



INSTITUTE FOR

Sensorimotor
Art Therapy

& School for Initiatic Art Therapy

Certificate in Initiatic Art Therapy

Adelaide – South Australia

2019 - 2020

Chris Storm

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Course Outline

The Initiatic Art Therapy Training Program comprises a series of 8 weekends for a limited number of interested professionals and students over the period of two years. The aim of the courses is to enable its participants to integrate art therapy approaches into the existing framework of their current practice, be it as counsellor, social worker, teacher, nurse, artist or psychologist.....

The focus will be on the experience of ongoing group work with art therapy in an environment suitable for personal development. At the same time the approaches and techniques will be made transparent in order to make it possible to acquire profound techniques of working with visual arts in a therapeutic way. The altogether total of 144 group hours will include experiential workshops, seminars, co-counselling and supervision.

Sensorimotor Art Therapy

In recent years "sensorimotor" has emerged as a term to describe body focused Psychotherapies that use a bottom-up approach. Instead of a cognitive top-down strategy, sensorimotor art therapy encourages the awareness of innate motor impulses in the muscles and viscera, also as heart-rate and breath. The expression of these motor impulses followed by their perception through the senses, allows the development of new neurological pathways that can repair traumatic memories; such an approach is capable of restoring wholeness and wellbeing.

Both Guided Drawing and Work at the Clay Field are sensorimotor, body-focused, trauma-informed art therapy approaches. They are not necessarily concerned with an image-making process but support the awareness of body memories. While these memories are always biographical, the therapy itself is not symptom-oriented. Not the specific problem or crisis becomes the focal point, but the option to new answers and solutions as they are embedded in the body's felt sense. Such sensorimotor achievements are remembered in a similar way to learning how to swim or ride a bike. They are lasting achievements that can transform even early infant developmental set-backs; they assist in finding an active response to traumatic experiences. They allow us to rewrite our biography towards a more authentic, alive sense of self.

Certificate in Initiatic Art Therapy

The name 'Initiatic' is derived from the term 'initiation'. Initiatic Art Therapy has the potential to initiate a process that unfolds like an inner healing journey. Guided Drawing represents the key approach of Initiatic Art Therapy. It is a body-focused



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drawing approach providing an archetypal structure that applies the philosophy of Jungian Depth Psychology to universal, formal elements, like a line or a circle or a square. The aim, however, is not so much to teach one particular approach, but to understand art therapy as a visual principle, an open concept that can be translated into a wide range of different contexts. While a lot of the focus of the training program will be Guided Drawing, other art therapy approaches will also be taken into account. The aim is to teach a variety of different tools suitable for a variety of different client groups and inner needs.

Visual Tools

We will cover a range of different art making approaches:

- collage
- working with chalk crayons and oil pastels
- finger paints, water-colours and acrylics
- plasticine
- clay
- mask making

We will look at visual tools like magazine pictures, photographs, oracle cards, Angel Cards, toy figures.... How they can stimulate the inner process, and how they differ from or can be combined with the art making process.

Therapeutic Tools

In addition, participants will become familiar with counselling techniques based on:

- Jungian Depth Psychology
- Body-focused Trauma Therapy; Somatic Experiencing
- Narrative Therapy
- Process Oriented Therapy
- Sensorimotor Approaches to Psychotherapy
- Transpersonal Psychology
- Active Imagination
- Gestalt Therapy

And we will be exploring aspects of working from a context including:

- Myths and fairy tales
- Meditation

The weekends will be structured as a mixture of seminars and experiential workshops. Individual self-expression, awareness, personal and transpersonal growth will be emphasized.

Usually half of the day will be devoted to a three-hour workshop. These sessions are designed for personal growth. There will be an initial period of art making, followed



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by group sharing, receiving and giving feedback. These sessions can assist to clarify biographical themes and enhance inner depth, grounding, creativity and contact with the Self.

Art Therapy Training

Within this context we will then look increasingly at underlying structures and how these can be addressed with various art therapy approaches:

- Patterns of conflict and resolution,
- Emerging psycho-dynamic paradigms
- Processes of transformation and healing.

