



MTU

Coláiste Ealaíne is Deartha Crawford
Crawford College of Art and Design

30th
CORK

**ART
THERAPY**
SUMMER
SCHOOL



Saturday 2nd –
Wednesday 6th July

2022



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. The impact of the last two and a half years has been hard on us all making this safe, reflective space invaluable, perhaps imperative.

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 the Cork Art Therapy Summer School welcomed up to sixty participants annually, providing them with a unique opportunity to learn about and experience the Art Therapy process. As with everything, the pandemic forced a pause on our Summer School offerings, but we are looking forward to celebrating our 30th Cork Art Therapy Summer School with you in 2022.

Participants will be 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 a long awaited opportunity to retreat and re-engage with their creative identity. For trainee and qualified Therapists, it may provide continuing professional development. For thirty years this course, with its intensive workshop and lecture series, has proved 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 both here and in the USA. At the same time we will connect to contemporary practice. With your help, we will invest in our communities, in the future of Art Therapy, and most essentially in ourselves.

Louise Foott

Head of Department
Arts in Health & Education

Course Co-Ordinators

Marianne Adams
Aideen Cooney

Department of Arts in Health & Education

We have settled well into our base in the landmark building of 46 Grand Parade. Our home in the heart of the city and our departmental interface with MTU Crawford College of Art & Design (MTU Crawford) and UCC means that our wider place within the local, national, and international community is also thriving.

There are over 100 full and part-time MA students in the Department and a further 70 students on short and/or certificate Courses. There are 14 lecturing staff, full-time and part-time, comprising practicing Artists, Therapists, Facilitators and Teachers in formal 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, with a strong emphasis on reflective practice. Community engagement is highly valued with international exchange opportunities and collaborative projects with local arts institutions and health settings.

The last year has seen a few exciting additions to the range of courses we offer:

- Eco Arts Practice Certificate, exploring nature and the environment within an art context.
- Socially Engaged Theatre Certificate introducing students to how theatre can be used in both formal and non-formal contexts as a means for positive change.

- MA Arts & Engagement, providing opportunity to enrich your current arts or socially engaged practice, exploring and incorporating the transformational power of the arts in diverse social settings.

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.

Department of Arts in Health & Education programmes:

- CPD Master Classes
- Cork Art Therapy Summer School
- Principles of Art Therapy Certificate
- Socially Engaged Theatre Certificate (new)
- Eco Arts Practice Certificate (new)
- Creativity & Change Certificate
- MA in Art Therapy
- Professional Masters in Education (PME) Art & Design - joint award with UCC
- MA in Arts & Engagement (new)
- Master of Arts (by research)

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

General Information

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

We will endeavour to provide your first option, but this will be on a first come first served basis.

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@mtu.ie**

For general information on the course please contact **Aideen.Cooney@mtu.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 2022.

Concessionary fee (student/unwaged) €399 (limited availability). First come first served basis.

Payment options

Online payment – follow the link on

BOOK NOW

For participants who are being funded by their employer, please email **diana.mcsweeney@mtu.ie**

Terms

- The Summerschool will be compliant with all Covid 19 Government recommendations. Further details to follow.
- 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.
- MTU Crawford College of Art & Design reserves the right to retain the fee in full in the event of cancellations made after 5th June 2022.
- Cancellation prior to that date will incur a €100 administrative handling charge.
- MTU 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 one of the coordinators
- 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 €150 for the duration of the course. There are a small number of single occupancy deluxe rooms available at a cost of €175 for the course duration.

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

All bookings made subject to Deans Hall terms and conditions.

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. Those objects, which may be physical, sensory or visual in their presence, help us experience ourselves and others. Within Art Therapy (and this workshop) we use the images/objects made as a way of engaging again with ourselves and the (our) world. Sherry Turtle talks of the way we 'play' with objects, for adults as well as children, as engaging 'the heart as well as the mind; it is a source of inner vitality'.

In this workshop we will be able to 'play' and engage and reflect on the 'objects' that are important to us, and we have experienced and possibly collected along the way. Everything from the first toy, shells collected and photos and memorabilia, that remind us of a time/ place/ individual(s) and experiences in our lives.

An exploration of memory and the importance of things and what might be truly important to us, particularly in a time when space, and our own space, has been highlighted and focussed upon during this Covid pandemic experience.

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 he has been involved in the Cork/BVI Art Therapy Initiative, which worked in the British Virgin Islands in the Caribbean, shortly after the occurrence of hurricane Irma in 2017, working in schools and with community groups there. He was also chair of the Irish Association of Creative Arts Therapists in 2018 – 2020, and is still involved in the association presently.



