



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 trauma treatment and recovery. It is often difficult to talk about a traumatic event however, trauma memory can be a visual reoccurrence or recollection, that is triggered unexpectedly at times.

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 of traumatic experiences and can also risk a re-traumatisation. Therapeutic use of art with trauma victims is described and demonstrated. Drawing on recent events and media imagery, this workshop explores alternate ways to assist victims

who 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.

This workshop explores art therapy approaches to counselling trauma that promotes emotional health and enhances a sense of well-being in coping with post-traumatic stress. This workshop provides skills development to explore strategies that facilitate safe processing of recurring traumatic images.

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 when applied to trauma recovery.



Annette Coulter is an art psychotherapist, art educator and published author as well as an accredited (IDT) Interactive Drawing Therapy practitioner, trainer and supervisor. She is a Clinical Member of the Australian Association of Family Therapy (AAFT), and a Clinical Registrant and Accredited Supervisor of the Psychotherapy and Counselling Federation of Australia (PACFA). 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 and is a founder of the Australian and New Zealand Arts Therapy Association (ANZATA) and the International Networking Group of Art Therapists.

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 to choose from our in-house listings or have one of our calendar events conveniently delivered at your workplace.



ACA: Members can accrue 12 CPD points.



AASW: Members can accrue 6 CPD hours.



ACWA: Members can accrue 6 CPD hours.

PACFA: Members can accrue 6 CPD hours.

APS: Activities do not need to be endorsed by APS. Members can accrue 6 active hours.

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

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

“You don’t have to skilled in drawing/art techniques to benefit from this workshop.”

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 and evaluation.
- Individual attendance certificates for all participants.

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...”

“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 – awesome!!”