



30th
CORK

ART THERAPY
SUMMER SCHOOL



CRAWFORD
COLLEGE OF
ART & DESIGN

COLÁISTE EALAINE AGUS DEARTHÁ CRAWFORD

Saturday 27 June -
Wednesday 1 July

2020

Introduction



Art Therapy utilises creative media to offer a profound yet direct way for individuals to explore, reflect upon and understand their life experiences and patterns within a safe and therapeutic space.

Art Therapy emerged as a profession in the 1960s in both Europe and the USA, in response to a need for a deeper register of expression. It is woven of threads from Modern Art, Outsider Art and Art Education as well as Psychoanalysis and Psychotherapy. Today it is practiced in an ever-growing variety of settings on either a 1:1 basis or in multiple group formats.

For three decades now the Cork Art Therapy Summer School has welcomed up to sixty participants annually, providing them with a unique opportunity to learn about and experience the Art Therapy process.

Participants are offered the chance to explore the therapeutic potential of art through themed experiential workshops. A series of related lectures during the week provide a context for the current practice of Art Therapy.

Participants have the option (if they meet the academic requirements) to register and take this course as a Level 9 5-credit module. There is an additional registration fee and assignments with this option.

For some this Summer School may be the first steps on the road to a career in Art Therapy. For others it may be an opportunity to re-engage with their creative identity. For trainee and qualified Therapists, it may provide continuing professional development. Every year this course, with its intensive workshop and lecture series, proves to be an invaluable personal encounter, whatever one's motivation for attending.

We are particularly honoured in this our 30th year to welcome a keynote speaker, lecturers and facilitators who help us touch base with the roots of Art Therapy history both here and in the USA. We will also connect contemporary practice and with your help we will invest in the future of Art Therapy.

Louise Foott

Head of Department
Arts in Health & Education

Department of Arts in Health & Education

We continue to settle more deeply into our base in the landmark building at No. 46 Grand Parade, as well as our place within the Department of Arts in Health & Education. Our home in the heart of the city and our departmental interface with CIT Crawford College of Art & Design (CIT CCAD) and UCC means that our wider place within the local, national, and international community is also thriving.

There are now 100 full and part-time MA students in the Department and a further 70 students on short and/or certificate courses, not including master classes and summer schools. There are 12 lecturing staff, full-time and part-time, with additional guest lecturing provision. The lecturing staff comprises practicing Artists, Therapists, Facilitators and Teachers in second-level and informal education, drawing widely on their professional experience within their lecturing practice.

Teaching is delivered through programmes of lectures, seminars and experiential workshops, alongside individual/group tutorials and independent study. There is a strong emphasis on reflective practice. Community engagement is highly valued by the Department with international exchange opportunities and collaborative projects with local arts institutions and health settings.

The Department currently runs a range of introductory, master class and certificate courses in addition to the Masters in Art Therapy and Professional Masters in

Education. The certificate courses enable art practitioners and those professionals interested in the role a creative medium has in experiential learning, to take their own creative skills and develop them within a social context. These certificate courses meet an ongoing, and growing, need for art training that can be applied in the health and community sector.

Department of Arts in Health & Education programmes:

- CPD Master Classes
- Cork Art Therapy Summer School
- Arts in Group Facilitation Certificate
- Principles of Art Therapy Certificate
- Creativity & Change Certificate
- MA in Art Therapy
- Professional Masters in Education (PME)
Art & Design – joint award with UCC
- Master of Arts (by research)

Within the Department, we work from a belief that different disciplines make different aspects of the world visible. Our goal is to role model and provide training in expressive ways of knowing and understanding, both focused inwardly, on knowing ourselves, and outwardly, on knowing the world, as well as their dynamic interface. Art making within a social context offers alternative means of communication and can often bring about transformation for the individuals and groups involved. Exploring the means to, and potential for, this transformation is a key concern of the Department.

For further information on any of our courses please
email: ccad.enquiries@cit.ie | website: <https://crawford.cit.ie/>

General Information

Participants will choose **one** of four workshop options outlined in this brochure.

Trust builds and the process deepens as this chosen workshop programme unfolds over the course of the Summer School.

For those interested in registering and taking this course as a Level 9, 5 credit module, please email Marianne.Adams@cit.ie

Fee

Cork Art Therapy Summer School provides all your materials, tuition and meals (tea/coffee, snacks, lunch and one 3-course evening meal) over the 5 days.

