



# ART IN PSYCHOTHERAPY

---

## A CICAPP Extension Program

**DATES:** Mondays, October 26, November 2, 9, 16, 23, 30, 2015

**SPEAKER:** Linda Chapman

**TIME:** 7:00 p.m. – 8:30 p.m.

**FEE:** \$150

**LOCATION:** University of Toronto, Room NF332

### ABOUT THE PROGRAM

Many therapists have art making available to clients, whether or not those therapists have specialized training in the use of art in therapy. This is true whether they're working with children, adolescents or adults.

This course will help you by:

- Exploring how, when and why art making feels safe, comforting or cathartic at times, yet overwhelming and threatening at others
- Discussing how shame, anxiety and trauma can come into the picture for your clients as they make art in sessions
- Looking at how different kinds of art material change what it is possible to do in the art
- Increasing your understanding about when to offer the use of art in sessions
- Discussing how much artistic experience you should have in order to help your clients
- Helping you to know what supplies you should have handy

Readings from analytic art therapy, discussion, experiential exercises, and exploring the connections between contemporary psychoanalytic theory and various aspects of artistic processes as they unfold in therapy will be the core of this course.

Differences between art therapy as a professional discipline and approach, and how to recognize the need to consult with a specialist when hitting certain kinds of “bumps” in the work will be open to discussion throughout.



## **ABOUT THE SPEAKER**

Linda Chapman is a psychotherapist and art therapist with over 30 years experience. In the mid-80's Linda commenced her clinical work in hospital and community mental health agencies, and in the late 80's adding a private practice to the mix.

The experience of working in a multiplicity of sizes and types of settings has connected Linda to people from many backgrounds with a diversity of problems and strengths. Linda's clinical experience both in psychotherapy and art therapy is a reflection of her deep and genuine interest in people.

Linda graduated in 1984 with a master's degree (M.C.A.T.) from Hahnemann University, Philadelphia, PA. In addition, Linda is a graduate of the Institute for the Advancement of Self Psychology's two-year psychoanalytic psychotherapy program; a registered Clinical Member of the Ontario Society of Psychotherapists and a Registered Art Therapist with the Canadian Art Therapy Association. In her private practice, Linda provides psychotherapy and art therapy. She also supervises and consults to psychotherapists and art therapists.

## **REGISTRATION**

---

Please complete the CICAPP Extension Program Registration Form and mail with payment by cheque or money order to the CICAPP Administration Office, 17 Saddletree Trail, Brampton, ON, L6X 4M5.

*Refund Policy: full refund less \$25 administration fee if written notice of withdrawal is received prior to October 19, 2015; no refunds after this date.*

### **For More Information Please Contact:**

[www.cicapp.ca](http://www.cicapp.ca)

|

416.690.5464

|

[info@cicapp.ca](mailto:info@cicapp.ca)