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

Art Therapy – Putting it in to Practice

GERRI GEOGHEGAN



There is no substitute for experience, and the best way to gain this is to join a variety of groups as a client



Marian Liebmann

Experience as a practitioner in any profession does not descend upon one overnight, and yet it is the most important aspect of developing one's identity in one's chosen field. Therefore, the opportunity to be guided in how to facilitate individuals and groups, by applying art therapy approaches, may be an ideal way to add to your skill base.

This workshop will demonstrate to practitioners of the creative arts therapies and psychotherapies, how to apply art therapy techniques, using both directive and non-directive approaches. Experiential learning will deepen one's understanding of how art therapy themes and exercises can be applied to facilitate the needs of their client or group.

Through our five days together in this workshop, we will play with the experience of stretching beyond our comfort zone, in order that we can hone our intuition to know when to support our clients to do the same. As trust in our own process grows, so our client's trust in our practice grows.

You will take away from this workshop a depth of learning and a whole repertoire of art therapy approaches that can be applied in your future practice.

Gerri Geoghegan is a founding member of the professional body for Creative Arts Therapists in Ireland, IACAT, and was Chairperson from 1996-1999.

Gerri attended the Hertfordshire College of Art & Design, Foundation A.T. (UK-1991), achieving the PG Dip. A.T. at University of Hertfordshire (UK-1996), MA A.T. at CIT CCAD (2016).

Gerri has worked in a broad range of public and private, health and educational settings in Ireland. Gerri specialises in adult mental health, eating disorder intervention and Child and Adolescent Mental Health Services (CAMHS), as well as clinical supervision for Creative Arts Therapies practitioners.

Gerri is a published author in the IACAT journal, Polyphony. She has facilitated on this Summer School previously and contributes on the MA Art Therapy training course at MTU CCAD as a visiting lecturer and clinical placement tutor.



Workshop 4

Finding Sanctuary – a Resting Place Within... AOIFE NÍ LABHARADHA



The entrance-door to the sanctuary is inside you

Rumi



Aoife Ní Labhradha studied Fine Art, as well as Art & Design Education and worked professionally as a Visual Artist and teacher with the Department of Education until 2010. She graduated as an Art Therapist ten years ago in CCAD. Since then, she has worked as an Art Therapist and Community Addiction Worker for the HSE/Drug & Alcohol Services.

Aoife specialises in working with children, adolescents and adults effected by addiction and significant trauma. Engaging with individuals and groups, she adopts an interagency, holistic approach to her work.

Most recently, Aoife trained in Cross-Professional Supervision – a creative, collaborative, compassionate and contemplative model of supervision. While maintaining her Art Therapy practice, she is now developing Case Management Clinical Supervision across Cork and Kerry Homeless, Addiction and Prison Services.

In her poem 'Clearing', Martha Postlethwaite extends an invitation to pause and be present, to create a space before we return to the busy world, filled with a new song and energy. Similarly, Art Therapy could be viewed as an opportunity to create this potentially healing, transformative space and to be present to one's own experience of the journey inward and outward.

On the subject of presence, Tobin Hart also described this space as a 'clearing' or the 'in-between', where we may meet and connect with ourselves and the other. By taking time to attune to our body, mind and souls, we can clear a space to integrate the many strands of ourselves.

I would like to offer you an invitation into a safe, co-created, reflective space and sanctuary for your own creativity and wisdom. It is an opportunity to pause, breathe and listen with what Cynthia Bourgeault refers to as The Eye of the Heart, a place to feel whole again and meet our most compassionate selves.



Create a clearing in the dense
forest of your life

Martha Postlethwaite



Lectures

Saturday

Keynote Address

Then and now: Art therapy in evolution, the 1940s through to the Coronavirus Pandemic

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

From its early roots in England and the US in the 1940's, art therapy has been in continuous evolution both theoretically and in clinical practice. Today, our awareness of the differences between then and now have become heightened due to the unforeseen impact of the current Coronavirus health care crisis on the way we practice, upon our clients, and our community. I will begin my talk by sketching out the core theoretical and clinical premises upon which art therapy was based. These concepts will be examined historically in terms of how they have evolved from the mid-20th century to the present.

Since the advent of the Coronavirus in late 2019, the world of mental health has changed inexorably. What challenges do we face as art therapists today? What unexpected gifts has this pandemic brought? Some of the actual modifications that we have had to implement to practice safely and ethically might turn out to be only temporary. But others will continue to influence our practice for years to come in ways that many of us might never have dreamed of back in the day of pre-pandemic innocence.

So, with an eye turned toward the future of our professional development, we embrace the therapeutic path before us, and consider what we have learned and are still learning now.

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. He 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. He 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. Gerry 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





MTU

Coláiste Ealaíne is Deartha Crawford
Crawford College of Art and Design

30th
CORK

ART
THERAPY
SUMMER
SCHOOL



Ireland's European Structural and
Investment Funds Programmes
2014-2020
Co-funded by the Irish Government
and the European Union



EUROPEAN UNION
Investing in your future
European Social Fund