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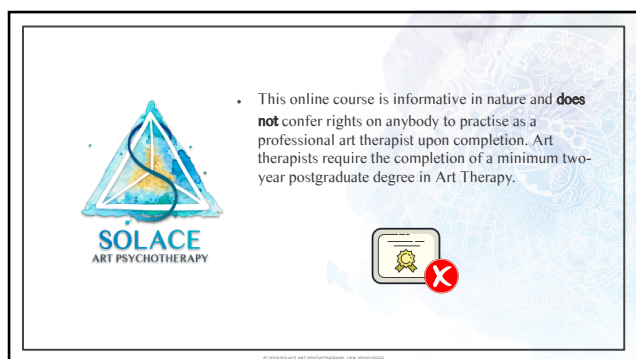
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## Art Therapist Training

- Studio art techniques and processes
- Counselling and psychological theories
- Human developmental models
- Research models: Quantitative and Qualitative
- Culture and diversity
- Psychopathology and neurological theories
- Ethics
- Clinical placement

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## Unique qualities of Art Therapy

- Art as a tool
  - Art materials and visual arts are used as a tool for communication and expression
  - Able to start at a level of expression that client is comfortable with



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(Bucciarelli, 2016)

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## Unique qualities of Art Therapy

- Non-verbal communication
  - Client presented with alternative form of communication and expression
  - Verbal sharing not necessary
  - Able to explore difficult topics through the art making instead of verbal sharing



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### Unique qualities of Art Therapy

- Externalising thoughts, emotions and experience
  - Provides a safe distance to reflect on difficult experiences and feelings
  - Able to view and work through chaotic thoughts or emotions externally
  - Less intimidating



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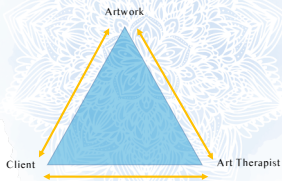
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### Unique qualities of Art Therapy

- Triangular relationship
  - Client, artwork and art therapist
  - Client able to hold onto and view a tangible object that represents their reflective process
  - Negative thoughts or feelings not necessarily projected onto the therapist
  - Artwork becomes another platform for projection



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### Key concepts and Ethics of Art Therapy

1. Unique qualities of art therapy
2. Triangular relationship & Psychodynamic framework
3. Expressive Therapies Continuum Model (ETC)
4. Ethical practices of Art Therapy
5. Self-care activity

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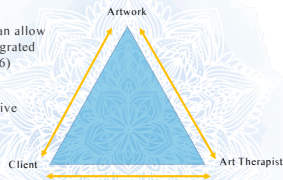
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**Triangular Relationship**

- Therapeutic relationship consist of **artwork, client and art therapist**
- Art making in the presence of an art therapist can allow for an attuned, mindful, compassionate and integrated state of mind (Czamanski-Cohen & Weihs, 2016)
- Interaction between the three components is active during different stages of the therapy session



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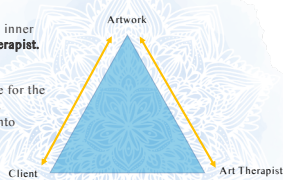
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**Triangular Relationship**

- **Art therapist** provide a secure therapeutic relationship for clients during the therapy session
- **Client** can potentially project unwanted or desired inner thoughts or feelings onto the **artwork** or the **art therapist**.
- The **art therapist** view and provide a holding space for the **client's artwork**. Through the **artwork** and **client's** sharing, the **art therapist** also gain more insights into client's inner thoughts.



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**Psychodynamic framework**

- What is psychodynamic framework?
- No actions and/ or behaviours are coincidental
- Our actions and behaviours are influenced by our subconscious
- Our relationship patterns and perceptions are rooted in our early childhood experiences



(Waller, 2014)

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**Psychodynamic framework**

- How is it applied in art therapy?
- Free association: artworks are created intuitively
- Symbols: to use an object or image to represent something personal
- Sublimation: transform socially unacceptable behaviours or thoughts into something that is socially acceptable and meaningful



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**Key concepts and Ethics of Art Therapy**

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**ETC model**

- A framework that includes understanding of **art materials, human development, and psychological states** (L usebrink, 1990).
- The framework highlights therapeutic benefits of different expressive experiences and how restoration is achieved through creativity (Hin, 2009).

Creative (Level)

Cognitive (Component) <-----> Symbolic (Level) (Component)

Perceptual (Component) <-----> Affective (Level) (Component)

Kinesthetic (Component) <-----> Sensory (Level) (Component)

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ETC model

- Each component at each level is bipolar and represents activation of the right and left brain.
- Creativity can happen at any level and it signifies an integrated functioning of the brain.
- Emphasis on striking a balance.

