



Workshop Title **Creative Approaches to Counselling- Using Art**
Date/time **Saturday 24th February 2018**
0900 gathering for 0930 start, finish 1700
Venue **Manor Barn House, Water Stratford, Buckingham MK18 5DS**
Please bring a contribution of food towards a shared lunch

About the workshop: This workshop will explore the use of creative approaches to counselling. We will be looking at how to work safely with others and how to use the tools for personal development. This will be an experiential workshop. No artistic ability is required, just come along with an open mind and a willingness to play. You will leave with an understanding of how to work safely with others, and some ideas that you can put into practice, both for yourself as personal development, and in your work.

We will be working in both small groups and together as a whole. Some of the topics we will be covering are;

- A very brief history of therapeutic art making
- The impact of colour on ourselves and others

We will explore how to use art;

- To check in with our bodies
- With clients who have diagnosed mental health conditions
- With children and young people
- With the elderly
- For personal development in both short and longer term.

About the facilitator: Rachael Ayers is a trained Adlerian counsellor. She has worked for over 12 years with young people in an educational setting, as well as at Summer School as a young people’s group facilitator. Rachael is currently a tutor with BAT first year students. Rachael has had a lifelong interest in art and has studied extensively on the use of creative approaches in counselling.

BOOKING SLIP for “ Creative approaches to counselling- Using Art” on Saturday 24 January 2018. Adlerian students £40.00. Non students: £60.00. Payment is required 2 weeks before the training to secure your place. For all enquiries & booking: Jill Reynolds 01280 847853 or email: jill@adlerian.org.uk; : www.adlerian.org.uk

If you have any special needs, please let us know and we will do our best to accommodate these, please call to discuss

Name..... Telephone.....

Address.....

Email.....

Please send booking form & payment to Jill Reynolds, Manor Barn House, Water Stratford, Bucks MK18 5DS . Cheques payable to Bucks Adlerian Training. CPD certificate provided on completion of the training Fees paid for workshops are non-refundable. If you are unable to attend, you are welcome to send someone in your place.