



Hi and welcome to our Dec Art Therapy newsletter! This is the final newsletter of 2010 and includes Art Therapy on TV, creative thoughts, course dates for 2011 and Art-Café Corporate Workshops. This newsletter will be sent out once a quarter in 2011.

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### TV & CREATIVE THOUGHTS:

Art therapy was featured on 'YO-TV' last week, showing extracts of a teen/tween workshop creating a vision-board around the self: one's hopes and dreams for the future. The group and the personal interview focused on hope, inspiration and self expression through creativity.

As adults I question how accessible, distinguished and conscious is our sense of self, our identity and roles we play out in relationships? Some of the issues that teens are dealing with are around developing a sense of identity, belonging, wanting and needing to be seen, heard and valued. I have been thinking about the stages of life and development that teens go through and how they never really leave us for good, but revisit in different capacities. I often hear adult clients reflecting or acknowledging through art-making of having not felt seen and heard as both child and now as an adult. Behaviour is thus often an attempt at being accepted by people be it personal relationships, friends, colleagues, partners and family. The roles we play out as adults are re-enacted from experiences from past relationships as a child. Peeling off the layer what it often boils down to is lack of self love, little appreciation of self, little self respect and poor acceptance of oneself.

### How can Art Therapy and creativity help develop ones sense of identity, self expression and self love and respect?

Art Therapy is an opportunity to creatively 'free associate' whatever comes to mind and create images - which inevitably represent aspects of the self. Having then an opportunity to reflect and review these images - to explore them in the presence of a containing therapist helps to understand what its about, to expand on an clarify both meaning and potential. Having a 3-D image that is separate from the self is an opportunity to be able to re-look, revisit and to be reminded of that safe space in which it was created. Thereafter to allowing the visual to feed the self. To remind the self of your direction, purpose and potential. To be faced with the visually appealing known, the useful clarity and integration of having shared the experience, especially when in a sense of the unknown, to feed the sense of identity and belonging.

Becoming more and more of one's true self can be a life long journey, at difference stages of life it can re-appear perhaps in different capacities, colour and forms. Through the art materials you can let go of what doesn't fit anymore and re-create what does fit - in a non-judgemental, supportive and embracing manner.

Art therapy allows a space for the experiential reflection, and reintegration of sense of self on all different levels. We all need to feel heard, understood and valued... even as adults...!

Being the end of the year - my wish for you all is to allow yourself a creative time to be, to reflect, to allow both the known and the unknown feelings and experiences, in a way that respects the self, and thereby allows a sense of being, belonging and acceptance of the self. What about keeping a journal, writing down your thoughts, feelings, sketch, doodle whilst you on the phone, colour in a colouring book....

### PERSONAL INSIGHTS SHARED

**Course:** Art Therapy 5-Day Intensive Course Nov 2010  
**Participant:** Philippa Coleman (HOD Art, St Cyprian's School)

### What did you hope to achieve by attending the Art Therapy course?

I hoped to gain deeper insight into my student's artwork, the symbols they use and their individual processes. I was also very interested to find out 'how art therapy works' and whether or not it was something that I would like to pursue in terms of a career change.

### Were your needs and expectations met and if so, HOW?

I found that I leaned a lot about the practice of art therapy, it has already affected the manner in which I view my students work and has definitely given me the deeper understanding that I was looking for. I think my Visual Literacy skills got quite a brushing up! I had an amazing personal experience as well, the chance to review and work on my own deep seated issues through the practical experience of art therapy - this was something I wasn't expecting. The environment was unfailingly supporting and nurturing.

### How did you benefit from workshop and what did you learn or gain?

The chance to make art was stimulating and refreshing, as a teacher it was gratifying to gain new skills on how to understand visual language and in turn, how to understand individuals on a deeper level. I think I gained a new level of sensitivity in terms of evaluating artwork and will be able to use this increased sensitivity when teaching and relating to students.

### Are there any visible results from your experience that you can see or feel now or that has positively affected your life, work or relationships?

My work has definitely been positively affected; I came back with the energy to look past the obvious and to challenge my students to do the same. In my life, I feel greater confidence artistically and in my relationships greater insight and also more compassion towards myself! I would definitely do any other art therapy courses offered by Samantha, her amazing insight and clear - sightedness was a wonderful example to learn from. Thank you!



Members of the Nov 2010's Art Therapy 5-Day course in action!

### 2011 COURSE DATES

**NEW!!! Valentines Day: Watch this space!!!**  
**Wine and cheese cake creative extravaganza!!!**

**Art Therapy 5-Day Intensive Course**

**JOHANNESBURG**  
**Starts: Monday 21 Feb 2011**  
Every Monday for 5 consecutive weeks  
**Time:** 9am - 4.30 pm

**Art Therapy 5-Day Intensive Course**

**CAPE TOWN** (5 days in a row; excluding weekend)  
**Dates:** 6; 7; 8; 11; 12 April 2011  
**or**  
**Dates:** 22; 23; 24; 27; 28 June 2011  
**Time:** 9.30 am - 4.30 pm

**Art as Communication Course**  
(10 week course)

**JHB**  
**Starts:** Mon 16 May 2011  
Every Monday evening for 10 weeks  
**Time:** 6pm - 9pm

**Mandala workshop**

**JHB:**  
**\*May 2011 (Mothers Day Sunday)**  
**\*Tues 8 Aug 2011 (National Woman's Day)**

**Intro Eve**

**JHB: Wed 26 Jan 2010**  
**Time:** 6.00 pm - 8.30 pm

**Note:** Course dates correct as of 9 Dec 2010.

Bookings for a course will only be confirmed on receipt of a non-refundable deposit and is subject a minimum number of participants.

### ART-CAFÉ CORPORATE WORKSHOPS



**Building teams; Building YOU**

Albert Einstein said that "Creativity is intelligence having fun." He also said that "Imagination is more important than knowledge."

The aim of our creative teambuilding workshops is to use **art, creativity** and **imagination** dynamically in a manner that builds teams in a spontaneous and interactive process. Participation in the workshop is informal and fun, and guarantees to release stress, improve team motivation, communication and morale and thereby improve team productivity in the workplace.

For more info or booking email [info@art-cafe.co.za](mailto:info@art-cafe.co.za) or have a look at our website on:

[www.art-cafe.co.za](http://www.art-cafe.co.za)

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**That's it for now...**

*Enjoy the newsletter, start playing and have FUN experimenting with different symbols in art! I hope to see you at one of the Art Therapy courses soon!*

Samantha Davis

[www.arttherapy.co.za](http://www.arttherapy.co.za)

### FEEDBACK

Your Feedback is important to us! Remember to share your creative experiences with us on **Face Book!** Please also mention if there are any times that you would like to participate in an Art Therapy course that are not on the schedule.

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