

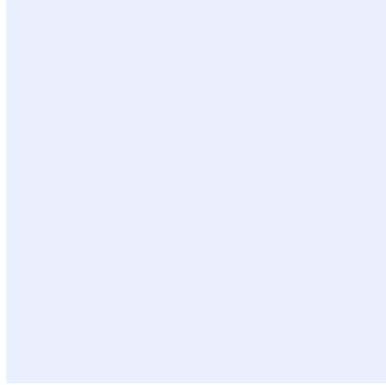


LA TROBE
UNIVERSITY

School of Psychology and Public Health
Department of Public Health

Art Therapy Short Courses & Professional Development 2017 - early 2018





Cover Image: by Libby Byrne

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ART THERAPY SHORT COURSES AND PROFESSIONAL DEVELOPMENT 2017 (NON-ACCREDITED)

Introduction

In 2017 and the beginning of 2018, we are offering the most practical and fundamental short courses in the areas of *Art Therapy*, *Supervision* and *Counselling*.

We have responded to feedback and requests, and that is why this year we have added an additional two workshops to our program. Firstly, we are offering our Counselling Skills workshop twice at the beginning of 2018 due to increasing demand. We are also excited to announce the 3 day Supervision for Art Therapy workshop that focuses directly on honing advanced skills specifically for the supervision of art therapists. This will include a practical studio component to assist in understanding the importance of process and reflection through art-making.

The short courses this year cater to a variety of audiences, including those who are seeking basic skills in counselling or art therapy, through to others looking to advance already established supervision skills. All members of the public are invited to attend, including health professionals wishing to expand their skill set, prospective students for the Master of Art Therapy course, or anyone looking for new learning opportunities in the field of public health.

While these courses will not be accredited towards the La Trobe University Postgraduate Art Therapy and Counselling degrees and do not provide qualification to practice as a Registered Art Therapist or Counsellor in Australia, participants will receive a certificate of attendance for each course which may be claimed as Continuing Professional Development (CPD), according to your professional body.

For course dates and details visit: <http://www.latrobe.edu.au/courses/art-therapy/short-courses>

Please direct any workshop enquires to:

Caryn Griffin
Art Therapy Short Course Co-ordinator
School of Psychology and Public Health
La Trobe University
BUNDOORA VIC 3086

E: C.Griffin@latrobe.edu.au

COURSE SCHEDULE 2017

INTRODUCTION TO ART THERAPY – 1 DAY WORKSHOP	Cost \$290
Presenter:	Zeb Brierley
Date:	Saturday 22 July 2017
Venue:	Thomas Cherry Building, Level 4, Room 403 (Bundoora)
Time:	10:00 am to 4:00 pm

FUNDAMENTAL SUPERVISION SKILLS FOR HEALTH PROFESSIONALS	Cost \$430
Presenter:	Vicky Nicholls
Date:	Saturday 14 & Sunday 15 October 2017
Venue:	Thomas Cherry Building, Level 4, Room 403 (Bundoora)
Time:	10:00 am to 4:00 pm

ADVANCED ART THERAPY SUPERVISION SKILLS FOR HEALTH PROFESSIONALS	Cost \$560
Presenter:	Vicky Nicholls
Date:	Friday 27, Saturday 28 & Sunday 29 October 2017
Venue:	Thomas Cherry Building, Level 4, Room 403 (Bundoora)
Time:	10:00 am to 4:00 pm

INTRODUCTION TO ART THERAPY – 2 DAY WORKSHOP	Cost \$430
Presenter:	Zeb Brierley
Date:	Saturday 2 & Sunday 3 December 2017
Venue:	Thomas Cherry Building, Level 4, Room 403 (Bundoora)
Time:	10:00 am to 4:00 pm

INTRODUCTION TO COUNSELLING SKILLS	Cost \$790
Presenter:	Jenny Hill
Dates:	Monday 29 January to Friday 2 February 2018 Monday 5 February to Friday 9 February 2018
Venue:	Health Sciences 1 Level 2 Room 206 & 207 (Bundoora)
Time:	10:00 am to 4:00 pm

COURSE OVERVIEWS

Workshop 1: Art Therapy “Taster” (1-day workshop)

Presenter:	Zeb Brierley
Date	22 July 2017
Venue:	Thomas Cherry Building, Level 4, Room 403 (Bundoora)
Time:	10:00 am to 4:00 pm

Ever wondered what art therapy is and how it works? This 1-day workshop aims to provide interested students from disciplines such as nursing, occupational therapy, social work, psychology, and the creative arts, potential art therapy post-graduate students, members of the public, and people already active in human service work in the community with a ‘taster’ experience of art therapy.

In this workshop, our experienced facilitator Zeb Brierley (AThR) will provide participants with a varied experiential and theoretical experience of art therapy processes. Through an experiential focus on individual art-making, participants will experience the potential of art-making as a tool for personal growth, connectedness and self-awareness.

A 2 day Introduction to Art therapy Workshop will also run in December which will provide a more in-depth experience of art therapy processes and theory.

