



INSTITUTE FOR
Sensorimotor
Art Therapy

& School for Initiatic Art Therapy

Certificate in Initiatic Art Therapy

Apollo Bay - Victoria
2024 - 2025

Cornelia Elbrecht

Art Therapist AThR, SEP; ANZACATA, IEATA



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Course Outline

The Initiatic Art Therapy Training Program comprises a series of six 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 counselor, 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 to make it possible to acquire profound techniques of working with visual arts in a therapeutic way. The altogether total of 108 group hours will include experiential workshops, seminars, co-counseling 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 like learning how to swim or ride a bike. They are lasting achievements that can transform even early infant developmental setbacks; 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 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



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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, watercolors, and acrylics
- plasticine
- 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, I will use counseling 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

also:

- 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 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.



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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.

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



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Cornelia Elbrecht BA. MA. (Art Ed), AThR, SEP, has more than 40 years of experience as an art therapist. She is also a Somatic Experiencing trauma therapist (SEP). She has studied at the School for Initiatic Art Therapy in Germany, also Jungian and Gestalt therapy, Bioenergetics and bodywork. She is founder and director of the Institute for Sensorimotor Art Therapy, School for Initiatic Art Therapy. She worked as founder, co-worker and trainer in 'Neuenzell', a centre for self-awareness and meditation in the Black Forest. She is also the founder and director of 'Claerwen Retreat' in Apollo Bay, Victoria. She has lectured in Art Therapy at RMIT, Melbourne. Cornelia is a registered professional member of ANZACATA, the Australian, New Zealand and Asia Art Therapy Association and IEATA, the International Expressive Arts Therapies Association. She is an accredited art

therapy supervisor. Cornelia gives courses and individual sessions internationally, throughout Australia and in private practice in Apollo Bay.

Publications:

- 2023 Elbrecht, Cornelia; *Healing Traumatized Children with Clay Field Therapy; sensorimotor embodiment of developmental milestones*. Online training <https://training.sensorimotorarttherapy.com>
- 2022 Elbrecht, Cornelia; *Bilateral Body Mapping with Guided Drawing*. In: Malchiodi, Cathy Ed., *Handbook of Expressive Arts Therapy*. Guilford Press, Pennsylvania.
- 2021 Elbrecht, Cornelia; *Healing Trauma in Children with Clay Field Therapy; how Sensorimotor Art Therapy Supports the Embodiment of Developmental Milestones*. North Atlantic Booked, Berkley, California.
- 2020 Elbrecht, Cornelia; *The Transformation Journey*. Online training: <https://training.sensorimotorarttherapy.com>
- 2020 Elbrecht, Cornelia; *Healing Artist' Block*. Online training: <https://training.sensorimotorarttherapy.com>
- 2019 Elbrecht, Cornelia; Prof Heinz Deuser; *Work at the Clay Field*. Three Masterclasses 2009, 2010, 2019. Online training: <https://training.sensorimotorarttherapy.com>



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- 2019 Elbrecht, Cornelia; Healing Trauma with Guided Drawing. Online training: <https://training.sensorimotorarttherapy.com>
- 2018 Elbrecht, Cornelia; *Healing Trauma with Guided Drawing: a sensorimotor approach to bilateral body mapping*. North Atlantic Books, Berkeley, California.
- 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.
- 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
- 1990 Das Geführte Zeichnen auf dem Hintergrund der Initiatischen Therapie, in: Die neuen Kreativitätstherapien, *Handbuch für Kunsttherapie*, Hrsg: Hilarion Petzold, Ilse Orth Guided Drawing on the background of Initiatic Therapie, in 'The new Creative Therapies, *Handbook for Art Therapy*, editor: Hilarion Petzold, Ilse Orth
- 1988 *Das Geführte Zeichnen* in: Integrative Therapie, Zeitschrift für Verfahren Humanistischer Psychologie und Pädagogik Guided Drawing, in: Integrative Therapy, Journal for Humanistic Psychology and Education



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Dates:

Participants are asked to commit to all six sessions. The maximum group size will be 16. All sessions will run from: Friday 8.00pm - Sunday 5.00pm.

