

## PROFESSIONAL DIPLOMA in Expressive Arts Therapy

10-day (60 hour), part-time, professional programme

*When art and psychotherapy are joined, the scope and depth of each can be expanded, and when working together, they are tied to the continuities of humanity's history of healing.*  
Shaun McNiff (University Professor in Expressive Therapies; Author of *Trust the Process: An Artist's Guide to Letting Go*; former-President of the American Art Therapy Association)

The programme is aimed at professionals who wish to enhance their current practice in the use of expressive arts, or those who wish to integrate the academic and practical applications of the creative process into their therapeutic work with people.

The programme is experiential in nature and the focus is on personal exploration using expressive arts techniques. Both Person-centred and psychodynamic approaches are used as theoretical frameworks on this program.

The aim of this programme is to provide participants with the ability to:

- deepen their understanding of the various expressive arts approaches and to develop their own emerging expressive arts style and approach.
- integrate clinical and expressive arts therapy theory and practice, and combine and integrate the academic and practical applications of the creative process.
- learn about their own creative processes and deepen their spiritual practice through the expressive arts.
- demonstrate the supportive role of non-verbal approaches to therapeutic approaches that rely predominantly on verbal modes of expression and understanding.

### Admission/Minimum Entry Requirements

This programme is aimed at participants who have already completed a relevant professional academic qualification in a helping/caring area.

To secure a place on this programme please submit an application form accompanied by a letter of introduction, of no less than 250 words, clearly stating your desire to participate in this programme. An interview will form part of the selection process (this may be conducted by telephone).

### Teaching & Learning Strategies

The learner will integrate their learning through individual and group process of expressive arts therapy, discussion and readings.

### Learning Outcomes

On successful completion of this programme the learner should be able to:

- think critically, theoretically and concretely about expressive arts therapeutic approaches.
- engage clients in the healing process through the therapeutic use of expressive arts therapy.
- implement the creative arts to facilitate spiritual growth and expand consciousness, including the therapeutic use of ritual.
- appraise the weaving together of different expressive arts modalities to support a holistic therapeutic approach.
- focus on recent and contemporary developments in expressive arts therapy theory and practice.

*I believe that creativity is like freedom, once you taste it, you can't do without it. It is a transformative and healing process.*

Natalie Rogers (PhD, REAT, Pioneer and Leader in field of Expressive Arts Therapy 1928-2015)

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**Assessment** for this course will be through

- A typed essay of 3,000 words describing the learner's personal experience and theoretical learning within the modules.
- Generation of a creative portfolio, and a presentation to the class group illustrating personal and professional development (ongoing throughout the module).

## Facilitators

- **Pauline Macey** MSc, Dip ADT, Dip Fine Art, Dip Colour Therapy, (ITEC), MNAPCP, MIACP, accredited supervisor.
- **Christine Moran** MA, MIACP, MEAC, accredited supervisor, expressive arts therapist, author.

*Both facilitators have trained in Person-Centred Expressive Arts with Natalie Rogers (daughter of Carl Rogers).*

## Previous Participant's Feedback (extract)

*"Throughout the 6 weekends I always felt the work I did came from me, and in no way was dictated or directed by either Pauline or Christine. I was guided and supported by them and that was really important to me. As a result, my art, and that of all the other 9 participants, was original, authentic and was always respected.*

*Over the following weekends we painted, sculpted, moved, danced, wrote, cried, laughed, let all our sounds out, and great discussions took place and work was done, as trust was built in the group. This was not just a verbal form of expression, or a discussion of what the theory of expressive arts is about, no, it was an experience of getting down and doing the work ourselves; it was a way of showing us up-close how to bring this to our clients.*

*After each piece of work the group came together and each person shared what the picture or piece that they had completed meant to them."*

## About the Programme

- Duration:** 60 hour part-time course, delivered over 10 days
- Venue(s):** ICPPD, Suite 11, Inish Carraig, Athlone, Co Westmeath, N37 PN82
- Schedule:** This course is delivered over five weekends spanning a period of approx. 12 weeks
- Dates:** For specific commencement dates and delivery times refer to [www.icppd.com](http://www.icppd.com)
- Fee:** €1,350 (*which includes the cost of art materials*)  
*Payment plan options are available – please contact ICPPD for more information.*  
Applications must be accompanied by a deposit of €350, which is credited against course fees if the applicant is admitted onto the programme.  
Applicants are entitled to a full refund of this deposit if they decide to cancel within 7 days of receipt of their application.  
Should an application be unsuccessful, or cancelled by the applicant following this 7-day period, an administration fee of €100 is retained, and the balance of €250 is refunded.  
Once an applicant accepts a place on the programme, any fees paid become subject to the ICPPD's Financial Terms & Conditions, which outlines the College's policies in relation to refunds, payment plan, etc. [ref [www.icppd.com](http://www.icppd.com) for more information]
- Award:** Satisfactory completion of this course leads to the award of an ICPPD Professional Diploma in Expressive Arts Therapy
- Application:** To be considered for a place on this programme, applicants are requested to please submit an Application Form, accompanied by a Letter of Introduction (minimum 250 words), clearly stating their desire to participate in the programme, what they hope to gain from completing it, and providing details of their qualifications, membership of professional bodies, and professional experience – if relevant  
For further details and/or an Application Form visit the website: [www.icppd.com](http://www.icppd.com) or email [admin@icppd.com](mailto:admin@icppd.com) or telephone 090 6470484.

***Our vision is to inspire, encourage and support you in your journey towards wholeness***

*ICPPD reserves the right to cancel, suspend or modify in any way the matters contained in this publication.  
The College reserves the right to amend the list of modules being offered for any programme.*