Hence the step from a subjective, individual experience to a more objective understanding can be taken.

Co-counseling and supervision will be part of the training. Co-counseling will enable participants to experience the structure of one-to-one sessions, group members working with each other or with the instructor. This also means that knowledge about the different dynamics of group work and individual sessions can be gained.

Group supervision for those who work with clients will be available. Seminars will include case histories and other references.

These sessions are designed to:

- Train the awareness of the senses
- Learn to listen
- Learn to see
- Acquire cognitive, emotional and intuitive understanding of the visual language
- Perceive visual images as conscious and unconscious acts of communication
- Gain a wide range of personal experience with the imagery and dynamics of archetypes
- Perceive others drawing and to understand their non-verbal messages
- Learn non-verbal intervention skills through
 - Use of varying art materials
 - Setting and timing of a process
 - Graphic means
- Perceive psycho-somatic patterns of communication
- Combine sensorimotor approaches with art psychotherapy
- Understand the relationship between body, mind and spirit.



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The eight weekends should equip participants with fundamental skills to work with art making processes in a therapeutic way.

Dates:

Participants are asked to commit to all eight sessions. The maximum group size will be 16. All sessions will run from: Friday 6.00pm-9pm, Saturday and Sunday 9.30am - 5.00pm.

The year 2019 dates are as follows:

Module 1:	19-21 July
Module 2:	20-22 September
Module 3:	29 November-1 December
Module 4:	2020

Together we will work out suitable dates for 2020.

Cost:

Total cost for the eight training sessions will be \$4800, to be paid via a \$600 deposit upon enrolment, three instalments of \$1200 and a final payment of \$600. A non-refundable deposit of \$600 is due on application. Should an applicant be not accepted the deposit will be returned in full. Course fee payments are due at the first, third, fifth and seventh weekend. The deposit will roll over and account as payment for the last module. Should someone be unable to attend one particular weekend, an effort will be made to find compensation on an individual basis to enable the person to catch up with the rest of the course material. In order to receive the training certificate at the end, the required hours must have been attended and paid in full. The cost covers tuition fees including all course and art materials. The deposit is non-refundable.

Venue:

The venue for this training is at 118a Glen Osmond Road, Parkside.

For Accommodation options: There are a range of hotel options available in Adelaide and Air B&B also offers a variety of accommodation options from budget to more luxurious, for those who would prefer to stay in town.

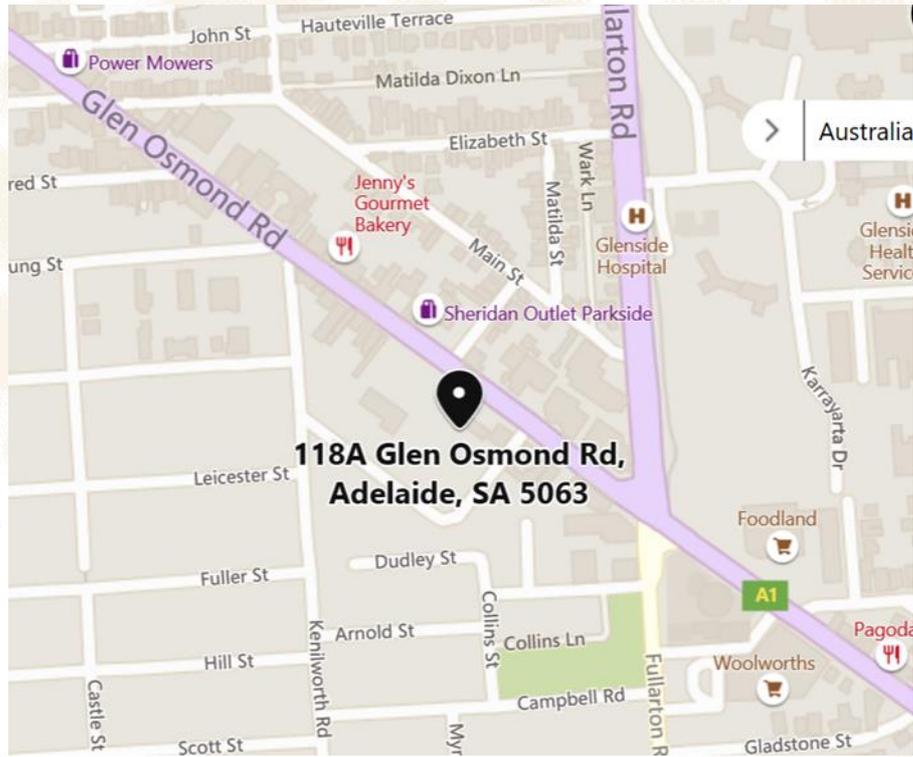
Participants are encouraged to bring some prepared food to share for a group lunch on Saturday and Sunday. Morning and afternoon tea is supplied.



