



**School of Public Health
Faculty of Health Sciences
Bundoora Campus**

**SUMMER SCHOOL 2009 - 2010
PROFESSIONAL DEVELOPMENT WORKSHOPS
CONTINUING EDUCATION PROGRAM**

PROFESSIONAL DEVELOPMENT WORKSHOPS 2009 - 2010

**Continuing Education Program – Summer Schools
Art Therapy and Counselling Studies**

These professional development workshops serve as introductory learning experiences for potential La Trobe University students and other members of the public who are interested to experience Art Therapy in practice or to undertake an introductory course in Counselling skills.

Lunch, morning and afternoon teas are included in each day of all courses.

An Experiential Exploration of Art Therapy

Cost: \$360

Presenter: *Zeb Brierley*

Dates: *Saturday 14 and Sunday 15 November 2009*

Venue: *Health Sciences 3, Level 2, Room 207*

Time: *10am until 4pm*

This two day workshop introduces participants to the profession of art therapy and its application in various human services fields. How materials impact on the experience of art making and self expression will be the focus.

Introduction to Counselling

Cost: \$690

Presenter: *Jenny Hill*

Dates: *Monday 1 until Friday 5 February 2010*

Venue: *Health Sciences 1, Level 2, Room 206/207*

Time: *10am until 4pm*

This five day course will include: learning and practice in counselling skills, an understanding of the conditions and processes necessary for effective therapeutic encounter and an understanding of ethical considerations.

Whilst these courses are not for credit to the La Trobe Art Therapy and Counselling post graduate degrees, participants will receive a certificate of attendance for each course.

Enquiries: Patricia Fenner Telephone: (03) 9479 1759

Email: p.fenner@latrobe.edu.au

COURSE OVERVIEW – AN EXPERIENTIAL EXPLORATION OF ART THERAPY

Presenter: Zeb Brierley
Dates: 14th & 15th November, 2009
Times: 10.00am – 4.00pm
Venue: Health Sciences 3, Level 2, Room 207

In an unpredictable and changing landscape, Art Therapy is a modality that can provide the creativity and access to understanding needed to reformulate our connection with the world. This experiential introduction to Art Therapy provides the opportunity to discover the merits of this style of intervention across a diversity of contexts.

Participants engage in individual and group work using a range of media including mask-work, collage, clay, paint, and pastels. Their respective uses and relevance to the therapeutic process will also be introduced.

Opportunities to explore the relevance of Art Therapy to participants' current or future work practices will arise through discussion, individual and group work. Basic theory and history of the practice will be introduced as well as work settings that employ art therapy.

Activities will facilitate not only an enhanced understanding of Art Therapy, but inspiration and a new perspective on therapeutic applications. It is expected that the participant will conclude the course with a deeper knowledge of the nature of Art Therapy, and insight into the opportunities this modality can offer.

Students will receive a certificate of participation on completion of the course. Lunch and morning and afternoon teas will be provided on each day.

Zeb Brierley is an art therapist working in schools and cancer support groups in rural Victoria. She has a background in drama, shadow puppetry and the visual arts working in mental health and drug and alcohol sectors. She works as a sessional lecturer at La Trobe University art therapy training program.

Workshop Registration

Payment should be made by online using your credit card via the La Trobe University website <http://www.latrobe.edu.au/publichealth/ArtTherapy/resources/workshops.htm> (click on the 'Workshop Registration' link)

If you are not able to pay by credit card, please download the Workshop Application Form from the website listed above and forward with payment (bank cheque or money order payable to 'School of Public Health, La Trobe University') to:

Patricia Fenner
School of Public Health
LaTrobe University
BUNDOORA VICTORIA 3086.
Phone: (03) 9479 1759
Email: p.fenner@latrobe.edu.au

COURSE OVERVIEW – INTRODUCTION TO COUNSELLING

Presenter: Jenny Hill
Dates: 1st – 5th February 2010
Times: 10.00am – 4.00pm
Venue: Health Sciences 1, Level 2, Room 206/207

This course will focus on the development of effective basic counselling skills. These will include: attending skills, non-verbal communication, active listening, non-judgemental listening, accurate reflection of content, feelings and meanings, the use of open questions and summarising.

Students will move from learning to work with feelings to working with thoughts and behaviours.

The course will be taught over five days.

A range of techniques will be employed including lecture, discussion, demonstration of skills *in vivo*, video presentation and workshop sessions where students will practise counselling exercises and micro skills.

Structured exercises and discussions will develop students' practical skills and raise their awareness of ethical issues.

There will be no formal assessment for this course however students will receive feedback on their skill development and a certificate of participation on completion of the course.

Lunch and morning and afternoon teas will be provided on each day.

Jenny Hill is a psychologist, a child and family therapist and educator. She works as a sessional lecturer at La Trobe University in the Counselling program. Jenny works in various post graduate counselling and creative arts therapy programs.

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