



Working with Adolescents and Youth in Groups

An Experiential and Creative Arts Therapy Approach 6 - 9 November 2012

Objectives

- How to adapt MIECAT (Melbourne Institute of Experiential and Creative Arts Therapy) Creative Arts Therapy procedures for the use of adolescent groups.
- How to respond intersubjectively using Music, Art movement, poetry Sculpture and Drama.
- Ways of companionship young people using MIECAT procedures including case examples.
- For workers to reflect on their own practice using MIECAT procedures.

About Your Trainer

Edwina Entwisle is a Creative Arts Practitioner and Community Artist for the past ten years. She has worked with many groups including Young Refugees, Young Homeless women, Young people experiencing disadvantage in Public Housing, Youth at Risk and young unemployed people. Her work with these groups explored issues pertinent and emerging from each group using drama, visual arts, video, script writing, yoga, sculpture and performance. She has won several Australia day awards for her work. Edwina also works privately, one to one, as a creative arts therapist.

Course Outline

Day One

Focus on understanding the individual within the group and MIECAT methodology.

- Explores creation of a group
- Establishing group values, boundaries and norms
- How to develop group cohesion using arts making and exploration
- Introducing experiential arts practise methodology
- Experiencing and practical application of MIECAT procedures
- Develop skills in experience focused rather than problem focus in counselling & benefits of this approach when working with young people
- Demonstration of arts based work with youth (video)

Day Two

Focus on exploring the cues and ways in which our embodied knowing can inform the way in which we experience the world and the application of this awareness to the adolescent experience and implications for the facilitator

- Exploring and working with Embodied Knowing
- Using creative arts procedures coming to knowing of themes the body holds
- Application of Embodied Knowing to practise in the field
- Working with emergent knowing in application to client/therapist relationship

Day Three

Focus on the importance of the present moment in counselling and learning to apply this principal to working with groups

- Importance of Present Moment in counselling: Exploring Stern and demonstration of Stern Interview
- Practical experiencing of Stern Interview
- Exploration of Group facilitation as companionship a group using principals of Stern & MIECAT practise

Day Four

Focus on development of understanding of Creative Arts Methodology & bringing together the key understandings and applications of creative arts practise and adolescent group experience

- Experiencing, representing, reduction, amplification of the adolescent using music
- Exploration of difficult emotions and value clashes using the arts
- Creative Synthesis of work covered during course
- Intersubjective responding and its application

INFO

- * Time: 9 am to 5 pm
- * Date: 6 - 9 Nov 2012
- * Venue: To be confirmed

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FEE

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