

Introduction to Art Therapy

Course Type: Part Time Love2Learn

Duration: 1 session

Location: City Centre Campus

This one-day Introduction to Art Therapy course is taught by experienced Art Therapists, offers an introductory experience to the practice and will include an exploratory investigation of therapeutic image making. This holiday workshop is a taster for those wishing to know more about the subject or those who are thinking about applying for our [Art Therapy Foundation Diploma](#).

What topics are covered?

- A brief history of Art Therapy – a powerpoint presentation putting the profession of Art Therapy in context and including recent developments.
- Image making workshop – A simple hands on exercise to generate some images for us to look at and discuss, showing some key concepts of art therapy.
- Case study example – A talk with examples of clients images showing how an Art Therapist might work with an individual or group

Who is the course aimed at?

This course is a taster for those wishing to know more about the subject or are thinking about applying for our [Art Therapy Foundation Diploma](#).

Who will be my tutor?

Jo Beedell is an artist with an interest in ceramics, drawing, environmental arts therapy and collaborative art making. An HCPC and BAAT registered Art Psychotherapist and Supervisor, she has worked with children with special needs, in Child and Adolescent Mental Health Services, in education, with groups of Young Carers, for Avon & Wiltshire Partnership NHS Trust on three different acute inpatient wards, at Penny Brohn Cancer Care, Studio Upstairs, a therapeutic open studio community and at the Rainbow Centre for bereaved families.

Before qualifying in 2001, she facilitated groups for Parentline Plus – group support for parent-child relationships – and worked as an animator, illustrator, and in arts development. Present Art Therapy work is occasional work in Cancer Care and supervision for other art therapists. She enjoys teaching/facilitating introductory, foundation and experiential groups and has been employed in this capacity by BAAT, University of the West of England and the University of Riga, Latvia.

Anita Bradford is an HCPC and BAAT registered Art Psychotherapist. Prior to qualifying she spent five years working in special and mainstream education with children and young people aged 3 to 19 years. Since qualifying she has worked in the Charity and voluntary sectors with many different client groups including adults, older adults, adolescents, children and families. She works with people on an individual basis, with families and groups. She worked in a therapeutic arts community during and for several years after her training and has provided groups for different organisations supporting adults with mental health difficulties and older adults in care homes. For several years she has provided family and individual work in bereavement. She has a particular interest in groups and after completing an introductory year and a Diploma in Group Work she is currently training towards qualification as a Group Analyst and is also completing an infant observation course. She has run art therapy workshops and taught on therapy training and foundation courses and last year conducted the experiential group on a psychodynamic training course for counsellors.

How will I learn?

Through presentations, discussion, experiential exercises, working in group & in pairs and through your own individual experience of art making and reflections.

No prior artistic skill or experience is required – just the willingness to make some very simple drawings. You also have the choice to opt out and observe.

What can I do after this course?

Progress to the [Art Therapy Foundation Diploma](#) course.

Which department is this course in?

Department of Creative Arts and Enterprise

Where will I need to go on my first day?

On your first day, please report to the Reception in the **Roper Building** at [City Centre Campus](#).

What do I need to bring?

Art materials provided.

You may wish to bring a notepad and pen but not essential.

What else do I need to know?

To avoid disappointment, please make sure you enrol on your chosen course early. Decisions regarding running or cancelling a course are made one week prior to the start of the course. If a course is cancelled, you will be informed and your course fees refunded in full. Please see [Terms and Conditions of Enrolment](#).

The course will not run on bank holidays or during half term. Please check the [term dates](#).

Where can I find out more information?

If you need help or answers to specific questions, please contact the [Student Advice Centre](#) on [01225 312191](tel:01225312191) ext 720 or email info@bathcollege.ac.uk.

How do I enrol?

You can enrol on this course:

Online: Click the "Add to Cart" button to enrol online.

Phone: Call [01225 328720](tel:01225328720) during our [opening hours](#)

Post: Download the [Love2learn Learning Agreement](#) and send to Student Advice Centre, Bath College, Avon Street, Bath BA1 1UP.

In person: Visit the [Student Advice Centre](#) in either of our campuses

Please see [how to enrol](#) for more detailed information.