



Cognitive Behaviour Therapy (CBT) & Artistic Therapies

Based on Dr. Patricia Sherwood's Best-Selling book!

4th November 2019

**A must attend
for
CBT Practitioners!**

Workshop Overview

The objective of this workshop is to introduce CBT practitioners to the select range of artistic therapy exercises that are compatible with CBT practices. Incorporating Sand , Clay , Play, Colour, Dance and Drama therapies.

Learning Goals

- Provide clear theoretical rationale of how art therapy exercises relate to the core principles of CBT;
- Focus on diagnostic techniques/artistic interventions that can be evaluated both pre and post intervention;
- Observable methods of evaluating sequential art therapy sequences;
- Art therapy exercises that incorporate CBT characteristics of :
 - Tracking bodily sensations
 - Having precise behavioural change goals
 - Utilising reinforces
 - Repetition in establishing new social skills
 - Cognitive restructuring and reframing

Specific areas:

- Anger Management
- Grief and loss
- Speaking up for oneself
- Releasing guilt
- Anxiety and Depression
- Consolidating cognitive reframing and restructuring

WHO SHOULD ATTEND?

- ✓ **CBT therapists who apply CBT as their primary or part of their eclectic approach in their practice.**
- ✓ **Prior Knowledge of CBT is a requirement .**



Dr Sherwood is an experienced mental health clinician having worked for 25 years in the field as a clinician. She has lectured extensively in Universities, community and private training sectors in mental health and the artistic therapies. Initially trained in CBT therapy, she has created innovative artistic therapy sequences suitable for diagnosis, intervention and evaluation in the therapeutic encounter. Dr Sherwood has published widely in the field and her books include: *The Healing Art of clay therapy* (2004), *Emotional Literacy: the heart of classroom management* (2008) *Emotional Literacy for Adolescent mental Health* (2013) and *Holistic counselling: a new vision for mental health* (2006).

Training	Date & Time	Package Price
CBT & Artistic Therapies	4 th November 2019 (9:00am - 5:00pm) 	Normal Price: \$600 Early Bird Price: \$540 only ! *Price is inclusive of the book “CBT & Artistic Therapies” which is a compulsory read for participants attending the workshop. The book will be sent to participants prior to the training.

Venue: To be confirmed

Morning Tea & Lunch will be provided

We are keeping this class to a smaller number to enable learning. Trainings will be highly experiential and interactive.

Workshop can be considered for VCF funding as a non pre-approved course.

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