Full fee €499

Early Bird fee €450 (limited availability), ends 15th May 2020

Concessionary fee (student/unwaged) €399 (limited availability)

Booking Process

Online payment – follow the link on

Book Now

Terms

- Places cannot be reserved on the course without receipt of full fee.
- Once the Summer School has begun it will not be possible to change workshops.

- CIT Crawford College of Art & Design reserves the right to retain the fee in full in the event of cancellations made after 5th June 2020.
- Cancellation prior to that date will incur a €100 administrative handling charge.
- CIT Crawford College of Art & Design reserves the right to make alterations to the programme if necessary.
- If you must be absent during the Summer School, please inform the coordinator.
- Students should wear comfortable, appropriate clothing.

Accommodation

Book directly with DeansHall Summer

Village. Situated just two minutes walk from the college, they make their student accommodation offer available to participants on the Summer School. Single rooms, in a self-catering apartment, cost €130 for the duration of the course. There are a small number of single occupancy deluxe rooms available at a cost of €160 for the course duration.

Book early, as there is limited availability and please tell them that you are doing the Art Therapy Summer School.

1. The full amount of the booking is due when making a reservation.
2. PLEASE NOTE: A €50 cash deposit is also required upon arrival. This is subject to refund again upon day of departure providing apartment/room passes final inspection. All guests are required to call to reception on departure date by 11am to return keys and to receive back cash deposit.

DeansHall, Crosses Green, Cork

Tel: 021 4312623

E-mail: info@deanshall.com

Further information: www.deanshall.com/self-catering-accommodation/



Workshop 1

'Evocative Objects – an exploration of things'

ED KUCZAJ



When we meander in the world of things, we may be doing so as free associating beings – governed by an underlying sequence in what seems to be random movement – but we will also be caught up in what we might think of as islands of emotional experience.



Christopher Bollas

Bollas tells us of the importance that objects play within our daily experience of the world, and how those experiences help form our emotional and psychological lives, and our thoughts. These objects may be physical, sensory or visual in their presence and help us experience ourselves and others. Sherry Turtle talks of the way we 'play' with objects, as children and as adults, engaging 'the heart as well as the mind; it is a source of inner vitality'.

Within Art Therapy, and this workshop, we will use the images/objects made as a way of engaging again with ourselves and the world. We will also be able to 'play', engage and reflect on the significant 'objects' of our lives, from the first toy, to the shells that are placed on a shelf, reminding us of a time/place and relationships.

This will be an exploration of memory, the importance of things, and what might be truly important to us.

Ed Kuczaj is former head of the Department of Arts in Health and Education at CIT CCAD. Prior to this position he worked in the NHS in the UK, as a Clinician and Manager in the area of learning disabilities. He has published a number of articles and contributed to books in this area. In 2013/2016 he helped curate, along with Louise Foott/Anne Boddaert/Maeve Dineen, the "Outside In" and "Perceptions" exhibitions, which showcased the work of artists from supported studio settings.

Since retiring, Ed has been involved in the Cork/BVI Art Therapy Initiative in the British Virgin Islands, shortly after the occurrence of hurricane Irma in 2017, working in schools and with community groups.

He is currently Chair of the Irish Association of Creative Arts Therapists.



Workshop 2

Transformation points Interventions with art materials and Art Therapy techniques

BEATE ALBRICH

Art materials are central to the healing potential of Art Therapy.

The art materials give us the possibility to touch and be touched, in the real sense of the word. This allows us to deepen our experience, to use and stir our senses. Viewing, choosing, preparing, touching, moving and transforming the materials, are all important elements of the therapeutic process.

This week I would like to invite you to embark upon the adventure of co-creating a safe space, to experience Art Therapy both on an individual and group level. We will play with shapes, textures, lines, forms, surfaces and colours to explore their use during the creative and therapeutic process. Together we will pay attention to the present moment, to the paths we take, the moments of change, the transformations that guide us, and that are guided by us.

We will reflect upon atmosphere, environment, detail and context. We will also experience interventions and techniques with chosen materials, exploring the verbal, physical, symbolic, reflective levels. Through transformation within the Art Therapy process, we will become more deeply conscious of our perceptions of inner and outer reality, as well as our response to these perceptions, thereby working towards integration.

Beate Albrich lives and works in Prague. After studying History of Art and Theatre Science in Munich, she graduated from the Art Therapy College Nürtingen. She also trained in Psychotherapy, Psycho-social Rehabilitation and Supervision.

