

This residential summer school is designed for people interested in creativity and wellbeing, and the therapeutic application of art with children and adults. Please note: The summer school will neither qualify persons as Art Therapists nor is it to be seen as personal therapy; rather it will provide an introduction and/ or extend ideas and skills.

The SUMMER SCHOOL BOOKING FORM is available to download on the NIGAT website - www.nigat.org

COSTS: *(this includes all sessions, materials, accommodation and food but not transportation)*

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| Full Summer School Residential Experience <i>(book by end June)</i> | £380 |
| Full Experience MEMBERS Rate | £360 |
| Full Summer School NON-Residential Rate | £260 |
| Full Summer School NON-Residential MEMBERS Rate | £240 |
| Early Bird Booking <i>(book by end May)</i> | £360 |
| MEMBERS Early Bird Rate | £340 |
| Student / Unemployed <i>(Full Summer School)</i> | £285 |
| Day Rate <i>(Friday / Saturday)</i> | £90 |
| Day Rate <i>(student / unemployed)</i> | £60 |
| Single Supplement <i>(for residential)</i> | £100 |

A non-refundable deposit of £60 (full summer school) or £20 (single day) is required to secure your place. Full payment is due by the end of June. Payment plans can be arranged. Cancellation refund policy – *(minus deposit)* up to end June (full refund); up to one week prior (50% refund); after one week prior (no refund).

There are 2 bursaries available to NIGAT members (of at least one year) at a cost of £180. Those who are interested in applying should send a letter of no more than 250 words stating the reasons that they feel they may qualify for this bursary and the benefits to NIGAT. These should be sent to nigatuk@gmail.com before **Friday May 15th, 2015**.

There are limited residential places. Bookings will be made on a first come basis. Accommodation is on a shared basis. Single supplements are very limited and have a £100 single supplement fee. For queries about booking contact Julia on +44 7745 850572 or Clare on +44 7870 119175.

NIGAT is administered by a Voluntary Committee and has no office but can be contacted by post at The Rita Simon NIGAT Reading Room, King House, 39 High Street, Holywood, BT18 9AB or by emailing: nigatuk@gmail.com.



INSIDE OUT/OUTSIDE IN

NIGAT 24th Annual
Art Therapy Summer School
4th – 7th August 2016
Corrymeela Centre, Ballycastle



PRESENTER BIOS

Patricia Fitzgerald

Dublin Mandala artist Patricia Fitzgerald studied Visual Education and Communication at Dun Laoghaire College of Art & Design and holds an honours degree in Philosophy and Sociology from UCD. She hosts workshops and retreats on the Mindful Art of the Mandala & Meditation and holds a professional certificate in the Therapeutic Use of Mindfulness.

Karen Huckvale

After 21 years working in inpatient, assertive outreach, outpatient and CAMHS settings Karen resigned from her NHS role in January 2015. Co-director of independent Arts & Health training provider Insider Art, Karen supervises a wide range of professionals and provides local authority and private art psychotherapy for adults and adolescents.

Suellen Semekoski

is a student of Zen meditation practices and is interested in mindful approaches to creativity and wellness. She works with veterans in community based work throughout the Chicagoland area and had been teaching at the School of the Art Institute of Chicago for over twenty years.

Leora Sotto

has lived in Israel for most of her life, working for the past 28 years as a professional Art Therapist. She has worked in schools, a health centre and private practice. For the past 12 years Leora has been a Lecturer in Art Therapy (Seminar Hakibuzim-Tel Aviv), as well as delivering other training and workshops.

Malcolm Learmonth

Malcolm served as an NHS Art Psychotherapist for 25 years, creating a broad practice that embraced arts and environments, community arts, political activism, writing and staff support. He continues to work through Insider Art, (a company created with Karen Huckvale in 2001, based in Exeter), as a therapist, supervisor, trainer and independent scholar.

Anthony Richards

Anthony Richards is an actor and teacher. He has made a living through live theatremaking for 32 years. He directs two companies: Common Players, a community theatre charity in Devon, and Dramatic Improvement, which uses performance and role-play to help people understand themselves more and be better communicators.

Philippa Brown

Originally from Northern Ireland Philippa is Programme Lead for the MA Art Therapy at the University of Hertfordshire. For over 20 years she has contributed to the development of art therapy across the UK and Europe. Previously she worked in adult mental health in the NHS and voluntary settings.

Pamela Whitaker

Pamela is an art therapist living rurally in County Louth. Her work explores art therapy as a form of public enactment within outdoor environments, local communities and healthcare settings. She works under the name Groundswell, www.groundswell.ie and writes about art therapy in a blog entitled Territories of Art Therapy.

