

Creativity In Counselling

Using the Arts and Imagination to Deepen Emotional Expression & Make Meaningful Change



Anna-Michele Hantler
Emotional Education Through The Arts

*If someone is sad
and a teacher
doesn't help them
the child will be
sad for as long as
they think of it*



Do your clients struggle to find the words to speak about their innermost feelings?

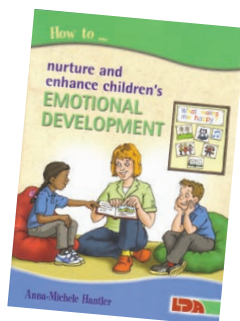
Would it help if you could facilitate change through potent and insightful use of imagery and enactment?

This two-day course is designed to help you provide a rich, meaningful process through the playful use of creative media. While the course is primarily focused on working with children and adolescents many of the ideas can be applied to an adult client base.

A copy of Anna-Michele's inspiring and engaging book 'How to Nurture and Enhance Children's Emotional Development' is included in the course fee.

A 'hands on approach' on this course will introduce you too:

- Jungian Sandplay and use of miniatures
- Art and Clay Imagery
- Puppetry and Mask
- Movement and Music
- Children's Literature and Prose
- Drama and Fantasy
- Humanistic Theory including the work of Sunderland, Hughes, Jenner, Transactional Analysis, Gestalt, Bowlby & attachment theory.



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“The arts are not outpourings of emotion but disciplined forms of enquiry”

Improve your practice by attending this course and topping up your creative tool kit drawing on Anna-Michele’s twelve years experience of therapeutic practice plus extensive emotional and behavioural support working with children and young people. Throughout the course, Anna-Michele will share her favourite interventions from the world of Integrative Arts Psychotherapy.

Having worked, studied and being supervised by some of the top international practitioners in the field of humanistic therapy, Anna-Michele uses her creative talents to encapsulate effective and powerful techniques that support clients troubled by trauma and neglect.

This course will enable participants to know how to:

- Utilise the arts as pathways to emotional expression
- Understand the latest research on the brain chemistry of rage, separation, joy and how imagery hardwires the brain
- Engage in a playful relationship to build rapport and empathy
- Start the therapeutic dialogue with play and storytelling
- Reveal internal images of place and self
- Dialogue the inner voice with puppetry and mask
- Choose art mediums appropriate to the emotional material
- Make meaning from metaphor and symbolism
- Open, facilitate and close a session with the arts
- Manage a mobile Play & Art Therapy Kit



This course is ideal for adults who provide counselling and therapy to children and young people in a variety of settings. Many of the strategies can also be used with adults for a more creative approach to the therapeutic process. The two-day course includes case presentation of work with children, Child Therapy Theory, facilitation practice and self-reflection.

This course is currently in process of accreditation through Edgehill University.

For further information, to book a place or enquire about a course near you, please contact:

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Durham, 28th & 29th April 2010

Crook Hall Gardens, Sidegate

DH1 5SZ

Cost: £185

Includes: Tuition, training materials, copy of Anna-Michele’s book, lunch & cream tea.

Anna-Michele Hantler holds a wealth of qualifications and accreditations including: - Qualified Early Years Teacher, Emotional & Behavioural Teacher, Integrative Arts Psychotherapist (UKACP), Accredited Trainer for Jenny Mosley’s Quality Circle Time, Implementing and Researching Massage in Schools Programme & Protective Behaviour, Educational PSHE Consultant and LA Anti-Bullying Officer. Anna-Michele regularly works with the Centre for Child Mental Health, London, delivering courses on ‘Enabling Children To Speak About Their Feelings’ and ‘Emotional Literacy For Children.’ **In house training available on request.**