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Introducing your trainer - Chris Storm



Chris has a Diploma VET, Bachelor of Arts, Graduate Diploma Experiential Learning and Development and a Master of Education. Her counselling and Arts Therapy studies include a Graduate Diploma Counselling, Diplomas in Sensorimotor Art Therapy & Work at the Clayfield®, and the Certificate Initiatic Art Therapy. In addition she is a Somatic Experiencing Practitioner, and has completed certified training in Child Centered Play Therapy and Sandplay Therapy. Chris has an extensive history of working in the field of family violence intervention and prevention.

She holds professional membership with ACA; College of Clinical Counsellors; ANZACATA. Chris has almost 40 years of experience in working in the community services sector in various roles including management, casework, service delivery, service development, education and coordination. She has a keen interest in supporting prevention and recovery from family violence and has been a Board member of No To Violence for over eight years. In addition she actively supports the development of Arts Therapy as a profession both through her past involvement in the ACATA committee and as an Arts Therapy Supervisor. She is the founder and principle practitioner of Storm Insight Art Therapy and Counselling practice in Geelong where she specialises in Clayfield Therapy in her work with children, families, and adults. Chris is proficient in various Arts Therapy techniques to support health and wellbeing and provides supervision for Community Services and Arts Therapy practitioners. Chris is pleased to be able to offer Initiatic Art Therapy training program in Tasmania, as designed by Cornelia Elbrecht and she is fully authorised by Cornelia Elbrecht to teach the Initiatic Art Therapy training program in the Northern Territory, Tasmania and South Australia.

Sensorimotor Art Therapy Related Publications:

- 2015 Elbrecht, Cornelia, Antcliff Liz; *Being in touch: Healing developmental and attachment trauma at the Clay Field*. Australian Childhood Foundation Journal. Cambridge University Press, Cambridge.
- 2015 Elbrecht, Cornelia. *The Clay Field and Developmental Trauma*. In: Malchiodi, Cathy Ed., *Creative Interventions with Traumatized Children*. Guilford Press, Pennsylvania.
- 2014 Elbrecht, Cornelia, Antcliff Liz; *Being Touched through touch: Trauma treatment through haptic perception at the Clay Field: A sensorimotor art therapy*. INSCAPE, International Journal of Art Therapy, 2014 <http://dx.doi.org/10.1080/1745482.2014.880932> Routledge.
- 2013 ANZJAT, the Australian New Zealand Journal of Arts Therapy Vol 8, No. 1, 2013, p.67 review of: *Trauma Healing at the Clay Field* by Maggie Wilson.



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- 2012 Elbrecht, Cornelia. *Trauma Healing at the Clay Field, a sensorimotor approach to art therapy*; Jessica Kingsley Publishers, London/Philadelphia.
- 2011 Elbrecht, Cornelia; Deuser, Heinz: *Work at the Clay Field*. Set of 7 DVDs.
- 2011 Elbrecht, Cornelia. *Die Wandlungsreise*. Der Prozess des Geführten Zeichnens, eine initiatische Kunsttherapie. Rütte: Johanna Nordländer Verlag.
- 2006 Elbrecht, Cornelia. *The Transformation Journey. The Process of Guided Drawing – An Initiatic Art Therapy*. Rütte: Johanna Nordländer Verlag.
- 1999 *Guided Drawing, Drawing as Meditation*, in *Golden Age* Issue 41, March – May 1999
- 1995 *Guided Drawing*, in *Australian National Art Therapy Association Newsletter* Vol VII Winter 1995

Diploma in Sensorimotor Art Therapy:

The Certificate in Initiatic Art Therapy is part of a Diploma in Sensorimotor Art Therapy, which takes four years to complete. Each certificate is valid as professional development. It is not necessary and advisable for every student to complete the 4 years.