PERFORMANCE

Saturday 6th August – 19.30

Ancient Mariner - Anthony Richards

Coleridge wrote *The Rime Of The Ancient Mariner* in 1798. A compelling telling of a Mariner's adventures to the other ends of the earth, and to the inside of his consciousness. He came back to the outside too.

Stepping back historically lends perspective to our times: Coleridge went through political radicalism, desperate depression and addiction, visionary genius and creative block... and in thinking about these things came very close to inventing psychotherapy. He has things to say, and many things were never put better than by him.

The premise for this experimental performance is that the work is autobiographical and Coleridge is as the Mariner when he says:

Since then, at an uncertain hour,
That agony returns:
And till my ghastly tale is told,
This heart within me burns.

The performance goes beyond the reciting of the poem and may be interactive, moving, humorous, and include an optional post event discussion.



PROGRAMME OUTLINE

Thursday 4th August

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|---------------|----------------------------------|
| 16.30 | <i>Arrival and Registration</i> |
| 18.00 | <i>Dinner</i> |
| 19.00 | <i>Welcome and Introductions</i> |
| 19.30 – 21.30 | <i>Opening Session</i> |

Friday 5th August

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|---------------|--|
| 7.30 | <i>Morning Movement (optional)</i> |
| 8.30 | <i>Breakfast</i> |
| 9.45 – 11.15 | <i>Presentation</i> |
| 11.15 | <i>Coffee</i> |
| 11.30 – 13.00 | <i>Presentation</i> |
| 13.00 | <i>Lunch</i> |
| 14.00 – 17.00 | <i>Workshops</i> |
| 18.00 | <i>Dinner</i> |
| 19.30 – 20.30 | <i>Personal art-making / Discussion (optional)</i> |
| 20.30 | <i>Free Time / Pub Trip (optional)</i> |

Saturday 6th August

| | |
|---------------|--|
| 7.30 | <i>Morning Movement (optional)</i> |
| 8.30 | <i>Breakfast</i> |
| 9.45 – 11.15 | <i>Presentation</i> |
| 11.15 | <i>Coffee</i> |
| 11.30 – 13.00 | <i>Presentation</i> |
| 13.00 | <i>Lunch</i> |
| 14.00 – 17.00 | <i>Workshops</i> |
| 18.00 | <i>Dinner</i> |
| 19.30 – 21.00 | <i>Performance</i> |
| 21.00 | <i>Free Time / Fireside singalong (optional)</i> |

Sunday 7th August

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|---------------|---------------------------------|
| 7.30 | Morning Movement (optional) |
| 8.30 | Breakfast |
| 9.00 – 9.30 | Clear out of rooms |
| 9.30 – 11.30 | Workshops |
| 11.30 | Coffee |
| 11.45 – 12.30 | Closing Ritual, Feedback, Close |
| 12.30 | Corrymeela worship (optional) |
| 13.00 | Lunch |
| 13.45 | Clear up |
| 14.30 | Depart |

PRESENTATIONS

Thursday 4th August - 19.30

Mandala: From Silent Centre to Universal Connection - *Patricia Fitzgerald*

Mandala is an ancient Sanskrit word meaning circle or container of spirit, yet it is far more than just a simple shape. It represents wholeness, the structure of life itself. Finding the silent space within us can be the most liberating experience. The art of Mandala is a journey into meeting with full force the reality of our aloneness. In doing so, there is an inexplicable transition to a sense of utter belonging and connectedness with the universal. Patricia will give a presentation on her own experience with the art of mandala. The group will then create a group mandala using materials from nature, bringing us together to experience our connection to self and to each other.

Friday 5th August - 09.45

Reflective Doodling: a way in and out - *Karen Huckvale*

Wherever we work engaging people, keeping the work appropriately paced and at the right level is complex. The therapeutic issues include managing ambivalence and anxiety about: starting; Art; 'overexposing' oneself; being overwhelmed; fearing change and loss. Arts based approaches provide transferable skills linked with developing emotional resilience by increasing our 'Window of Tolerance' (Siegel) for coping with disquiet, mixed thoughts, feelings and relationships.

This presentation shares one art therapist's ongoing work with using doodling as a 'secure base' (Bowlby) from which to safely explore, subtly extending ways of 'doing differently.' (Reynolds/Morita)

The presentation includes case work, images and doodling.

Friday 5th August – 11.30

When private becomes PUBLIC:

Postmodern narratives in the social sphere. - *Suellen Semekoski*

"Problems are problems, people are not problems" is foundational mantra of postmodern practices in art therapy. Access to open sourced information and the ability to share one's story can happen in a click. How do we stand with those

we work with in going public with their private stories? How and can the public help heal? Can our own civic engagement inform the transformation of work from the inside walls of private therapeutic space to the openness of public space? Examples of work from survivors, veterans groups, arts activists within the disability community and social arts practices will be offered.