For many years Beate worked in the field of mental health and community care, as a clinical Art Therapist, and later as the Director of a day clinic. During that time she established a department for creative therapies, 'Extraart'. Among their mental health projects they established a gallery for Art Brut and the social circus project, Bombastico-Praha.

Beate has been the Chairwoman of the Czech Association for Art Therapy (ČAA) for the last four years and is an active member of various professional associations. She is currently a Senior Lecturer of Psychotherapy, Art Therapy and Art Psychotherapy. She has a private practice, specialising in individual and group Art Therapy and Supervision.

Her personal love is art making, viewing and supporting art processes.

For more information: www.dadaextraart.cz



Workshop 3

Making a Journey Escaping, exploring, discovering and coming home through art.

DEIRDRE NÍ ARGÁIN



And the end of all our exploring will be to
arrive where we started and know the place for
the first time



TS Eliot

To make Art Therapy accessible to a wide variety of people, I find it useful to use simple strong relatable ideas as a starting point for engagement with art materials and the therapeutic process. The metaphor of life as a journey is embedded in many cultures and finds expression in all art forms. The journey can be real or symbolic, escapist or connected - the hope is to emerge wiser.

This series of workshops will be an opportunity to look at the making process as a journey: setting out with hopes or fears, encountering obstacles, making discoveries and sharing new experiences. We may revisit past encounters, recognise familiar places or imagine new horizons. Like all journeys there will be some directions but plenty of opportunity to get off the beaten track.

It is suitable for people who have little or no familiarity with art or therapy. I hope you will gain insight into how they relate to each other and enhance our experience of life.

Deirdre Ní Argáin studied Art Therapy at Goldsmiths, University of London and CIT CCAD. She is a founder member and former Chair of the Irish Association of Creative Arts Therapists. Like many Art Therapists she began working sessionally in a variety of clinical and educational settings. On moving to the west of Ireland in 2001 she got the opportunity to work exclusively in palliative care. Initially as Senior Art Therapist in Milford Care Centre and until last year with the Galway Hospice Foundation.

Her research interests include how patients perceive Art Therapy and how contemporary art practice and Art Therapy can inform each other. She has published papers in *Inscape* and *JACAT* and contributed to the recently published 'International Handbook of Art Therapy in Palliative and Bereavement Care'. She aims to make art like she cooks – every day and to sustain her – and she tries to share this experience with others.



Workshop 4

A creative exploration of the relationship between our individual experience and our experience in relation to others.

SIOBHÁN BEREEN



'No man is an island'
John Donne



Donne's (1624) quote speaks to a familiar phenomenon. He simply and powerfully captures the centrality of relationships to the human experience. Foulkes (1984) a Group Analyst, theorised that the individual only knows himself through interaction with and responses from others.

From our beginnings we are born into a family group. Throughout our lives we are members of countless groups. We take up and are given roles and face the joys and challenges of finding our place in the groups we belong to.

Through this series of workshops we will journey together exploring the theme of getting to know ourselves in relation to each other. We will build a safe and contained space, allowing the possibility of spontaneity, creativity and sharing. As individuals coming together using a variety of art materials and creative techniques, we will have the opportunity to play, and to explore aspects of ourselves we may not have the opportunity to experience as clearly in other areas of our lives.

Siobhán Bereen has over 17 years experience working in private practice, inpatient psychiatric services and in public settings in the UK, Ireland and the Middle East, having qualified in Art Psychotherapy in Goldsmiths, University of London 2002.

Siobhán works with both individuals and ingroup sessions with children, families, adolescents and adults. She has special interest and expertise in the areas of substance misuse, eating disorders and working cross culturally.

Siobhán is a qualified cross-professional supervisor, and is a Lecturer on the MA in Art Therapy Programme in CIT CCAD. She is currently training in Group Analytic Psychotherapy in St Vincent's University Hospital School of Psychotherapy and University College Dublin. She has presented at conferences internationally, and has a paper published in The International Journal of Group Analysis.

Siobhán studied Fine Art Sculpture at National College of Art and Design, graduating in 1997.



"No man is an island, entire of
itself; every man is a piece of the
continent, a part of the main."



