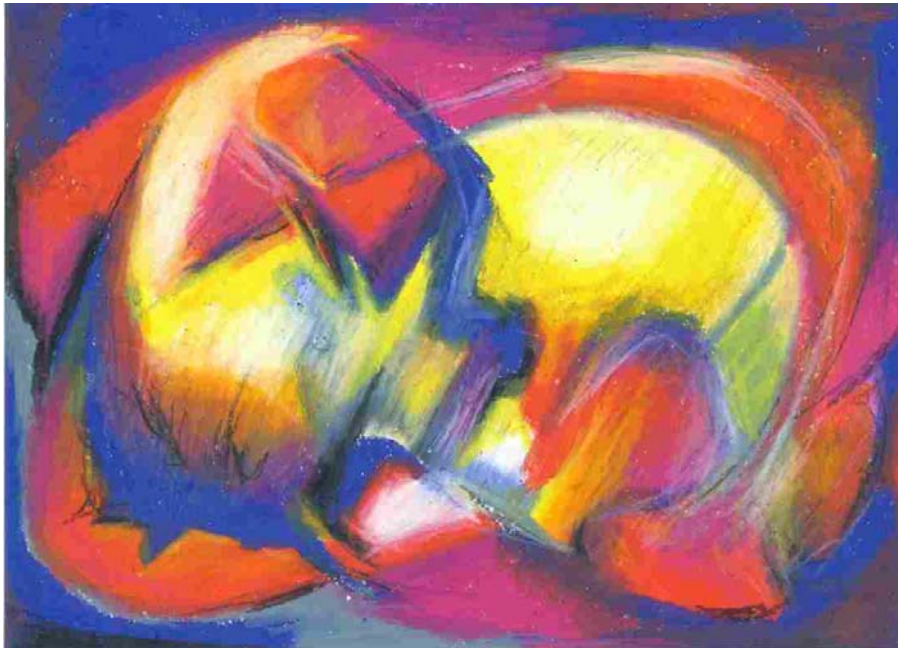
No prior skills in art or psychotherapy required.

COURSE COORDINATOR

Robert P. Gray

MA (Ger) Art.Th, A.T. R.; Grad. Dip. Psych.; Grad. Dip. Past. Couns. & Ed.; BA. Theol.

Robert is a clinical art therapist from Germany and has worked extensively in the fields of education and psychotherapy. He is a recognised artist with further degrees in psychology, pastoral counselling, education and theology. Robert is also a professional member of the Australian and New Zealand Art Therapy Association (ANZATA).



"I enjoyed the weekend very much and was delighted to discover your talent, intuition and expertise as an art therapist" **Elise Wynyard, Artist**

"Art therapy is not just about using art to help you work more effectively with clients but it also allows you to get a greater understanding of yourself in the process" **Lisa Spencer, Psychologist**

"Most enjoyable, empowering, confronting and challenging at times; professionally organised and delivered" **Lynn Banna, Pediatrician**

"Art therapy is an amazing journey of discovery, creativity and growth. As an occupational therapist I am energized by a therapeutic tool that is fun, versatile and meaningful, that can be used in a variety of settings with clients of all ages, life experiences and needs" **Jess Westcott, Occupational Therapist**

DATES & TIMES (Weekend days 9am to 4pm)

One or Two Day **Introduction** weekend in **Newcastle**:

- 24-25 February 2007
- 12-13 May 2007

First six weekends of the **One Year Course** in **Newcastle**:

- 7-8 July, 11-12 August, 8-9 September, 13-14 October, 10-11 November and 8-9 December 07 (further weekends in 2008 after a two months break will be advised)

One or Two Day **Introductory** weekends in **Taree**:

- 17-18 March 2007
- 16-17 June 2007

First six weekends of the **One Year Course** in **Taree**:

- 23-24 June, 21-22 July, 25-26 August, 22-23 September, 27-28 October and 24-25 November 07 (further weekends in 2008 after a two months break will be advised)

VENUE

Newcastle: Lifestyle Solution, Unit 3/8 Callistermon Close, Warabrook, Newcastle, NSW

Taree: Steiner School, 80 Wynter St, Taree, NSW

FEES

Introductory day/weekend: Securing a place is a non-refundable full payment of \$80 (Saturday only) or \$160 (weekend).

The one year course fee is \$2800 which includes material costs. Securing a place requires a non-refundable deposit of \$560. Fee payable per weekend: \$280.

10% of the fee is donated to support children in developing countries.



REGISTRATION

Please photocopy this flyer & retain for TAX INVOICE purposes
ABN 86395686513

Payment (cheque/money order) must be included with registration & made out to:
Rob Gray.

Apply early as places are limited

Name _____

Contact phone _____

Email: _____

Previous training: _____

Address: _____

_____ Postcode _____

I wish to apply for the following:

Intro. Day Weekend Location _____ Date _____

One Year Course Location _____ Date _____

Payment included \$ _____ (no GST required)



CENTRE FOR EDUCATIONAL AND CLINICAL ART THERAPY

ADDRESS, ENQUIRIES & FURTHER INFORMATION

Robert P. Gray
Course Coordinator
CECAT

48 Macwood Rd
Pacific Palms, NSW 2428
(02) 6550 9046 (a.h.)

Email: cecat@internode.on.net