



# Working with Trauma using Non-Verbal, Visual Processing

## Understanding and using Art as a therapeutic intervention in trauma work.

This is a rare opportunity to develop understanding and skill in the use of art as visual processing in therapy and particularly in trauma treatment and recovery. When clients find it difficult to talk about an event, situation, relationship, feeling etc. a non-verbal expression can open up expression and make way for therapeutic work. Trauma memory can be a visual reoccurrence or recollection, that is triggered unexpectedly at times and using art becomes a relevant approach regardless of a person's artistic ability.

Externalising visual trauma memory can be therapeutic if done so respectfully and safely, with the client's material being monitored and paced appropriately. While a traumatic event can traumatise those not only involved but also those related to the trauma. This may be vicariously through offering treatment, or by knowing people involved or a traumatic event can cause an earlier trauma to resurface.

It can be difficult to verbally describe visual memories and experiences which can risk a re-traumatisation. Therapeutic use of art is described and demonstrated and demonstrated - drawing on recent events and media imagery, this workshop

explores alternate ways to assist our clients who may have been exposed to traumatic situations and events. Disasters can traumatise people unexpectedly and this can be at a local, national or international level. Post-traumatic stress is considered and examined as a part of the day's training.

In this workshop the use of art therapy approaches to counselling will be explored in the context of promoting emotional health and enhancing a sense of well-being. This workshop provides skills development to explore strategies that facilitate safe processing of recurring traumatic images and unresolved or unexpressed internal experience.

### Learning objectives of this training:

1. Learn how to process art work safely, respectfully and constructively.
2. Enhance non-verbal visual processing skills.
3. Be able to design art directives as intervention relevant to client content.
4. Better understanding of visual retention of traumatic memory.
5. Explore use of art as an intervention in many areas of client work.



**Annette Coulter** is an art psychotherapist, art educator and published author as well as an accredited (IDT) Interactive Drawing Therapy practitioner, trainer and supervisor. Her background includes working in child and family mental health, art education, child/adolescent psychoanalytic psychotherapy and family/couple therapy. Through the Centre for Art Psychotherapy she provides consultation, supervision, education and customised training for family therapists, relationship counsellors, art therapists and group leaders. She pioneered art therapy in Australia, Britain and south-east Asia. Publications include: *The Introductory Guide to Art Therapy: Experiential Teaching and Learning for Students and Practitioners*, 2014; *Art Therapy 'Down Under': Perspectives on the Profession from Australia and New Zealand*, 2015; *Australia - Family Art Therapy: Dots, Meaning and Metaphor*, 2015; *Contemporary Art Therapy with Transient Youth*, 2012; *'Came Back – Didn't Come Home': Returning from a War Zone*, 2008; *Couple Art Therapy: Seeing Difference Makes a Difference*, 2007.

**This training may qualify for Focussed Psychological Strategies (FPS) CPD. Please refer to the Dept. of Health <http://www.health.gov.au/internet/main/publishing.nsf/content/mental-ba-focus#cpd> for more information.**

**View our range of training topics at [www.PDPseminars.com.au](http://www.PDPseminars.com.au) to choose from our in-house listings or have one of our calendar events conveniently delivered at your workplace.**

Our continuing professional development events meet the quality standard recognised by relevant professional associations including psychology, social work, occupational therapy, mental health nursing, community work, counselling, psychotherapy and more.

*We recommend checking with your association for the correct calculation of points.*

A certificate of attendance for 6 hours of face-to-face training is issued for all participants.

### **Morning Session**

Includes a short morning tea break.

Introductions – Group Guidelines.  
Defining Trauma.  
Defining Art Therapy.  
Art Therapy video.  
Case Study Presentation.

### **Afternoon Session**

Includes a short afternoon tea break.

Review Morning – Questions?  
Guidelines for Art Therapy workshop.  
Art Therapy workshop.  
Processing Art Work.  
Presentation: Visual diaries; Art Materials: Ethical Issues.  
Questions; Review.  
Evaluation and Closing.

***“You don’t have to be skilled in drawing/art techniques to benefit from this workshop or to use art in your therapeutic work.”***

Annette Coulter

#### **How will you benefit from attending this training?**

- Gain confidence in use of art expression in therapy/counselling.
- Better understand the use of non-verbal, visual communication techniques.
- Gain knowledge about use of art as a trauma treatment intervention.

#### **Booking process:**

1. Request a quotation.
2. Agree upon a delivery date.
3. Arrange the 50% booking deposit.
4. Finalise balance of booking fee one month prior to the training.

#### **We include:**

- Presenter travel and accommodation costs.
- Soft copy of resources.
- Individual attendance certificates for all participants.

**Contact our in-house program director 1300 887 622 or [info@PDPseminars.com.au](mailto:info@PDPseminars.com.au) for information, quotation or to have a helpful chat about the needs of your team.**

This presentation is appropriate for Therapists; Counsellors; Artists; Educators; Childhood & Adolescent Workers; Aboriginal & Refugee Support Services; War Veteran Counsellors; Grief and Loss Counsellors; Hospital Staff.

#### **Feedback for Annette’s recent training presentations:**

*“...best investment...in my professional development, and that includes my psychology degree...helped me reclaim the language of metaphor...led to a depth of emotional expression (that) has benefited myself, my wife and my clients ...”*

*“Valuable information, resources and professional insights...highly recommended.”*

*“...gave me confidence to go ahead in the profession.”*

*“Offers an excellent basis in understanding theory and practice from Australian and overseas perspectives.”*

*“...fun, informative, inspiring and I have never been good at art!”*

*“Made me more aware of my inner feelings and self-worth...gave words when I may not have used any”*

*“A unique experience for the development of both professional skills and tapping into a personal creativity I didn’t know I had – awesome!!”*