

| Reviving Communication | Workshop

Exploring Art Psychotherapy as a powerful process of self discovery and applied practice

| Overview |

Hayley Berman will be offering an intensive **4 day Reviving Communication Workshop** - on the application of Art psychotherapy for both individuals and groups. This course provides a valuable opportunity for insight and regeneration through a psychoanalytic approach to working with materials and the psyche, enhancing self-development and personal growth as well as group interaction and interpretation. The workshop highlights the effectiveness of this powerful therapeutic tool and empowers attendees with new insight and skills in this arena. This course has proven to be extremely popular.

"I came to the workshop with an open mind without any preconceived expectations, I am amazed at the subtle discoveries I made about myself. This workshop was priceless and I am aware that my discoveries will have long term effects on my whole person and life in general".



"I was surprised by the spontaneous way in which I was able to express and create. And surprised by the powerful emotions I felt. I will definitely be able to apply this to my psychosocial groups."

| Target Audience |

The course is targeted at mental health practitioners and students, psychologists, social workers, teachers and artists who are interested in and want to use the expressive potential of art making in the course of their emotional contact with the people they work with.

The skills gained by participants can be adapted to and incorporated in many work spheres. The knowledge and experience gained does not enable the participant to practice as an Art Therapist.

| Course Contents |

- An experiential introduction to art materials, art making processes and art therapy.
- Exploration of a large variety of art making materials such as brought/found objects, sand play, clay, paint, drawing and collage.
- The creation of a safe space, through working developmentally with materials and the group process.
- Theoretical and experiential understanding of applied art therapy work with individuals and groups.
- Weaving a psychoanalytical framework into processes of image making, exploring concepts including containment, holding, free association, etc.
- Explorations of directive and non- directive ways of working.

| Facilitator |

Hayley Berman is an Art Psychotherapist and Founding Director of Lefika La Phodiso since 1994. She is in private practice, working with individuals, couples, families, groups and supervise therapists and students. Hayley has developed the Community Art Counselling

Training, building art therapy resources and capacity in under-resourced areas. She is completing her PhD in the Department of Psycho Social Studies through the University of Western England in the UK.

| Venue |

Lefika La Phodiso offices, TMI building, Level 2, Gate 13, Children's Memorial Hospital, Cnr Joubert St and Empire Road, Parktown, Johannesburg

| Dates |

Reviving Communication four day workshop will be facilitated on **Oct 28, 29, 30, and 31 2011** at 9.00 to 4pm daily.

| Cost |

The workshop costs **R 3,500 per participant**. (*Early bird registration on or before 10th October 2011 will be R3,300.*)

PLEASE NOTE: 30 CPD POINTS HAVE BEEN ACCREDITED BY THE HEALTH PROFESSIONS COUNCIL OF SOUTH AFRICA (HPCSA)

Workshop fees include: Unlimited use of art materials, refreshments and lunch, including a CD of pertinent theoretical readings.

***Note: A 10% discount** is provided to NGO's or non-profit-organisations.

A **50% non refundable deposit** is required to secure your booking. Workshops will be filled on a first come first served basis. Payment of deposit confirms your place in the workshop. Full payment is required on commencement of the workshop.

Partial payment of workshops may be claimed on medical aid.

The bank details are as follows:

Hayley Berman
Standard Bank- Jan Smuts Branch
Branch code 004205
Savings account 007041748

Please email proof of payment to both info@arttherapycentre.co.za and hayleyberman@iafrica.com

| Further Details |

For further details please don't hesitate to be in touch with Hayley Berman hayleyberman@iafrica.com, cell number: **082 883 0215**

"It was wonderful to experience the whole process- the journey- and the way things develop, grow and unravel to explain and discover and workthrough. Such a lovely journey and broadened my learning as to what art therapy is. I am even more hungry to learn more and am intrigued by the profession."



CCEM Commonwealth Good Practice Award in Education 2006

Who are we? Please view our webpage www.arttherapycentre.co.za

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Lefika is located on level 2, TMI Centre, Parktown, cnr Joubert St and Empire Road

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