

Graduate Profile

Agnieszka Sokolowska

Art Therapist/Art Facilitator/
Art Historian & Critic

Agnieszka Sokolowska completed the Principles of Art Therapy Certificate in 2016 and continued on to train on the MA in Art Therapy, receiving first class honours. She received the Best Taught Masters Award in CIT Crawford College of Art & Design at the Annual Institute Prizegiving in 2018. On graduating, Agnieszka was offered a one year residency in the Dept of Arts in Health & Education. She was also granted CIT Teaching and Learning Unit development funding, which allowed her to facilitate a series of art therapy workshops exploring various practices of self representation in art therapy.



Agnieszka's advice

"The Principles of Art Therapy course for me personally was a stepping stone towards further training as an art therapist. It gave me a taste of what art therapy is and allowed me to make an informed decision about my MA Art Therapy studies.

Whether or not you will continue your art therapy journey after this course is entirely up to you... but one thing for sure, it will certainly affect your perception and change you in more than one way. Believe me, your life won't be the same afterwards."

Contact information

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Course Co-ordinator:
Catherine Phillips

Head of Department:
Ms Louise Foott
Department of Arts in
Health & Education,
CIT Crawford College of
Art & Design



How to Apply

Application	May 31st (subject to change)
Course Code	AATPY_8_Y1
Award Title	Certificate in Principles of Art Therapy
Duration	1 Year This course runs in two-day blocks once a month
Places	24
Location	CIT Crawford College of Art & Design, Department of Arts in Health & Education, 46 Grand Parade, Cork.

For admission to a programme, standard applicant must:

- > Apply through CIT online application at www.cit.ie
- > At interview applicants will be invited to present a small visual portfolio
- > See website for guidelines <http://www.cit.ie/course/CRAATPY8Y1>

Applicants normally require the following supporting documentation:

- > Clinical/work experience relevant to art therapy
- > Personal therapy experience
- > Personal statement about your reason for applying to this course

About the Course

The Certificate in Principles of Art Therapy is a Level 8 (10 ECTS on the National Framework of Qualifications) certificate comprising of two 5 credit assessed modules. Through theory and experiential learning this course provides an opportunity to explore Art Therapy within a group setting.

The aim of the course is to introduce participants to the core principles of Art Therapy. For many, this introduction may be a step towards training as an Art Therapist. For others it may introduce them to a more sympathetic understanding of the role of art in rehabilitation and development work.

Each month focuses on a different core aspect of Art Therapy – boundaries, the image, self-inquiry, process and the triangular relationship. Students participate in a lecture, experiential workshops and a seminar, exploring that particular principle with various qualified art therapists. Journaling and essay writing challenge participants to develop the practice of reflecting on their experiential learning and relating it to theory.

For full course information: <http://www.cit.ie/course/CRAATPY8Y1>

Career Opportunities

The Principles of Art Therapy Certificate is particularly suited to individuals who are considering training as an art therapist in the future or want to find out more about the art therapy discipline.

Further Studies

Masters in Art Therapy (MA)

Potential Careers include

- > Foundation for further professional Art Therapy training

Leading to possible future careers in:

- > Arts in Health
- > Arts in Social Care
- > Arts in Education
- > Community Arts

