

An Introduction to Art Therapy:

All three short courses provide an introduction to the potential for art to be therapeutic through experiential learning. Students will be able to develop their personal creativity while gaining an understanding of Art Therapy as a growing profession in health care and educational contexts.

The courses are linked through symbolic and expressive art making in which students learn through doing, creative making and reflecting on meaning. The courses are designed as a first step to qualification, or as an opportunity to discover how therapeutic art making may be adapted to different contexts and clients, linked to key theory. Information about Art Therapy as a profession and a recommended reading list will be provided.

Symbol and Language

Course Date: Monday 15th February 2021 ~ 9.30 – 17.00

Course Cost: £195.00

Offered over one day this course explores how the symbolic plays a significant part in how and what we communicate to the world. The course will explore art making as a non-verbal, visual language and how symbolic expression often emerges prior to verbal and written communication. Students will engage creatively with art materials and have the opportunity to reflect on the potential symbolic meaning of the images created.

Expression and Meaning

Course Date: Monday 29th March 2021 ~ 9.30 – 17.00

Course Cost: £195.00

Offered over one day this course explores the expressive, inherent qualities in therapeutic art making and the potential for personal discovery. In the experiential workshop students will engage with art materials creatively and spontaneously, followed by an opportunity to reflect on the process and the potential meaning of the images that have emerged.

Looking and Making

Course Dates: Monday 21st and Tuesday 22nd June 2021 ~ 10.00 – 16.00

Course Cost: £300.00

Offered over 2 days this course explores the relationship between therapeutic art making and the benefits of looking and viewing art. Through creative art making in the workshop, followed by looking and reflection we will consider how images can be both evocative of personal meaning, and when seen by others offer a shared collective language to facilitate change.

All the courses are aimed at arts practitioners, teachers, nurses, social care workers or educationalists wishing to develop a career in art therapy, early level professionals or others wishing to update their skills and understanding on art and its therapeutic potential. Previous art making experience is not a pre-requisite.

Course Expert:

Formally the Professional Lead for the MA Art Therapy at the University of Hertfordshire Philippa Brown has over 30 years' experience as an art therapy educator, practitioner, supervisor and artist.

Attendance; The courses are stand alone, or students can attend all three courses as a development in understanding the Art Therapy process. Courses take place in the School of Creative Arts. Tea and coffee is provided.

Address and Directions

Our address is University of Hertfordshire, College Lane Campus, Hatfield, Herts AL10 9AB.

For Maps and Directions please visit:

<https://www.herts.ac.uk/contact-us/where-to-find-us/college-lane-maps-and-directions>

If you wish to discuss this or any other creative art short course please contact the short course team on 01707 285327 or ad-shortcourses@herts.ac.uk or alternatively to book online please go to: <http://www.herts.ac.uk/courses/introduction-to-art-therapy>