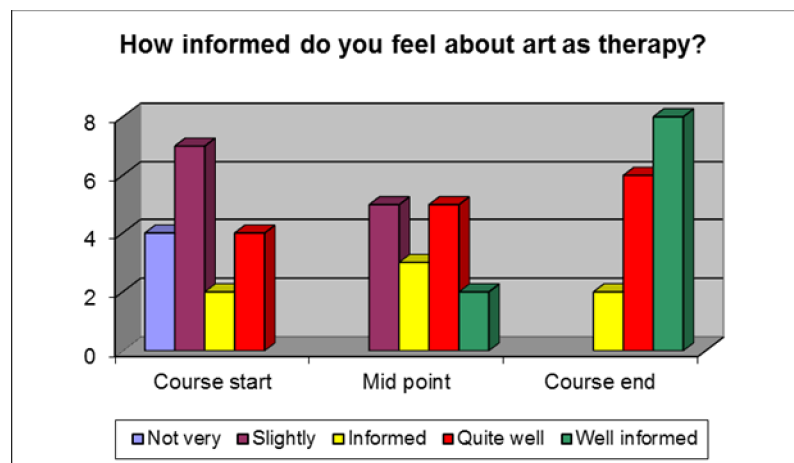
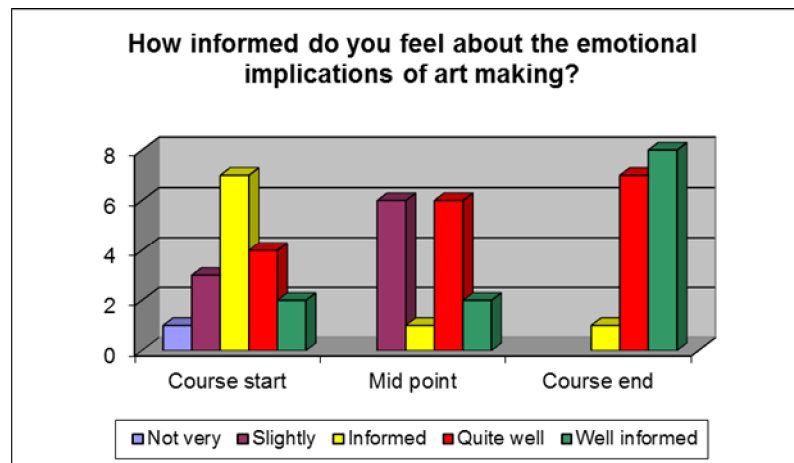
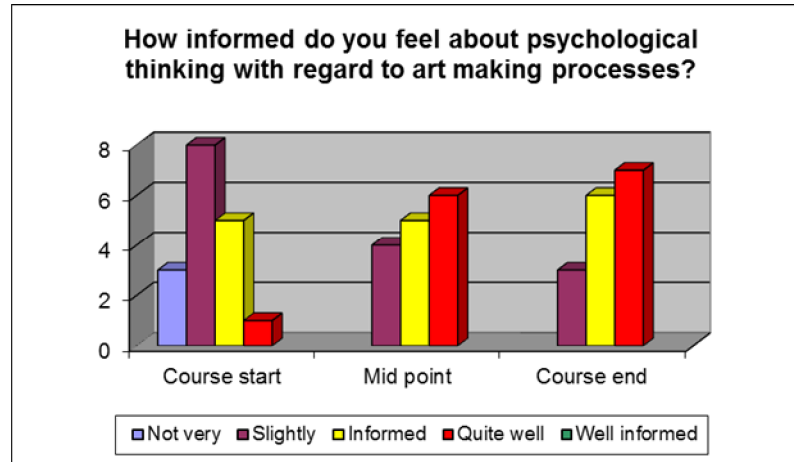


