

# Companioning Children using Creative Arts Therapy

An Experiential and Creative Arts Therapy Approach

3-6 July 2012

## What you would learn

- To gain an understanding of a phenomenological approach when working therapeutically with children using multimodal arts and play therapy based techniques
- Practicing meaning making using multimodality on personal childhood experiences
- Exploring the modes of representing - visual art, sandtray, enactments, clay sculpture
- To focus on the importance of attachment and childhood development
- To explore the effects of trauma and abuse on the developing child with reference to the latest discoveries of Neuroscience

## About your Trainer: JENNY HILL Psychologist, MIECAT teacher, Clinical Supervisor, Creative Arts Therapist

Jenny Hill, has 16 years experience as a counselling psychologist and play therapist in her Private Practice with children, families and adults.

She also worked for 8 years in a Family Welfare Organisation in Melbourne, Australia, as a one-to-one

play-therapist with children. These children were referred with a variety of presenting issues due to dislocation from family through removal by the Department of Human Services, re-unification with families, survivors of abuse and trauma, intellectual disabilities, diagnosis of ADHD, school refusal, children of drug dependent parents and a range of other behavioural difficulties related to stress and fear. Her publications include 'The use of creative arts for children who have experienced trauma', 'How do we do feedback to parents about our work with their children', Dallas Brooks Hall, Nov 96, 'Emotional Abuse and Neglect: What can children tell us?', 'Play Therapy: the voice of the child', May 95. 'A Baby is a Person' Spectrum, Melbourne:1984



## Day 1: Introduction

- Who we are and what has brought us here
- Confidentiality
- Overview of the content, goals and experiential nature of the workshops
- Some basic of MIECAT procedures
- Experiential exercises related to your own childhood &/or adolescent materials as a way to access and understand the "insight" of children
- Birth order & sibling sociometric exercises
- Visual art making
- Playing exercise – draw a toy
- Dialogue with toy
- Working with visual art making with children
- Identification of themes and patterns of experiencing

## Day 2: Sandplay Therapy

- Introduction to sandtray work
- The beginning of counselling: how to warm up your clients
  - Work in pairs than larger group discussion
  - Case presentation of "Sally"
  - Exploration of "Intersubjective" Responses Family Work
  - Role of the mother and the therapist
  - Practice how to give feedback to parents
- More exploration & examples on how to vary the sandtray scenes for therapeutic goals

## Day Three: Focus on working with Children in small Groups

- Challenges in group therapy with children
- What are the do and don't
- Experiential Warm-up
- The creative approaches in processing group dynamics
- Setting objectives and meeting goals
- Work in pairs than larger group discussion
- Case presentation

## Day 4: Trauma Work with Children & children with challenging behaviour

- Some facts about trauma work with children
- Application of creative arts in trauma: experiencing, representations, description, key words, essence summaries, deepening, focus to amplification, cycles of inquiry
- Case presentation of "Jack" – a dramatic enactment
- Challenging behaviours in children - Work with an example
- Small groups discussion and Large group sharing

*The above are subjected to changes due to unforeseen circumstances*

\* Time: 9 am to 5 pm \* Venue: To be confirmed

Fee \$1,195.00 per pax

Volunteer Welfare Organisation eligible for VCF funding - 60% pre-approved \$478.00 per pax

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