Year 1 and 2: Certificate in Initiatic Art Therapy.

Completion of all 8 weekends enables participants to apply with AON Insurance for Professional Indemnity Cover as an Initiatic Art Therapist.

Year 3: Certificate in Clay Field Therapy.

Four training weekends. For those with a MA in Art Therapy, who have not done the 2-year Initiatic Art Therapy Training, an additional introductory weekend is necessary.

Year 4: Diploma in Sensorimotor Art Therapy.

Four training weekends of Clay Field Therapy as assistants, working under supervision; plus facilitating 60 individual clay field sessions, videoed and presented for supervision.



This certificate program is recognized professional development with Australian Counselling Association.



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Course Structure

Each unit represents one weekend of 18 group hours. The eight modules will not strictly focus on the course content lined out below, as the group's needs and special interests will also be taken into account.

1. FAMILY ART THERAPY: The Family of Origin

This weekend will focus on art therapy modalities that integrate well into the context of cognitive counseling approaches. They include simple, though profound techniques that are suitable for a variety of different client groups. We will cover:

- Art therapy as a non-verbal medium of communication
- Communication in groups with the assistance of art therapy
- Exploring one's identity through visual expression
- Visualizing the roles and dynamics of relationships within families and other groups
- Working with crayons and plasticine
- Collage as a means of "piecing myself together"
- Creating a 'Self Box'
- Beginning to create 'Soul Cards'

2. SYMBOLIC ASPECTS OF ART THERAPY: Part I: Animals, Plants and Landscapes

We will explore the symbolic language of dreams, visions, images and Active Imagination and learn how to communicate in a symbolic context with the inner world. Such approaches are particularly valuable whenever we find it too painful or too hard to name something that has happened:

- Ways how to inspire dreams, the imagination, a sense of an inner path and meaning
- Working with given objects to stimulate and evoke a symbolic story
- Aspects of Sand Play Therapy in combination with a multimedia art therapy approach

Workshops:

- Creating stories through narrating, writing, drawing, painting
- Working with sensory body perception and symbols
- Creating a totem, a sacred object of power



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Seminar:

- Symbolic meaning of animals, plants and landscapes in the Jungian and transpersonal context
- Gestalt therapy approach to dreams and images
- Intervention skills through the use of symbolic objects and images

- Sensory body focused perception and art therapy.

3. SYMBOLIC ASPECTS OF INITIATIC ART THERAPY:

Part II: The Transformation-Journey

The following weekends will emphasize a more process-oriented approach. In this first one we will concentrate on the archetype of the Hero Journey and the Twelve Phases of the Transformation-Journey. Emphasis will be put on how this journey translates into graphic symbols, and how the development of consciousness expresses itself as a visual process.

- Cutting and Pasting as 'male' activities
- Workshop: The Hero Quest
- Seminar: The Twelve Phases of the Transformation Journey; development of consciousness expressed in the language of Guided Drawing
- Workshop with Guided Drawing using crayons.
- Workshop: Co-counseling with Guided Drawing

4. SYMBOLIC ASPECTS OF INITIATIC ART THERAPY:

Part III: The Hero and the Great Mother

In the second part on Initiatic Art Therapy approaches we will explore the psycho dynamic principles of the male and female archetypes, how they are pictured and experienced in myths and fairy tales, and reflected in the body-mind. Particular emphasis will be put on how these shapes can be applied as non-verbal , sensorimotor intervention tools with clients; and how the Ego can be strengthened as the symbolic 'hero' to stand up to the Great Mother archetype of the collective unconscious.