Art in Mental Health: A Foundation Course in Art Therapy



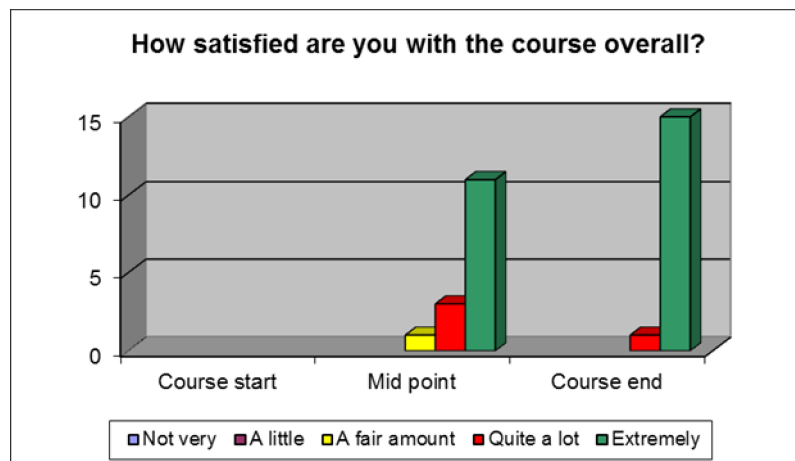
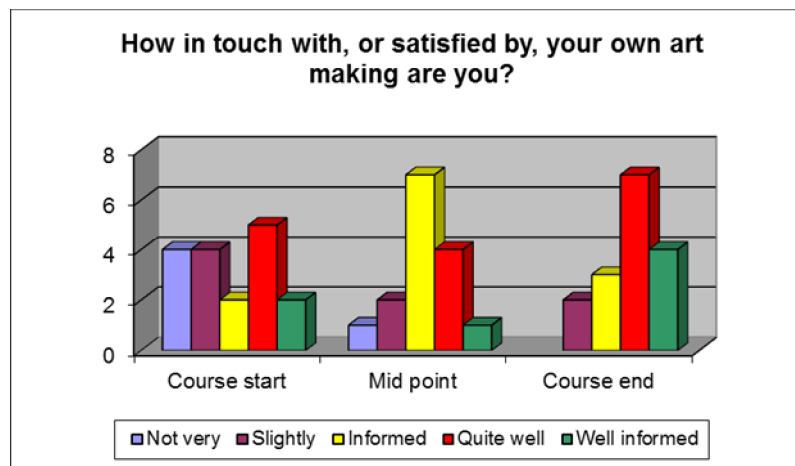
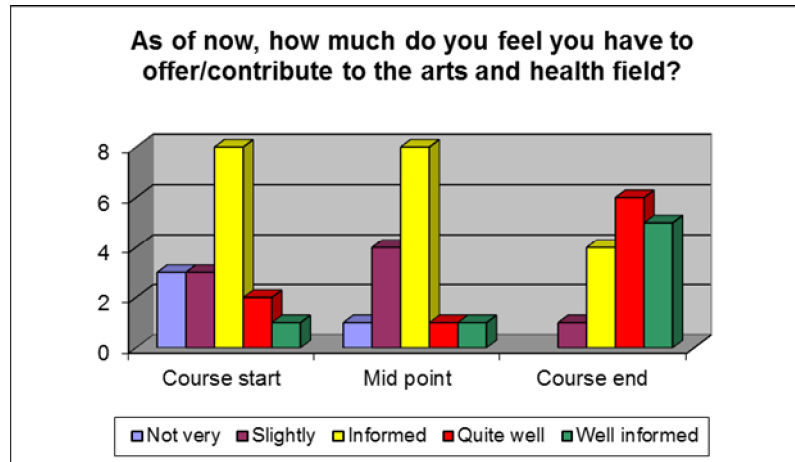
Course evaluation 2015/16

We ask students to complete a short course evaluation document at the start, mid point and end of the course. This asks a series of questions, the responses to which can be seen on the bar charts at each stage.



Art in Mental Health: **A Foundation Course in Art Therapy**

Course evaluation 2015/16



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We also ask students what they particularly enjoyed, learnt and found most useful during the course and a selection of these comments is listed below.

'A better understanding of how art can contribute to supporting people with mental health issues and whether this is something I would like to be able to do in the future.'

'The simple illustration on the first day of how we feel art as part of ourselves made me see this in a new way. So much really good learning and excellent answers to questions asked. The power of clay.'

'I really enjoyed the doing. The Jung had me really switched on and excited. I loved the case studies – so interesting.'

'I have particularly enjoyed the talks and powerpoint presentations, as well as the guest lectures and group discussions.'

'Feel I am getting a grounding in what it might be like to be an art therapist.'

'Very professionally run. Interesting topics. Learnt an amazing amount about arts and mental health. Really enjoyed all sessions, but particularly case studies and guest speakers. Good amount of reading material. Highly recommend this course. Very thought provoking.'

'The assignment proved to be unexpectedly informative, empowering and revelatory.'

'The group – it's continuity and broad mix – felt particularly supportive, and the facilitators very much in tune.'

'Just trying things out – being brave, not to worry too much about the outcome and to enjoy the journey. I will be more prepared to offer art as a way of expression and communication within sessions with children.'

'Rigorously not interfering! The person that makes the art work is the one that makes the meaning.'

'Notice what you notice. There is no wrong answer. Start. Carry on.'

'I particularly enjoyed the workshops and the opportunity to create and reflect. This provided the chance to experience the intrinsic benefits as well as getting a greater understanding of how sessions may work.'