Lectures

Saturday

Keynote Address

The Therapeutic Action of Art Therapy

Elizabeth Stone, MA, LP, LCAT, ATR-BC

What makes Art Therapy work? Hans Loewald's concept of 'therapeutic action' gave Psychoanalysis a lens through which to ask this question. Art Therapists also need to consider the elements and variables that promote therapeutic action. I will answer these questions looking back over our theoretical heritage as well as sharing my professional trajectory from the early days of Art Therapy both in New York and France. Today, let's celebrate how far our profession has come, all over the world!

Elizabeth began her training with pioneer Art Therapist, Edith Kramer, in 1973 at NYU, becoming her assistant on the Children's Psychiatric Unit in the Bronx. When NYU opened its MA in Art Therapy in 1976, she joined the faculty. She later worked with outpatient children and adults in New Jersey, and later trained in Psychoanalytic Psychotherapy. She moved to France in 1984. Elizabeth was a founding member of APIART, the Italian Art Therapy Association as well as EFAT, the European Federation of Art Therapy. She served as a board member of the French and American Art Therapy Associations. She returned to private practice in 2003 in Grenoble, as well as working with adult cancer patients in the University Hospital there, she taught in the University of Lyon until 2015 and has published and lectured widely.

Sunday

Science Made Simple: Using Neuroscientific Theories in Art Therapy Sessions, with Children and Young People.

Gerry Lee has been working as an Art Therapist for the past ten years in a variety of different cultural and clinical settings. Gerry currently works within primary and second-level schools in Dublin offering individual and group sessions to children and young people. Within this role, Gerry offers support to parents and runs a reflective practice group for school staff. Gerry has found that incorporating psycho-educational tools within Art Therapy can be useful in helping children and young people understand the issues that they are facing and to make sense of behaviours that they may wish to change. He believes in empowering people through shared knowledge.

Tuesday

'Art is Soul's Medicine' Shaun McNiff Art Therapy in Cancer Support

June Fitzgerald has been involved in the Creative Arts for over forty years, as a teacher, Art Therapist and Practising Visual Artist. She has worked as an Art Therapist at Cork Arc Cancer Support House for the last fourteen years, witnessing huge benefits from group and individual work for those living with a cancer diagnosis, and their families. She also facilitates the CLIMB Project (Children's Lives Include Moments of Bravery) for children who have a parent/significant adult living with a cancer diagnosis.

June believes her own visual practice is key to her role as an Art Therapist, as well as her ongoing commitment to self-healing.

Timetable



	SAT	SUN	MON	TUES	WEDS
9am	Register				
10am	Lecture Coffee (11.15am) Discussion (11.45am)	Workshop	Workshop	Lecture Coffee (11.15am) Discussion (11.45am)	Workshop
12.30pm	Lunch				
2pm	Workshop	Workshop	Workshop	Workshop	1.30pm Workshop Wind-down
					Plenary 3 – 3.30pm
4.30pm	Tea/Coffee				
		Lecture 5 – 6.30pm		Dinner at 7pm	

There will be a social evening on Tuesday.

Dinner will be provided for everyone at 7pm in the college.

The Summer School finishes on Wednesday at 3.30pm.

Testimonials



The personal process was so strong and well held. I had a transformative moment and got to share so much joy. Christopher, Cork

Everyone should be prescribed an Art Therapy Summer School – Thank you, I will never forget this experience. Emma, Tipperary

A great way to immerse yourself in Art Therapy, both for your own process, and to understand the principles of Art Therapy – thank you. Carmel, Wicklow

Amazing movement, energy, fun and youthful experience. Rachel, Cork

I felt like I received the gift of creativity that was taken from me in childhood. Bernadette, Cork

The lecturers who were chosen were all very different but amazing and the group workshops were fantastic...I didn't realise how safe a group could feel before this. Aisling, Kerry

I returned to a journey I started a long time ago. Paula, Tullamore

The pace, quality, integrity and delivery of every moment of the course was truly wondrous...like being held in a soft well fitted glove. Each of the 5 days provided an enriching, insightful experience enabling me to return home with a stronger yet lighter centre. I cannot thank you enough. Nicky, Westport

I really wanted to reach my inner feelings – I think I have made it. Nesrin, Turkey

I would recommend it 1000% because it was such an enjoyable experience combined with such useful knowledge – keep doing these summer courses! Violeta, Greece

It is such an empowering and uplifting experience. Laura, Galway

A beautiful gift of healing in a safe setting – a very positive experience for me. It reiterated the power of Art Therapy. Anna, Waterford



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