



### **Art and Conflict:**

**Saturday 20<sup>th</sup> October 2012, 10.30 am – 4.30 pm** in Exeter with tutor Marian Liebmann:

Conflict is an emotive subject. This day course is about finding new ways to look at it. There will be a variety of practical art exercises to gain insights into different aspects of conflict, conflict resolution and mediation, including:

- First reactions to conflict
- Handling conflict non-verbally
- Conflict arising in sharing space
- Using drawing/painting as a step towards resolving conflicts
- Working in pairs on others' conflicts

Participants will acquire a greater awareness of different aspects of conflict, and how to work with conflict constructively. A set of handouts will accompany this course.

### **Art & Anger Management:**

**Saturday 10<sup>th</sup> November, 10.30 am – 4.30 pm** in Exeter with tutor Marian Liebmann:

This course will take participants through some of the art therapy processes that can help with work on anger and anger management. It is modelled on the courses developed by the facilitator in her work in the Inner City Mental Health Service, Bristol, and has application to anyone wanting to look at their own anger, as well as those working with angry clients. Exercises include:

- What is anger?
- What's underneath the anger?
- Physical symptoms of anger
- The anger cycle
- Use of relaxation and guided imagery

These exercises and discussion of them will provide steps to working with anger constructively. A set of handouts accompanies this course.

## **Experiences with Conflict and Anger Work**

**Saturday 24<sup>th</sup> November, 10.30 am – 4.30 pm** in Exeter with tutor Marian Liebmann:

This course will present some of the work undertaken by the tutor in the community; in an adult mental health service; and in Uganda with adults who were abducted as children by the Lord's Resistance Army. There will be an opportunity to use art materials to reflect on these presentations. It will provide a useful reflection on the practical courses on conflict and anger on 20<sup>th</sup> October and 10<sup>th</sup> November, but can also be taken by participants who have not been on those courses. Themes to be covered include:

- The usefulness of using art media in this area of work
- The way in which art media can reach very diverse groups and cultures
- The flexibility needed to adapt the methods to different groups

**Marian Liebmann** has worked in art therapy with offenders, with women's groups and community groups, and currently at the Inner City Mental Health Service in Bristol. She teaches and lectures on art therapy at several universities in the UK and Ireland. For eight years she worked as director and projects adviser for Mediation UK, the UK's umbrella organization for mediation. For the last eight years, Marian has worked as a freelance trainer, and her work has included training several Youth Offending Teams in the UK, plus carrying out Restorative Justice training in Uganda, Russia, South Africa, Serbia and three West African countries. She also runs Art & Conflict workshops in many countries. Marian is the editor of Arts Approaches to Conflict. She has written/edited eight books, including Art Therapy for Groups (second edition February 2004); Arts Approaches to Conflict; Art Therapy with Offenders; Art Therapy, Race and Culture; and Mediation in Context.

**These are three linked, but separate days. All art materials are provided. No artistic skill needed, just the willingness to have a go. Please wear old clothes. Arts Therapists are welcome! Lunch and refreshments are included.**

**Save £30 if booking for 3 DAYS or £20 for two DAYS.**

**Three days:** Employer funded £375.00; Self-funded £285.00; Concessions £201.00. (Discount rate of £255.00 is for staff of registered charities and former Exeter & Truro Art Therapy Foundation students.)

**Two days:** Employer funded £250.00; Self-funded £190.00; Concessions £134.00. (Discount rate of £170.00 terms as above.)

**A single day:** Employer funded £135.00; Self-funded £105.00; Concession £77.00 (Discount rate £95.00 terms as above.)

For more information and application form see: [www.insiderart.org.uk](http://www.insiderart.org.uk)

Or contact: [info@insiderart.org.uk](mailto:info@insiderart.org.uk) | [insiderart@blueyonder.co.uk](mailto:insiderart@blueyonder.co.uk)