

31st

ART THERAPY SUMMER SCHOOL

Saturday 1st July
-Wednesday 5th July



MTU

Coláiste Ealaíne is Dearthá Crawford
Crawford College of Art and Design

2023

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 demands and context of our current lives can be hard on us all, making this safe, reflective, empowering 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 over three decades the Cork Art Therapy Summer School has welcomed up to sixty participants annually, providing them with a unique opportunity to learn about and experience the Art Therapy process.

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 over 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 delighted this year to welcome a Keynote Speaker, Lecturers and Facilitators who exemplify excellent and innovative practice across the island of Ireland, both historically and contemporarily. With your help, we will invest in, and help shape our communities.

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 as a campus of MTU Crawford College of Art & Design, and our departmental interface with 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 Certificate and/or short 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.

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. We focus 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 passion of the Department.

The last 2 years have seen a few exciting additions to the range of courses we offer:

- Certificate in Eco Arts Practice, exploring nature and the environment within an art context.
- Certificate in Socially Engaged Theatre introducing students to how theatre can be used in both formal and non-formal contexts as a means for positive change.
- Certificate in Arts & Wellbeing, equipping participants with a range of practical approaches to supporting wellbeing through the arts.
- 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.

Department of Arts in Health & Education programmes:

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

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:

✉ crawford.summerschool@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 2023.

Concessionary fee (student/unwaged) €399 (limited availability).

First come first served basis.

To Book

Online payment – follow the link:

For participants who are being funded by their employer, please email

✉ diana.mcsweeney@mtu.ie

Terms

- 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 2023.
- 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 Deans Hall Summer Village. Situated just two minutes walk from the college, they make their student accommodation offer available to participants on the Summer School.

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.

Standard Room	€160.00pw
Double Room (Single Occupancy)	€185.00pw
Double Room (Double Occupancy)	€150.00pppw

€100 cash deposit on arrival for individual booking

🏠 DeansHall, Crosses Green, Cork

☎ Tel: 021 4312623

✉ E-mail: info@deanshall.com

Further information:

🌐 www.deanshall.com/self-catering-accommodation/

Workshop 1 - Louise Gartland

Me, Myself & I

*“What happens when I walk
To the extent of “I”
And then keep walking?
Who am I then?”*

- Eric Overby, [Senses](#)



There is an idea that if we engage in a therapeutic process of healing that we will somehow become whole, as if we are fractured. But what if we are not meant to exist as whole but rather in harmony with our inner workings?

Have you ever noticed how parts of ourselves, our inner voices, speak to one another? How we allow ourselves to swing from self-criticism to praise and enthusiasm of who we are? How our own feelings of self are often in a state of flux between extremes?

What would it be like to set aside the judgements and engage curiosity in order to open up dialogue between these parts of self through art making and the Art Therapy process? The beginning of a journey towards inner harmony rather than conflict so that we may deepen the relationship with selves. An exploration of the parts of self to exist in peace with one another while the central, core Self guides the boat.

In this experiential workshop we will create a safe space for all parts of the self to be valued. Through art making and our senses we will explore what it would be like to treat ourselves (especially the parts we don't like) with curiosity, empathy and compassion and allow them to evolve and flourish. Through the

Art Therapy process we can come to new understandings of ourselves in a gentle, creative way.

Biography

Louise Gartland has almost twenty years of experience in adult, child and adolescent mental health. Her experience is wide ranging and includes working in a variety of clinical and educational settings. She supervises other therapists and trainees.

Louise is a registered Art Psychotherapist and trained Creative Arts Therapy Supervisor as well as a qualified EMDR Therapist and a disordered eating specialist. She is founder and director at Artonomy, an Art Psychotherapy Centre in Dublin, where she holds her private practice working with adults.

Workshop 2 - Eileen McCourt

'The Guest House'

The Use of Metaphor in Art Therapy

*'This being human is a guest house.
Every morning a new arrival.*

*A joy, a depression, a meanness,
some momentary awareness comes
as an unexpected visitor.'*

Welcome and entertain them all!

- Rumi



This excerpt from Rumi's poem, The Guest House, is a fine example of the use of metaphor which will inform and accompany participants' connection with art materials during the week.

The workshops will explore the different stages of the creative process – preparation, incubation, inspiration, reality testing – to further an understanding of what occurs when we attempt to give form to internal feelings, thoughts or ideas. Ambivalence, disappointment or self-criticism may be intermittent but familiar companions: can we find other companions who are more congenial and supportive?

'Visitors' appearing during the stages of our artmaking (before, during and after its processes) will be 'welcomed and entertained' through playful and individual art-making, extending our knowledge about obstacles to creative living and exploring personal responses to meeting them through paint, clay and writing.

A safe playing/working environment will be created where the nature of metaphor and its symbolic use will be explored and enjoyed.

The week's workshops will be sprinkled with information on Art Therapy theorists

and mentors who have been major influences on Eileen's professional practice through the years.

Biography

Eileen McCourt trained as an Art Therapist at the University of Hertfordshire in 1987, seconded by The Probation Board for NI (PBNI) where she had worked since 1979 as a probation officer. She remained as an Art Therapist, working with offenders both in custody and in the community until her retirement from clinical practice in 2011. She was also Clinical Supervisor for MSc Art Therapy students on placement with PBNI from 2002 as well as Clinical Supervisor on the course.

She is President of the Northern Ireland Group for Art as Therapy (NIGAT) formed in 1976 by Rita Simon, one of the founding members of the British Association of Art Therapists (BAAT) in 1964. Rita's theoretical approach and her belief in an inherent creativity have been Eileen's guiding principles in her professional practice.