Creative (Level)

Cognitive (Component) <-----> Symbolic (Level) (Component)

Perceptual (Component) <-----> Affective (Level) (Component)

Kinesthetic (Component) <-----> Sensory (Level) (Component)

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ETC model

- Kinaesthetic – Sensory**
- Kinaesthetic:** physical movement, tearing, throwing, kneading
- Sensorial:** touch, tactile experiences
- Associated to right brain where early preverbal memories are stored
- Release of tension, promotes mindfulness and self-awareness

Creative (Level)

Cognitive (Component) <-----> Symbolic (Level) (Component)

Perceptual (Component) <-----> Affective (Level) (Component)

Kinesthetic (Component) <-----> Sensory (Level) (Component)

(Lusebrink, 1990, 2004; Sholt & Gavron, 2006; Hinz, 2009).  
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ETC model

- Perceptual – Affective**
- Perceptual:** form, shape, lines
- Affective:** emotions
- Providing overwhelming and chaotic emotions a form
- To experience containment of emotions

Creative (Level)

Cognitive (Component) <-----> Symbolic (Level) (Component)

Perceptual (Component) <-----> Affective (Level) (Component)

Kinesthetic (Component) <-----> Sensory (Level) (Component)

(Hinz, 2009).  
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ETC model

- **Cognitive – Symbolic**
- **Cognitive:** logical thinking
- **Symbolic:** input of personal meaning and thoughts into an image or object
- Symbolic expression gives rise to greater self-awareness
- Cognitive processes gives rise to greater executive brain functioning (Hinz, 2009).

Creative (Level)

Cognitive (Component) <-----> Symbolic (Level) (Component)

Perceptual (Component) <-----> Affective (Level) (Component)

Kinesthetic (Component) <-----> Sensory (Level) (Component)

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Key concepts and Ethics of Art Therapy

1. Unique qualities of art therapy
2. Triangular relationship & Psychodynamic framework
3. Expressive Therapies Continuum Model
4. [Ethical practices of Art Therapy](#)
5. Self-care activity

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Ethical Practices

- **What does it mean?**
- To provide certified therapist with fundamental principles, standards and guidelines for good and safe practice
- To safeguard the welfare of individuals, families, groups and community

(ATAS, 2018)

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**Ethical Practices**

- Ethical practice – client focus
  - Art therapist will act in the **best interest of clients**
  - Respect the **confidentiality** of clients
  - For **minor or individuals who are vulnerable**, consent has to be obtained from a trusted third party
  - Minor or individuals from vulnerable population have the rights to chose to not disclose their artworks

(ATAA, 2010; ATEB, 2010; BAAT, 2010; AATA, 2010; ANZACATA, 2010)  
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**Ethical Practices**

- Ethical practice – artwork focus
  - Ensure that photographed artworks are kept private and confidential
  - Artworks are stored in secured and locked storage
  - Inform consent needs to be obtained for using photographed artworks for publication
  - All artworks to be returned to clients at the end of the therapy cycle or stored for 7 years if client did not retrieved

(ATAA, 2010; ATEB, 2010; BAAT, 2010; AATA, 2010; ANZACATA, 2010)  
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**Ethical Practices**

- Ethical practice – therapist focus
  - Keep high standards of **personal conduct**
  - Keep their professional **knowledge and skills up to date**
  - Art therapists should accept only those appointments or responsibilities for which they are **professional qualified by education, training, or experience**.
  - Art therapists **will not discriminate** on the grounds of race, class, culture gender, marital status, physical or mental ability, religion, sexual orientation, or age.

(ATAA, 2010; ATEB, 2010; BAAT, 2010; AATA, 2010; ANZACATA, 2010)  
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**Key concepts and Ethics of Art Therapy**

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3. Expressive Therapies Continuum Model
4. Ethical practices of Art Therapy
5. [Self-care activity](#)

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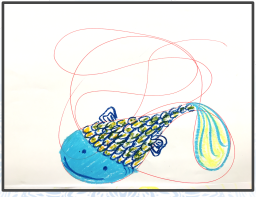
**Self-care tip**

Materials required

- A piece of paper
- Drawing or writing materials

Steps

- With a drawing or writing material
- Close your eyes (optional) and count to ten while doing a scribble on the paper
- Open your eyes and spot images
- Expand and add in details of the image you spotted



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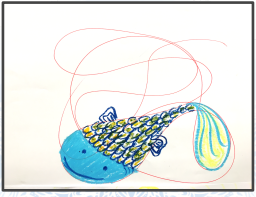
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**Self-care tip**

Reflective questions:

- How was the process of spotting an image out of the scribble like for you?
- Can you relate the image to any of your current experience in life?
- What can be added around the image? (Expand on the image further)



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T: 9360 0616  
E: [contact@solace-arttherapy.com](mailto:contact@solace-arttherapy.com)  
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