



## Diploma in Expressive Arts for Professionals

10-day (60 CPD hours), part-time, holistic 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)

This Diploma in Expressive Arts 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. A combination of experiential learning, strong academic curriculum and artistic practice underpins this holistic programme.

Each weekend will involve experiential learning, working in a phenomenological intermodal approach, as well as learning about Expressive Arts theory, philosophy and terminology. Learners will be able to reflect on personal processes and how they are transferred to practice.

### Programme Aims

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.

Participants must have attended ICPPD's Expressive Arts Workshop (see ICPPD website or call 0906470484).

### 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
- 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.

### Teaching & Learning Strategies

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

### Assessment

Assessment for this programme will be through:

- A written assignment of 3,000 words describing the learner's personal experience and theoretical learning within the modules.
- Generation of a creative portfolio ongoing throughout the programme and a presentation to the class group illustrating personal and professional development on the last day of class.

### Facilitator

**Keshet Zur, MA Expressive Arts Therapy,**  
Co-founder and co-director of Expressive Arts Ireland. Keshet is a registered member of the Irish Association of Creative Art Therapists and the European Federation of Art Therapy

**PLEASE NOTE:** This programme does not lead to a professional qualification in Art Therapy.



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### 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 the facilitator. 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):    | Colaiste Chiarain, Summerhill, Athlone, Co. Westmeath, N37 AH97   |
| Schedule:    | This programme is delivered over 10 days at weekends  |
| Dates:       | For specific commencement dates and delivery times refer to <a href="http://www.icppd.com">www.icppd.com</a>  |
| Fee:         | €1,500 (which includes art materials)<br>Payment plan options are available – please contact <a href="mailto:accounts@icppd.com">accounts@icppd.com</a> for details.<br>Applications must be accompanied by a deposit of €350, which is credited against course fees if the applicant is admitted onto the programme.<br>Applicants 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 to the applicant.<br>Once an applicant accepts a place on an ICPPD programme, any fees paid become subject to ICPPD's Financial Terms & Conditions, which are outlined in the <a href="#">ICPPD's Quality Assurance policies</a> in relation to refunds, payment plan, etc. |
| Award:       | Satisfactory completion of this course leads to the award of an ICPPD Diploma in Expressive Arts for Professionals  |
| 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), and providing details of their qualifications, membership of professional bodies, and professional experience, if relevant.<br>For further details and/or an Application Form visit the website <a href="http://www.icppd.com">www.icppd.com</a> or contact <a href="mailto:ICPPD info@icppd.com">ICPPD info@icppd.com</a> or 090 6470484.  |

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

*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)

*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.*