The 1 and 2 day workshops are both designed to accommodate people from a wide range of backgrounds and professional practice, including prospective students. No prior art experience is necessary for this workshop.

- *All art materials are supplied.*
- *Morning and afternoon teas will be provided on each day. Please bring your own lunch as services will be limited on campus.*
- *Participants will receive a certificate of participation on completion of the workshop.*

Zeb Brierley has a Masters of Art Therapy and a Graduate Diploma in Counselling and Human Services. She has been a practicing Art Therapist/Counsellor for 17 years, working with a diverse range of populations. Zeb has taught in the Masters of Art Therapy course at La Trobe University and has run several of the *Introduction to Art Therapy* workshops as part of the Summer and Winter School Program. She is currently working as an art therapist for Family Services with Yarram and District Health Services.

Workshop Registration

Registration and payment can be made via the following La Trobe University website www.latrobe.edu.au/courses/art-therapy/short-courses then choose the [Register and pay for the short courses](#) link.

Applications for this workshop close at **5pm Friday, 14 July 2017. No refund issued after the closing date.**

Workshop 2: Fundamental Supervision Skills for Health Professionals

Presenter:	Vicky Nicholls
Dates:	14 & 15 October 2017
Venue:	Thomas Cherry Building, Level 4, Room 403 (Bundoora)
Time:	10:00 am to 4:00 pm

Clinical supervision across disciplines is usually described as a collaborative process in which the supervisor works with the supervisee to explore their work reflectively. The role of the supervisor is often viewed as a mix of educative, mentoring, holding the ethical position and ensuring the safety of the supervisee and the supervisee's client.

This two-day workshop will cover the fundamental knowledge needed to work as a supervisor, including formal agreements and procedures, rapport building with the supervisee, and modelling differing frameworks of supervision practice. Supervision is vital to cultivate and continue ethical and professional standards of the supervisee, and this workshop will centre on building your capacity as a supervisor in the field.

Relationship building will be a key focus, including how to develop a good working alliance and how to monitor the wellbeing of the supervisee. The workshop is suitable for health professionals who are currently supervising students, art therapy educators, supervision in research contexts or practitioners wishing to gain supervision skills.

The 3 day Advanced Art Therapy Supervision workshop held two weeks later is recommended to support the knowledge gained in this course, and to further develop studio art therapy supervision roles. The combination of both courses will provide advanced knowledge in not only general supervision, but also art therapy supervision.

- *All art materials are supplied.*
- *Morning and afternoon teas will be provided. Lunch can be purchased on campus.*
- *Participants will receive a certificate of participation on completion of the workshop.*

Vicky Nicholls completed a Master of Art therapy at La Trobe University. She was employed as a Senior Art Therapist at the Austin CAMHS (Child and Adolescent Mental Health Service) working with children, young people and their families experiencing significant difficulties with issues such as depression, anxiety, self-harm, eating disorders and ADHD. During her time there she developed a particular interest in attachment and the effects of trauma. In 2011 Vicky was appointed as a Therapeutic Specialist for Take Two Berry Street, supporting young people living in out-of-home care as a result of neglect and abuse. In 2012 she was offered an opportunity to work with VACCA – (Victorian Aboriginal Child Care Agency) to develop a therapeutic program for Aboriginal children in care.

Vicky has supervised students on placement from the La Trobe Art Therapy program since 2001 and has supervised other allied health professionals and art therapists in the workplace. She has been a sessional lecturer at La Trobe University in the Master of Art Therapy course since 2001. She also runs a private practice where she works with young people and adults, and provides supervision for art therapists and other health professionals.

Workshop Registration

Registration and payment can be made via the following La Trobe University website www.latrobe.edu.au/courses/art-therapy/short-courses then choose the [Register and pay for the short courses](#) link.

Applications for this workshop close on **6 October 2017. No refund issued after the closing date.**

Workshop 3: Advanced Art Therapy Supervision Skills for Health Professionals

Presenter:	Vicky Nicholls
Dates:	27, 28 & 29 October 2017
Venue:	Thomas Cherry Building, Level 4, Room 403 (Bundoora)
Time:	10:00 am to 4:00 pm

This 3 day workshop requires prior completion of a supervision course, either through La Trobe University, a different institution or professional body. The 2 day supervision short course held on 14 & 15 October is a recommended pre-requisite. To ensure that you qualify to take part in this workshop, please contact [Caryn Griffin](#) prior to registration.

The focus of this course will be to build advanced skills in becoming an art therapy supervisor. A full-day studio component of this course will provide the opportunity to work experientially with art media to further an understanding of the importance of art processes and reflection in supervision. Diverse supervision methods and techniques will be covered and based on the Australian and New Zealand Art Therapy Association (ANZATA) Code of Ethics and Policy Guidelines which will highlight the expected proficiency of art therapy qualifications.

Supervision is vital to cultivate and continue ethical and professional standards of the supervisee, and this workshop will centre on building your capacity as an art therapy supervisor in the field. A focus will also include the ethical, legal and regulatory requirements of art therapy.

