

Art & Anger Management

3rd December 2011



Evaluation

Was this training day:

Relevant?

Yes, anger and the repression of it is so prevalent, I think, and a simple breakdown of the process and how to work with it is a gift, personally and professionally.

Yes, I work with children who've experienced domestic violence and witnessed and express lots of anger.

As I work with adolescents in care, this day was very relevant as they have many issues around anger.

Helpful?

Yes, I learnt some new ideas and information and built on other knowledge.

Yes, I can use a lot of these ideas next week.

Yes, especially the pair/group work giving different perspectives, also as a source of tools.

Stimulating?

Yes, it stimulated artistically as well as mentally to think about anger.

Yes, the mix of experiential, discussion and theory kept me fully engaged and interested.

The space and schedule promote creativity and deep learning.

What did you like most or find most helpful? What will you take away and use?

I found the layers of anger useful. I would be keen to develop the work further into painting and the visualisation with its end product useful.

Practical work, time for some discussion and the handout will be very useful for me.

Actually creating pieces of art, and thinking about how to recognise and manage triggers. Hearing about case studies.

Activities such as anger 'timeline' – hurt, needs, etc. Comic strip idea.

What could have been better?

The use of easels would be good from an artistic point of view.

More space to make a mess!

I found it a bit sedentary at times, and would have appreciated mixing round the group more.

Any other comments?

Good day. I found it useful also to develop my own art.

Thank you. A lovely venue, lunch and enjoyable day. The tour was also much appreciated.

Really enjoyed both workshops I attended and gained so much on a personal and professional level.

Nice lunch and great venue.