The year 2024 dates are as follows:

Module 1:	15 – 17 March 2024
Module 2:	14 – 16 June 2024
Module 3:	13 - 15 September 2024
Module 4:	6 – 8 December 2024

Together we will work out suitable dates for 2025.

Cost:

Total cost for the eight training sessions will be \$3600 plus GST. A non-refundable deposit of \$660 is due on application. Should an applicant be not accepted the deposit will be returned in full. Course fee payments are due at the beginning of every weekend. The deposit will roll over and account as payment for the last module. Should someone be unable to attend one 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. 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:

Claerwen Retreat is situated in peaceful solitude, on top of the hill, overlooking the coastline along the Great Ocean Road and the Otway National Park. It encompasses the beauty of 240 acres of park, farm, bush, and fern gullies, plus a salt-water pool, spa and tennis court. The beach is 10 minutes away.

Apollo Bay is a 2 1/2 to 3 hour drive from Melbourne. Turn off the Great Ocean Road after the first 50 km sign approaching Apollo Bay. Claerwen Retreat is the last and only place on top of Tuxion Road.

Cost for accommodation for each weekend is additional. The suites and cottages where participants can stay have a 4 star rating and are self-catering. So, it is BYO food and cook together. There will be no extra charge for meals. Up to 5 participants can share a three-bedroom cottage.

Five types of accommodation are available. Cost per night:

- In the loft in the workshop area \$40
- Shared room in one of the cottages \$80
- Single room in one of the cottages \$120
- Single in a self-contained studio \$140
- Suite in the guesthouse, single \$180
- Suite in the guesthouse, double/twin, pp \$100

All linen and towels are supplied.



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Please let us know together with your application, which accommodation type you would prefer. Cancellations for accommodation within less than 7 days prior to the commencement of a weekend workshop will attract the full fee.

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 6 weekends enables participants to apply with AON Insurance for Professional Indemnity Cover as an Initiatic Art Therapist.

Year 3: Certificate in Clay Field Therapy Working with Adults. Four training weekends.

Year 3: Certificate in Clay Field Therapy Working with Children - online.

Year 4: Diploma in Sensorimotor Art Therapy. Four training weekends of Clay Field Therapy as group assistants, working under supervision; plus facilitating 60 individual clay field sessions, videoed and presented for supervision.

ANZACATA - This Sensorimotor Art Therapy program is recognized professional development with the Australian New Zealand and Asian Creative Arts Therapies Association and

ACA – the Australian Counselling Association recognizes the courses as professional development.





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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

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.



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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 cognitive art therapy 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

5. NON-SYMBOLIC ASPECTS OF INITIATIC ART THERAPY:

The Structure

The application of art as therapy requires intricate knowledge of a variety of concepts that are crucial for the therapeutic outcome. We will look at the Expressive Therapies Continuum. Themes will also include:

- Line quality
- Use of space
- Application of color



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- Significance of rhythm
- Effects of different art materials
- Diagnostic categories
- Bottom-up approach
- Expressive Therapies Continuum
- Trauma-informed practice
- 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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Should you wish to enroll 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 \$660.00 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.

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 the questionnaire together with your \$660.00 deposit to:

Cornelia Elbrecht
Claerwen Retreat
Institute for Sensorimotor Art Therapy
Tuxion Road
Apollo Bay 3233
Or
cornelia@sensorimotorarttherapy.com

I hope that the course can give you many useful insights into the powerful medium of art therapy.

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INITIATIC ART THERAPY
TRAINING PROGRAM 2024/25
Apollo Bay Questionnaire

Name:

Date of Birth:

Street Address:

Town - 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?
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 you think is relevant.



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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:
 - Online via my website
 - Electronic Funds Transfer: BSB733 600 ACC 516463
ACC name: Cornelia Elbrecht
Please add your name!

7. Self-contained Accommodation Preference.
Six types of accommodation are available. Cost per night:
Five types of accommodation are available. Cost per night:
 - In the loft in the workshop area \$40
 - Shared room in one of the cottages \$80
 - Single room in one of the cottages \$125
 - Single in a self-contained studio \$160
 - Suite in the guesthouse, single \$190
 - Suite in the guesthouse, double/twin, pp \$110

All linen and towels are supplied.