



## TRAINING PROGRAMME

Whether you are looking for new CPD opportunities, a chance to extend your skills base, or just want to try something new, our training programme offers a range of workshops, led by professional arts therapists and artists.

Aimed at Health & Education professionals, carers and individual practitioners, each three-hour session will give you a taste of our therapeutic practices and share our methodology. Participants can use the themes and processes explored in each session, to develop skills to apply within their own practice and pass on to service users.

### Stop-Motion-Modelling for the Moment

**Leader: Enya Fortuna, (Visual Artist)**  
**Friday 1<sup>st</sup> March 2019, 9.30-12.30**

This session aims to inspire participants to delve into their personal curiosities, whilst learning to be expressive through a fluid process of art making.

The workshop uses activities such as plasticine model making, painting, drawing and stop motion animation, combined with script & story writing, modeling objects, to create and edit a final animation.

Using a selection of materials to explore stop-motion techniques allows space for boundless imagination through a creative and therapeutic process.

### Finding Space:

***Self-Care: A Gateway to Empower Others...After You!***

**Leader: Lisa Peacock (Drama Therapist)**  
**Friday 15<sup>th</sup> March 2019, 9.30-12.30**

Schoolteachers, health care and charity workers are notorious for giving until it hurts—literally! This workshop will teach you simple techniques to care for yourself using the tools of dramatherapy.

Using games, improv and story, the workshop offers fun ways to learn empowerment techniques you can use with your students, patients or clients. This playful experiential workshop will provide new opportunities for personal and professional growth.

### Into the Woods

***The Use of Myth & Stories in the Therapeutic Journey***

**Co-Leaders: Lynne Conway, (Psychotherapist) and Angela Bialek  
Lead Arts Therapist, Creative Therapies**  
**Friday 8<sup>th</sup> March 2019, 9.30-12.30**

Using a selection of experiential activities which encompass art, play and drama, this workshop will explore the use of fairy tales, myth and storytelling in the therapeutic encounter. Participants will experience a series of exercises & structures and learn how to process and reflect on the themes.

Lynne Conway has more than 30 years experience of family work, specialising in Looked After & Accommodated Children, both as a Dramatherapist and a Psychoanalytic Psychotherapist. Angela Bialek is currently Lead Arts Therapist with Creative Therapies.



### **Name and Reframe:**

#### **Story writing to Empower Young People**

**Leader: Rosanna Hall (Playwright and Theatre Facilitator)**

**Thursday 21<sup>st</sup> March 2019, 1.30-4.30**

In this session we look at story writing techniques to consider how story arcs and understanding obstacles allow young people to relate and share their previous experiences, with a view to moving forwards to positive futures and progressions.

Using diagrams and approaches which are designed for building plots to help young people consider positive next steps at their own pace, giving them agency and control. These techniques can also be used for employability focused work, by practitioners working with teenagers who are anxious about next steps after school.

### **Safe Touch & Movement in Practice**

#### **Non-Verbal Communication in Therapy and Group Work**

**Co-Leaders: Sarah Bradley (Dramatherapist) and Liz Young (Art Therapist)**

**Friday 22<sup>nd</sup> March 2019, 9.30-12.30**

This experiential CPD workshop is aimed at therapists, creative practitioners and teachers working within the field of therapy, community arts and education.

Developing an understanding of touch, movement and non-verbal communication through games, stories and case studies, we will explore the human need to make contact - with ourselves, each other and our environment.

We will be drawing on theories from Drama, Movement and the Arts Therapies as well as specific works by: Veronica Sherborne, Billy Lindkvist and Bessel Van Der Kolk.

### **Making a Mess**

#### **Expressions of Attachment**

**Co-Leaders: Sarah Bradley (Dramatherapist) and Liz Young (Art Therapist)**

**Friday 22<sup>nd</sup> March 2019, 1.30-4.30**

This training explores 'mess making' in arts therapies, presenting case studies and an overview of attachment theory. Arts therapies offer a container for allowing difficult feelings to be processed through the use of materials within a therapeutic relationship.

What are children communicating about their inner worlds through the *mess and potions* they create? The current youth craze of making slime is also considered in relation to mess making and early years play, and participants will have the opportunity to learn creative therapeutic techniques by making their own mess.

**Venue:** Floor One, 1 Cadogan Square, 51 Cadogan Street, Glasgow, G2 7HF

**Cost:** £75 Statutory Organisations, £50 Voluntary Organisations/Individual

**To Book Visit our Website:**

<https://www.creativetherapies.co.uk/training-programme>

**For more information call: 0141 221 1554**

**Or email: [info@creativetherapies.co.uk](mailto:info@creativetherapies.co.uk)**