



Art Therapy Derby
Helping you get stronger.

Introduction to Art Therapy Day Workshop



The Introduction to **Art Therapy Day Workshop** offers an overview of art therapy history, possibilities and practice. Participants are welcomed to reflect, comment, discuss, and ask questions about art therapy practice and the various possible client groups and settings.

This workshop is ideal for:

- Therapists and counsellors (in practice or in training) wishing to develop a more creative approach and thinking to their practice,
- Other professionals wanting to know more about the profession or considering art therapy as a career.

This workshop is divided into 2 parts, which complement each other.

The first half of the day is an introduction to art therapy as a profession. We will be reflecting about its history, some basic underpinning concepts, different modalities, client groups and settings. Focus will be not only on the role of art, metaphor, symbolic play and the creative process but also on the role of the therapist and the therapeutic relationship.

The second part of the workshop, participants can experience the creative process first hand. No previous artistic experience is needed. There will be plenty of art materials and support to explore these within a therapeutic mindset.



**Saturday 20th October 2018
10.00 to 15.30**

**Mickleover , Derby
At The Masons**

(1 Etwall Road, DE3 0DL)

**£95.00 (concession considered
£85.00)**

All art materials, workshop resources, teas and coffees are included.

**Booking is essential! Contact
Marta Perestrello to guarantee to
a place.**

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