

Creative Journeying

A 4 Part Experiential Course

1. 7th to 9th Sep 2018
2. 19th to 21st Oct 2018
3. 25th to 27th Jan 2018
4. 8th to 10th Mar 2019

Weekends are Fri 10am to Sun 4.30pm

With 2 Taster Weekends £215pp
24th-25th Feb 2018, Sat & Sun
1st - 2nd June 2018, Fri & Sat
10am start, 4.30pm finish each weekend



During the course we will use
Art Therapeutically from a
Person Centred Perspective
www.biellatblackruthven.org.uk
Scottish charity No.SC 027462

The Course

There will be 4 three-day weekends –
12 days altogether and there is a
requirement to attend all of these
weekends.



Throughout the course we provide
exercises with art materials for individuals
and groups. You are encouraged to reflect
and journal about these experiences.

During the course you will develop skills
required to work with others by expressing
yourself through creating images and
working with your peer group to verbalise
this experience. Learning to accompany
others as they explore their own creative
expression is a strong focus.

*The course provides an introduction to
listening skills with the practical experience
of using the core conditions of Carl Rogers –
i.e. empathy, congruence and acceptance.*

The course is primarily about skills
development: listening to and sharing with
others in using art therapeutically. It is not
about personal therapy although there
may be therapeutic moments and

opportunities for self-development. The
facilitators are not available to provide
personal therapy and, if necessary, this
should be found outside the course.

**This course and the tasters are suitable for
individuals who are working in a
counselling, pastoral or care setting.**

Successful completion of the course will be
based on self-assessment, peer group
feedback and on-going tutor input plus a
1,500-word essay based on your learning
and experience of the course. 85%
attendance will be expected. The course
can count towards CPD time and
certificates of attendance will be presented
at the end of the course.



“The arts, as media of the imagination,
are disciplines which give form and
substance to our capacity to be who we are.
Each artistic medium embodies the
imagination in a concrete and specific way”
Stephen K Levine



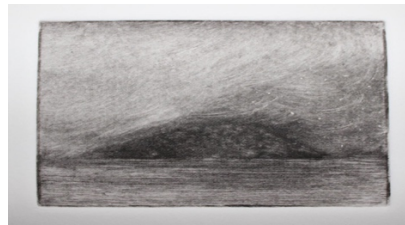
“The aim of art is not to represent the outward appearance of things but their inward significance.”
Aristotle 384 – 322 BC

There will be a broad range of art forms to choose from including image making, printing, textiles, movement, photography, journaling, painting, drawing, clay and collage.

The participants experience of the course will be enhanced by the rich, natural environment and generous resources of the Bield.

On making an application we will send you a questionnaire, which must be completed and returned to the tutors before acceptance on the course. This will include information on how you anticipate using the experience in your work/ministry and is designed to help us provide good support for the participants.

A reading list and an info sheet will be provided prior to the course starting.



Please be aware that the course may not be suitable for someone who has recently experienced trauma or significant loss in their lives.

Creative Journeying

4 Part Course in
Using Art Therapeutically

Early Bird Discount £1225
Must book by 31st May 2018
Deposit £125 + 4 blocks at £275

Please initially request an application form from Muriel

info@bieldatblackruthven.org.uk

or 01738 583 238

Full Cost £1345

Deposit £125 + 4 blocks at £305
(N.B. Course can be paid in instalments).

When you are accepted please send a non-refundable deposit of £125 to

The Bield at Blackruthven
Tibbermore. Perth PH11 1PY



See website for cancellation policy

www.bieldatblackruthven.org.uk

Card payments available – just call

The Facilitators

Melitta Bosworth is a PCT therapist BACP Reg.; an experienced Spiritual Director and has worked at the Bield for 10years. She enjoys many forms of creativity, loves silence, poems, exploring landscape and encouraging others in their journeys.

Sheila M. Hamilton is an integrative counsellor and a registered member of BACP. She has lived on the Isle of Skye for over 30 years and counsels at Sabhal Mòr Ostaig, UHI, the Gaelic College and in local schools where she encourages clients to express themselves in art and image making. She enjoys walking by the sea with her dog.

Fran Marquis PhD is a Chartered Psychologist who has been working with others and her own creativity in art and dreams for 30 years. The Capacitar Training has informed her Wellness classes and she now combines movement and mindfulness in her group work. She uses clay in her own art and teaches pottery in Arbroath.