- Workshop: Body-awareness, movement and Guided Drawing
- Seminar: Guided Drawing: The primary shapes with a male and a female connotation and their significance in the therapeutic process.
- Workshop: Guided Drawing using crayons and finger-paints.
- Co-counseling session with Guided Drawing



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5. NON SYMBOLIC ASPECTS OF INITIATIC ART THERAPY: The Structure

The application of art in the therapeutic process requires intricate knowledge of:

- Line quality
- Use of space
- Application of color
- Significance of rhythm
- Effects of different art materials
- Diagnostic categories
- Pathological indicators in art work
- Criteria of intervention
- Crisis intervention
- Transference, counter transference and scape goat transference
- Only sound knowledge of these criteria allows responsible intervention.
- Workshop with Guided Drawing using crayons and finger-paints.
- Co-counseling session with Guided Drawing

6. MASK MAKING and MANDALA DRAWING

Part I: Mask Making

The first day will focus on mask making as an expression of the inner face and the drama of the soul.

- Finding of an inner character
- Seminar: The Shadow
- Creating a mask
- Painting and decorating the mask
- Coming into play with the inner drama
- Coming into play with others in the group

Part II: Mandala Drawing

The following day will be devoted to Mandala Drawing as a focusing and healing exercise and as a means of crisis intervention.

- Various approaches to Mandalas
- Group-Mandala
- Partner Mandala
- Mandala-Meditations
- Creation of an Individual Mandala
- Seminar: Mari Mandala Assessment Scheme
- Seminar: Mandala as a tool for crisis intervention



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7. THE CLAY FIELD ®

Clay Field Therapy is a powerful tactile medium that can evoke, structure and transform the inner world and an individual's biography. It is a unique approach that is predominantly non-verbal and kinesthetic. This sensorimotor approach to art therapy is as unique as it is powerful. It is particularly useful in the context of working with children, with developmental setbacks and trauma

Workshop:

- Individual art therapy sessions at the clay field

Seminar:

- Understanding the structure and dynamics of the field
- Understanding the haptic language of the hands

8. THE CLAY FIELD ®

The second clay weekend will focus more on the understanding of the psychodynamic processes as they occur in the Clay Field and how these processes can be supported in therapeutic sessions.

- Working at the Clay Field with children
- Co-counseling sessions with the Clay Field
- Trauma Healing at the Clay Field
- Pathological indicators and their particular expression in the Clay Field
- Therapeutic dialog, intervention and crisis intervention with the Clay Field

Should you wish to enrol in the Initiatic Art Therapy Training Program I would like you to provide me with some information about your professional background.

Please fill in the questionnaire and return it, together with a \$600.00 deposit for a place in the upcoming training group.

I reserve the right not to accept an application for the training program, in which case the deposit will be refunded in full. Otherwise the deposit will account as payment for the last weekend.



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Cancellations:

- Must be made in writing (email accepted)
- The deposit is non-refundable.

I thank you in advance for your patience in filling out this form. It will give me a clearer picture about your experience with therapy in general and art therapy in particular, and about what you are looking for.

Please mail or email the questionnaire together with your \$600.00 deposit to:

Chris Storm
Institute for Sensorimotor Art Therapy
Storm Insight
PO Box 704, Belmont. Victoria. 3216
chris@sensorimotorarttherapy.com

I hope that the course can give you many useful insights into how you can incorporate the powerful medium of art therapy into your own practice.



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INITIATIC ART THERAPY TRAINING PROGRAM 2019/2020 Adelaide, South Australia Questionnaire

Name:

Date of Birth:

Address:

Postcode:

Email:

Telephone:

1. How much experience do you have with Art Therapy? Please state where, when and with whom you have experienced Art Therapy so far.

2. Have you undergone any kind of personal therapy? YES NO (Circle one)

When and how long:

Name of Therapist:

What kind of therapy:

3. What is your professional background and present occupation? This does not need to be a complete CV, but please include; whatever



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you think is relevant.

4. What is your motivation for this course?

5. What role does fine art play in your life?

6. Payment of your deposit is possible by:

- Cheque made out to Chris Storm
- Electronic Funds Transfer:

BSB 013523
ACC 351411063
ACC NAME: Garach Pty Ltd.

PLEASE REMEMBER TO ADD YOUR NAME