

# Art in Mental Health:

## A Foundation Course in Art Therapy



### **For 2018 - 19**

This part-time Art Therapy Foundation course is running again in Exeter this October for the 22<sup>nd</sup> year. The course is usually oversubscribed. Many students reach us by word of mouth and recommendations by former students. Feedback from previous participants is on the website.

### **What is the aim of the course?**

This part-time course introduces participants to key factors in working with visual art in a wide variety of therapeutic and health contexts, focussing on broad mental health issues. It is not an Art Therapy training, but is a thorough grounding in Art Therapy principles. Students will gain an awareness of the uses and value of Art Therapy along with a general understanding of the theory which underpins it. Whilst some students go on to pursue a qualifying M.A. Art Therapy training, there is no expectation that all will want to do so. On completion students become eligible to take Art & Health: Visual arts based group working for children & young people or one of Insider Art's other courses.

### **Who is the course for?**

Previous courses have proved effective, enjoyable and of interest to artists, teachers, play workers, carers, social workers, arts & health workers, occupational therapists, nurses, counsellors, psychologists, doctors, alternative therapists, students of all ages and many disciplines and anyone curious about the subject of visual art as therapy who is wanting to understand more about effective creative working. A significant number of students are funded by their workplaces to attend.

### **What does the course cover?**

Topics include:

- \* Principles of Art Psychotherapy
- \* Creativity, self esteem and mental health
- \* Images, narratives and meaning
- \* Therapeutic relationships
- \* Images as a language
- \* Empowerment and disempowerment through art
- \* Working with different groups or issues eg: young people or self-harm.

Learning is through a series of talks, visual presentations, written materials and participatory groups. The amount of reading undertaken is a personal choice. There is an optional piece of written work which the majority of students choose to undertake as it both consolidates learning and explores personally rewarding and interesting themes.

### **Who teaches it?**

The course is co-led by Malcolm Learmonth and Karen Huckvale, assisted by Justine Fitzgerald, with input from other Art Therapists. They and all course tutors are qualified Art Psychotherapists, registered with the Health and Care Professions Council ([www.hcpc-uk.org.uk](http://www.hcpc-uk.org.uk)). Malcolm: former Arts & Health lead for the British Association of Art Therapists (BAAT) is a registered supervisor and private practitioner. Karen: BAAT registered and Play Therapy accredited supervisor, founder member and ex-trustee of Arts & Health South West. Both have worked as art psychotherapists in NHS mental health services and in private practice in Devon.

### **What are the entry requirements?**

Applicants should be over eighteen with a good understanding of English.

No particular qualifications are required to apply except for an open minded attitude and an interest in art making. The student group is generally diverse in its skills, qualifications, ages and experience and this is actively welcomed.

### **What qualification will I gain?**

A Completion Certificate with confirmation of the 64 taught hours Continuing Professional Development is awarded at the end of course to students with over 55% attendance. This course meets the British Association of Art Therapists guidelines for Art Therapy Foundation Courses. There is no national qualification at foundation level in any of the Arts Therapies. To qualify as an Art Therapist a full professional training must be undertaken at M.A. level. An art therapy foundation course is strongly recommended for those considering this route.

### **Do I need to provide any materials or equipment?**

No. All art making materials for the Saturday workshops are provided.

### **When does the course run?**

Tuesday evenings 7 pm – 9.30 pm with **four** Saturday workshops from 10 am – 4 pm.

**Term 1: Begins 9<sup>th</sup> October 2018** for eight weeks (no session on 23<sup>rd</sup> October) and ends on 4<sup>th</sup> December.

**Term 2: Begins 8<sup>th</sup> January 2019** for eight weeks (no session on 14<sup>th</sup> February) and ends on 5<sup>th</sup> March.

**Saturday workshops:** 13<sup>st</sup> October, 24<sup>th</sup> November, 12<sup>th</sup> January and 2<sup>nd</sup> March.

### **If I'm not sure about applying can I discuss it with someone?**

Yes. If you would like to discuss applying to this course we are happy to talk with you on the phone. We invite *all* students who apply to a short informal meeting to discuss their application with one of the course tutors and this is intended to be helpful.

If you'd like to discuss the course before you apply you can either:

- email your query to [info@insiderart.org.uk](mailto:info@insiderart.org.uk) or to book a time for a telephone conversation.
- or ring the office and leave a message. Please speak clearly and slowly giving your name, phone number and your query. Someone will get back to you in a few days.

### **How do I apply?**

Applications are accepted from 1<sup>st</sup> June 2018, but may not be acknowledged until the week beginning 25<sup>th</sup> June due to commitments outside Exeter. Application forms can be downloaded from the website: [www.insiderart.org.uk](http://www.insiderart.org.uk) Click on *Our Services* and then *Courses & Training* and then click on *download an application form*. Alternatively send a stamped SAE – A4 or A5 – to the address below and ask for an application form or email [info@insiderart.org.uk](mailto:info@insiderart.org.uk)

### **What does it cost?**

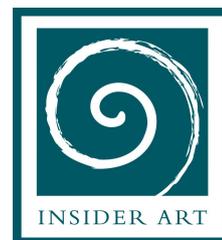
Course fees for 2018/19 are: Employer funded: £850. Self-funded: £710. A limited number of Concessionary places are available at £595. Priority is given to students and unemployed applicants, but other low waged applicants are considered. A discount rate of £660 is available for former students of Arts & Health for Participatory Visual Arts Course and the staff of registered charities.

*We cannot offer concessionary places to organisations.* We will assist applicants where we can to obtain funding from their employers, charitable sources or grant aid but have no funding or bursaries of our own. The Self Heal Association offers four £300 bursaries to Devon-based self-funded students. The Trustees will also consider offering some travel bursaries to students experiencing hardship. Contact [info@selfheal.org.uk](mailto:info@selfheal.org.uk) for information about how to apply.

This course provides education about art therapy. All education about therapy inevitably provokes some personal resonances and draws on some personal experiences however the course has educational aims and isn't a substitute for personal therapy.

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### Course Evaluation 2017/18

We ask students to complete a short course evaluation document at the start, mid point and end of the course. We ask what they particularly enjoyed, learnt and found most useful during the course and a selection of these comments is listed below.

'I have thoroughly enjoyed working with such a diverse range of people – all so creative! The clay workshop was an experience I will always remember.'

'Each week with Karen and Malcolm I've learned things I had no idea I didn't know – the unexpected holistic approach and depth of wisdom and experience.'

'The pace with which I have viewed the world has altered. I have slowed down and it has impacted on my health and wellbeing positively.'

'The main thing is realising the therapeutic potential of art, how it can be tremendously effective to all audiences.'

'Having *CF* in to talk about the MA course was very enlightening. Every session was interesting and well structured.'

'I have really enjoyed the practicals, making marks was really useful when thinking about how it could help with young people in schools.'

'I have enjoyed the practical workshops – not only from a skill level but purely from the enjoyment of the process as opposed to the outcome.'

'I enjoyed the case studies – seeing how art therapy has worked in real cases.'

'Safe, open, informative, knowledgeable and experienced tutors.'

'I'm still in the process of pulling it all together, but everything I've learned makes so much sense, and on different levels.'

'Hearing about real life case studies, putting things into perspective and becoming more knowledgeable on the implications. I've enjoyed the Saturday sessions, too, and the use of imagery.'