Although not yet accredited, the 2-day and 3-day courses in combination are structured to meet professional body guidelines of supervision for art therapists.

- *All art materials are supplied.*
- *Morning and afternoon teas will be provided. Lunch can be purchased on campus.*
- *Participants will receive a certificate of participation on completion of the workshop.*

Vicky Nicholls completed a Master of Art therapy at La Trobe University. She was employed as a Senior Art Therapist at the Austin CAMHS (Child and Adolescent Mental Health Service) working with children, young people and their families experiencing significant difficulties with issues such as depression, anxiety, self-harm, eating disorders and ADHD. During her time there she developed a particular interest in attachment and the effects of trauma. In 2011, Vicky was appointed as a Therapeutic Specialist for Take Two Berry Street, supporting young people living in out-of-home care as a result of neglect and abuse. In 2012, she was offered an opportunity to work with VACCA – (Victorian Aboriginal Child Care Agency) to develop a therapeutic program for Aboriginal children in care.

Vicky has supervised students on placement from the La Trobe Art Therapy program and has supervised other allied health professionals and art therapists in the workplace. She has been a sessional lecturer at La Trobe University in the Master of Art Therapy course. She also runs a private practice where she works with young people and adults, and provides supervision for art therapists and other health professionals.

Workshop Registration

Registration and payment can be made via the following La Trobe University website www.latrobe.edu.au/courses/art-therapy/short-courses then choose the [Register and pay for the short courses](#) link.

Applications for this workshop close on **20 October 2017**. *No refund issued after the closing date.*

Workshop 3: Introduction to Art Therapy (2-day workshop)

Presenter:	Zeb Brierley
Date	1 & 2 December 2017
Venue:	Thomas Cherry Building, Level 4, Room 403 (Bundoora)
Time:	10:00 am to 4:00 pm

This 2-day workshop aims to provide interested members of the public and potential art therapy post graduate students with a more in-depth experience of art therapy. People already active in human service work in the community may also find the workshop supports thinking about their practice from a new orientation.

In this workshop, participants will be guided through a gentle and mindful exploration of a diverse range of art materials and processes. Through individual, paired and group work, participants will have the opportunity to create, to reflect and explore personal meaning, and to experience the potential of art-making as a tool for personal growth, connectedness and self-awareness.

Through an experiential focus on their own art-making, participants will gain a basic understanding of how art can enrich and facilitate working with others in a range of community and health care settings.

The workshop is designed to accommodate people from a wide range of backgrounds and professional practice, including prospective students. No prior art experience is necessary for this workshop.

- *All art materials are supplied.*
- *Morning and afternoon teas will be provided on each day. Please bring your own lunch as services will be limited on campus.*
- *Participants will receive a certificate of participation on completion of the workshop.*

Zeb Brierley has a Masters of Art Therapy and a Graduate Diploma in Counselling and Human Services. She has been a practicing Art Therapist/Counsellor for 15 years working with a diverse range of populations. Zeb has taught in the Masters of Art Therapy course at La Trobe University and has run several of the *Introduction to Art Therapy* workshops as part of the Summer School Program. She is currently working as an art therapist for Family Services with Yarram and District Health Services.

Workshop Registration

Registration and payment can be made via the following La Trobe University website www.latrobe.edu.au/courses/art-therapy/short-courses then choose the [Register and pay for the short courses](#) link.

Applications for this workshop close on **Friday, 24 November 2017. No refund issued after the closing day**

Workshop 4: Introduction to Counselling

Presenter:	Jenny Hill
Date	29 January to 2 February 2018 OR 5 February to 9 February 2018
Venue:	Health Sciences 1 Level 2 Room 206 & 207 (Bundoora)
Time:	10:00 am to 4:00 pm

Due to the popularity of this course, we are now offering this workshop twice and can be booked for either *week 1* or *week 2*. This 5 day intensive workshop will focus on the development of effective basic counselling skills. These will include: attending skills, non-verbal communication, active listening, non-judgmental listening, accurate reflection of content, feelings and meanings, the use of open questions and summarising.

Students will move from learning to work with feelings to working with thoughts and behaviours. A range of techniques will be employed including a demonstration of skills in lectures and presentations, as well as workshop sessions where students will practise counselling exercises and micro skills. Structured exercises and discussions will also be incorporated to help develop students' practical skills and raise their awareness of ethical issues.

There will be no formal assessment for this workshop however students will receive feedback on their skill development.

Morning and afternoon teas will be provided on each day. Participants will receive a certificate of participation on completion of the workshop.

Jenny Hill is a psychologist, creative arts therapist, a child and family therapist and educator. She works as a sessional lecturer at La Trobe University in the Counselling program. Jenny works in various postgraduate counselling and creative arts therapy programs.

Workshop Registration

Registration and payment can be made via the following La Trobe University website www.latrobe.edu.au/courses/art-therapy/short-courses then choose the registration link for either [Week One](#) or [Week Two](#).

Applications for this workshop close on **Friday, 19 January 2018. No refund issued after the closing date.**