

BA (Hons)

Integrative Counselling & Art Therapy

Programmes are part-time. 10 weekends or equivalent in each academic year.

Year 1: Access through successful completion of the Introduction to Art Therapy and the Foundation Certificate programmes (or equivalent).

The elements of the Person Centred Art Psychotherapy Approach, (PCAPA) are introduced in year one where students are helped to develop the micro-skills of active listening as the core of their skill in counselling. At this stage students are given the knowledge of a solid theoretical base, incorporating person centred models of self and change. In particular, how self-actualising growth can best take place in a relationship which is grounded in the core conditions of the Person Centred Counselling tradition. Students are also introduced to the use of art in therapy and given the skills to facilitate art in the therapeutic space. Throughout year one students are encouraged and supported to apply all their learning to their own process of personal development, experientially extending and enriching their learning experience.

Year 2: In year two students integrate these elements of Person Centred Approach with experience and practice of facilitating art as therapy, along with the wider field of humanistic psychology and neurobiology. Students underpin their developing skills with theory, thus acquiring understanding and the tools necessary to make best practice interventions to meet diverse therapeutic needs.

At this level PCAPA provides the framework for students to understand the counselling process, while simultaneously integrating the traditional values and skills of counselling with art in therapy. It also provides an understanding of the Neurobiology of Psychotherapy. It addresses models of self and change through the enhancement of neural integration, within the safe psychosocial context of the therapeutic relationship and its practical applications for tailoring therapeutic intervention within the humanistic tradition.

Throughout year two, the therapeutic relationship is presented as the critical variable for the development of therapeutic change. The key skill of the art psychotherapist in training is in the practice of facilitating the development of this relationship with clients.

Alongside the development of the PCAPA paradigm students consider the historical development of Counselling and Psychotherapy and how this relates to understanding the evolving need for Counselling and Psychotherapy in society. This involves an introduction to other theoretical approaches which have an integrated art component (CBT, Systemic, Gestalt, Psychodynamic and Jungian).

(updated: 01.03.24)

Year 3: In year three, students further extend their understanding to models of working with psychological process of change. An evidence base, grounded in current neuroscience research shows how PCAPA encourages awareness, neural integration, emotional regulation and resolution of psychological conflict. This learning is enhanced by this year's focus on stress, crisis and trauma, where students are introduced to an evidence-based understanding of working with trauma, along with up to date skills, which are both safe and effective. Students explore how models and theories provide a framework for understanding and working with clients. They are encouraged to integrate elements of other approaches to enrich their personal integrative framework. Students also develop a broader understanding of the sociocultural influences on human behaviour and development. This provides a model for using the therapeutic relationship to explore the lifespan development of the individual within multiple social and cultural contexts. Students are also introduced to the prevalent mental health conditions which present in therapy. They are facilitated in developing the skills of research into the underlying factors which influence the onset of these conditions, as well as the best-practice interventions, which can be used to aid clients in both understanding and recovery.

Year 4: In year four students will study analytical art psychotherapy theory and concepts and experiential practice. This will provide students to develop skill acquisition, explore their creative process and to discover how it might be analysed and understood through the analytical art psychotherapy approach. It will have a specific emphasis on the embodied and diagrammatic imagery present in client work. The student will obtain the knowledge of transference and countertransference through the imagery and how it informs practice thus encouraging the student to discern the stages of construction of such imagery. Develop an understanding of the core concepts and therapeutic practices of the Psychoanalytic and Humanistic schools of theory. Deepen and broaden the student's understanding of the way social structures, forces and institutions shape on human life through impacting choices and behaviours. Students are fully supported in the placement and clinical component of the programme which follows the IACP guidelines in relation to best clinical practice and student placement. Group Supervision provides the space and support for deepening their reflective capacity and understanding of the complexity of action, reaction and intervention in the therapeutic space. Students attend this module, outside the normal hours of the programme until they have completed the IACP requirements for clinical placement hours.

Throughout the four years of the course students are also engaged in a process of personal growth, self-discovery and learning which is presented and facilitated in the humanistic tradition of respect for client needs, and subjective authentic experience. Students are helped to discover, express and accept their inner experience through the respect, presence, empathy, acceptance and authenticity of the core staff and facilitators.