She remains interested and involved in the development of Art Therapy services and is representative for the profession on the Allied Health Professions Federation NI.

Workshop 3 - Ed Kuczaj

‘Evocative Objects’

An exploration of memory and the importance of things and what might be truly important to us.

‘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. The workshop/s will use a collection of individual themes/ approaches and techniques to help us explore in a gentle and self- led way how we relate to the things around us.

Biography

Ed Kuczaj is former head of the department of Arts in Health and Education at CIT Crawford College. 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.

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 chair of the Irish Association of Creative Arts Therapists in 2018 – 2020, and is still involved in the associations work. He also works as supervisor and is an advisor for the Soearth Project in Kill, Co Kildare.

Ed engages in his own creativity through photography/ painting and sculpture and exhibits occasionally in Cork and Co Waterford where he is based.

Workshop 4 - Stephen Millar

‘Trauma Informed Protest, Storytelling and Collaboration’



How do we use our voices? How do we make ourselves heard? How do we make ourselves seen? How do we tell our stories with authenticity and make sure they are heard empathetically? And how do we allow ourselves to hear the stories of others?

Throughout the course of the five days we will explore the above questions, with consideration being given to how we can approach them both in the Art Therapy room and in wider society. This workshop will explore the benefits of working collaboratively and address the difficulties and feelings that collaborating creatively brings up. For this experiential workshop a safe space will be established to play, create, perform, tell stories and collaborate. The group will be encouraged to explore the potential of telling their stories by creating actions or street interventions that engage with the wider public.

The workshop will explore how historical and mythological characters and objects not only tell a story of our collective histories but can be used to tell contemporary stories. Participants will be encouraged to explore historical or mythological characters and develop them in a way that tells their story.

Participants will be introduced to theorists as well as creative and theoretical approaches to working with trauma throughout the sessions.

Bhain Stephen Millar céim BA amach le hOllscoil Uladh i 2006. Is sícíteirpeoir ealaíne é atá cláraithe le HCPC indhiadhó MSc a bhaint amach le hOllscoil Oirthear Londan i Sícíteirpe 2014.

Úsáideann Stephen, léiriú, péintéireacht, taibhealaíontóireacht agus suiteán mar chuid de chleachtais s’aige. Luíonn a chuid oibre áit éigin idir teibocht agus scigphictiúr

Stephen Millar is an Activist, Artist and Art Psychotherapist from Belfast. He completed his Art Psychotherapy Masters in 2014 from University of East London. He currently works with children and young people in education settings throughout Belfast. Stephen is an advocate and campaigner for social change by using creative means. Stephen is a member of Array Collective who in 2021 won the Turner Prize. Stephen’s artist practice includes painting, illustration, installation and performance.



Lectures

Saturday

**Gerri Geoghegan B.Des.Comm.,
H Dip ACD Ed., PG Dip AT, Adv Dip
Supervision, MA Art Therapy, RMIACAT.**

Keynote address

Art Therapy, A History And A Current Context.

*“The essence of Art Therapy lies in creating something, and this process and it’s product are of central importance ... the art materials provide a tangible means through which conscious and unconscious aspects of the person can be expressed.”
(Case/Dalley 1997)*

The keynote address at this year’s Art Therapy Summer School 2023, will give context to the moments in time when Art Therapy, as a formal discipline in it’s own right, developed its roots and rootedness as a solid intervention using creativity, to bring forth genuine integration and wellness.

Every one of us will have a moment when a significant experience or decision has directed or re-directed our path toward the future. With the beginnings of Art Therapy springing into being in the 1940’s, Gerri found her toe in the river of Art Therapy in 1986. Since then, the intrigue of the process and the enormity of the impact of this profession have directed Gerri’s career. Offering a particular lens through which to view the development of Art Therapy over time, Gerri will outline the trajectory of the discipline of Art Therapy, its application as a therapeutic modality and its potential in clinical practice, with Ireland as a backdrop.

As a practitioner of Art Therapy in Ireland, some of the pivotal points that propelled the depth and breadth of Gerri’s work experience will be joyfully shared, offering insight and empathy with regard to how engagement in the process of Art Therapy can direct and re-direct the path of participants lives.

Sunday

Andrea Nagy

Body ~ The Art’ist in Therapy

Andrea is originally from Hungary. She earned her Masters degree in Psychology over 15years ago. After moving to Ireland for years she worked with asylum seekers from all over the world. In this multicultural environment language became a sound, words transformed into images. The work inspired her to move beyond. She completed her MA in Art Therapy over 10 years ago. For the last 12 years she worked with individuals from all ages, held workshops and introductory courses on Art Therapy. Andrea has a special interest in the application of Art Therapy in the context of physical illness; e.g autoimmune disease and women health. She is involved as a researcher in the latest collaborative project between Clinical Cancer Trial Teams at UCC and MTU CCAD exploring the experience and perception of cancer and clinical cancer trials.

Tuesday

Marianne Adams

Feeling, Seeing and Understanding Transformation in Art Therapy

Marianne Adams is a Senior Art Therapist and one of the teaching team on the Art Therapy MA training. She also helps to coordinate the Summer School and has a thriving private practice in West Cork.

Marianne has an MA in Psychoanalytic Studies which gives her practice a rigorous theoretical frame. She worked as Head of Care in residential children’s homes prior to training and in a CAMHS setting for years after qualifying. She currently takes referrals from Tusla, HSE mental health services and GPs, as well as private families. She is also collaborating with West Cork Women Against Violence in a pilot project giving therapy to children who have experience domestic violence. Marianne has been published and lectured both here and internationally. For more information:

<https://www.arttherapywestcork.com/2018/04/welcome.html>

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 work-
shops 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 100% 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

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