MSc in Creative Art Psychotherapy (Working with Young People) —APL 2 Years

Registration on the above programmes is subject to Garda Vetting

Dublin

ART
THERAPY

College

1a Village Green, Tallaght

D24 EP94

Creative - Therapy - Training

086 2432930

Introduction to Art Therapy Foundation Certificate Creative Arts Workshops

*'Art Therapy can be used effectively
at every level of human development'
(Silverstone 2009)*



Official
Teicneolaíocht
an Oirshóiscirt
South East
Technological
University



Irish Association for Counselling and Psychotherapy

Dublin Art Therapy College.com

email: dublinarttherapystudio@gmail.com

INTRODUCTION to Art Therapy programme is based on experiential workshops designed to enable the participants to intuitively embrace the innate creative potential that resides within all of us. Through individual and group experience this two day programme introduces participants to an understanding of the therapeutic potential of Art as Therapy. There is no assignment required

Foundation Certificate in Art Therapy (32 hours cpd)

The programme provides an enhanced understanding of Art Therapy through individual and more advanced group workshops. Participants are encouraged to explore and develop their trust in the liberating creative potential of art within the therapeutic process. An experiential response and written assignment is required for successful completion of this programme.

Suitable for:

- Participants who completed the Introduction to Art Therapy Course.
- People who are working or training in the caring professions.
- Continuing professional development.
- Self-developmental purposes.

The programme is experiential in nature and will have a group aspect. Prior experience of art is **not** a requirement.

Learning Outcomes:

- A more in-depth exploration of the Art Therapy processes experienced on the Introduction programme.
- A deeper understanding of the therapeutic nature of Art Therapy
- Integrative group dynamic processes
- Experience of individual and group Art Therapy exercises
- Exploring the creative connection to self
- Learn to trust the process
- Enhanced personal and professional reflection
- Experience of reframing thoughts and practices
- Integration of course content into everyday life
- Make friends with your own innate creativity
- Understanding that the creative process has an intelligence that can be trusted, and the gift of creation is the ability to work with it
- Creating symbolic representations
- Distilling the essence of personal thoughts and feelings

Successful completion of this programme enables access to the BA (Hons) in Integrative Counselling & Art Therapy, Level 8, subject to interview process approval.

INTRODUCTION PROGRAMME(CPPD 12hrs) Time Sat 10am -5.30pm & Sun 10am-4pm

Fee: €300) (One weekend programme—the below are a choice of programme dates)

- Programme Ref: IN4624 - Dates: 28 & 29th September 2024
- Programme Ref: IN4725 - Dates: 18 & 19 January 2025
- Programme Ref: IN4825 - Dates: 10 & 11 May 2025
- Programme Ref: IN4924 - Dates: 05 & 06 July 2025

FOUNDATION PROGRAMME(CPPD 24hrs) Times: Sat 10am -5.30pm & Sun 10am-4pm

Fee: €600) (Two weekend programme—the below are a choice of programme dates)

- Programme Ref: FC3424 - Dates: 26 & 27 October + 30 November & 01 December 2024
- Programme Ref: FC3525 - Dates: 08 & 09 February + 01 & 02 March 2025
- Programme Ref: FC3625 - Dates: 24 & 25 May + 14 & 15 June 2025

Successful completion of the above two programmes enables application for the BA Hons Level 8 Programme

CREATIVE ARTS WORKSHOPS (June-July 2024)

Experiential and Creative Workshops

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|-------------------------|-------------------------------------|
| Working with Loss | Trans-Cultural Counselling |
| Sand Therapy | Phototherapy |
| Resourcing & Resilience | Working with Addiction through Art. |
| Open Studio | Story Poetry & Shared Wisdom |
| Play Therapy | Working Therapeutically with Clay |
| Dramatherapy | Clay Therapy |

‘The creative challenge of our time is to take our own path of individuation under our feet because if we do not, no one will do it for us and we will be forever undone. To live one’s own life is to take these steps of creativity’. (Ruff, 1988) in Swan-Foster, N. 2018 Jungian Art Therapy, A Guide to Dreams, Images, and Analytical Psychology, Routledge, New York.

‘Art Therapy can be used effectively at every level of human development’ (Silverstone 2009)

Facilitated at:

1a Village Green, Tallaght, Dublin 24. D24EP94