Saturday 6th August – 09.45

Tensions and Harmony in Art making and Therapy - *Leora Sotto*

The planet is in constant motion, Inside Out and Outside In. The clouds, the wind, the sea, evolve in this complexity. The wave crashes on to the shore and then retracts into the sea. In a similar way mankind evolves, and so does the therapeutic process. Different forces act from within outwards and from without inwards on the client, on the therapist, and that which emanates from inside the room and from the outside world, all stirring up and quietening down the process.

I'll demonstrate this insideoutsidinside therapeutic theme through the work with different clients where different events, strategies and outcomes take place inside and beyond the therapeutic sessions.

Saturday 6th August – 11.30

Skin is the Inside of the Sky - *Malcolm Learmonth*

Life is absorbing and releasing. 'Inside' and 'Outside' are semi-permeable and interactive : food, air, water become blood, sweat, and tears.

'Diagnosing' distress risks over-defining 'inner'/'outer', over-simplifying causation, and excluding permeability and complexity.

Jung's dynamic 'Self, Persona, Ego and Collective' and 'Individuation' models anticipated modern Salutogenic and Resilience theories' emphasis on health/survival over pathology/damage factors. An ecology of many related 'healths': (economic, social, spiritual..) offers ways forward.

'Case studies' and artwork, (mine included) will elucidate ecological understandings of 'illness' in the context of the 'body politic'

Artists' and therapists' closeness to collective events risks experiencing them as personal burdens. I seek ways, alongside participants, to make that experience less costly, and more creative, comprehensible, meaningful and manageable.

WORKSHOPS

Closed Workshops (Fri – Sun)

Philippa Brown - Breaking the Frame

Our lives are framed by important attachments and relationships; globally by political, social and cultural events. Through art making this workshop will creatively explore the frame as a metaphor from the inside out and the outside in. We will initially engage with the frame as it surrounds a picture, directing our gaze inwards. As the significance of individual images unfolds we will consider the potential for participants to symbolically reframe, break or recreate their frame from the outside. The workshop offers time for group discussion and individual reflection on the art making process and emerging images.

Suellen Semekoski - Amour and Armour - Constructing a uniform of love, protection and identity for everyday wear

In this workshop participants will work with simple gender neutral patterns to construct and embellish both the outside and inside of a wearable light jacket. Participants are encouraged to bring personal items, talismans, objects, poems, yarn, text based work, stories, etc., to line our jackets as stealth protection to vulnerabilities of life. Reminiscent of military personal hiding silk maps inside uniforms to find their way, participants will map their current identity through sensory engagement. Experience with sewing, etc. is helpful but, by no means necessary.

Leora Sotto - From Within Out and from Without In - A Two and Three dimensional Mandala

A mandala is usually a two dimensional circular form with a centre point; a meditative spiritual creation originally from the East.

In this work shop participants will create an individual Mandala which will attempt to combine two art forms: its centre/inner circle will be an expressive sculptural focal point created in clay, stone etc. (3D), with a decorative outer circle created with paint, sand etc. (2D) holding and containing the inner image.

A creation of one Mandala, with two art forms creating harmony and an artistic balance between them.

The Mandalas can be huge or tiny, and participants are welcome to bring any materials or forms to incorporate in their creation.

ONE DAY WORKSHOPS

(for those attending for one day on Friday or Saturday)

Friday - Karen Huckvale

Reflective Doodling: a practical exploration of safe holding patterns

This workshop is a practical exploration of the themes introduced in the Reflective Doodling presentation. Together we will share responses to doodling in a variety of structures: flexible; ordered; repetitive; simple; complex and also explore 'hands-on' experiences of competitive and co-operative doodle games. Embellishing, colouring-in and complicating doodles will give opportunity to examine how our perceptions of simple doodling contrast with 'proper' Art.

These experiences will develop the perspectives made in the earlier presentation adding to the therapist's tool kit of helpfully easy to do options when working with the mental health implications of tolerating and managing anxiety and ambivalence.

Saturday - Pamela Whitaker

Edgelands, Threading Tales of Passage

Explore binding and stitching thoughts and impressions together while visiting a headland boundary between land and sea. Spend time in observation and in motion depicting lines of personal inquiry with thread and fabric. Collections of stitch markings, found materials, on-site writings, and nature finds will be wrapped into a narrative fabric bundle. The portable bundles will evoke ideas of departure and the significance of crafting and collecting memories.

The workshop will be situated at Torr Head a rugged headland overlooking the Mull of Kintyre, Fair Head and the Antrim coastline. The ruins of a signal station, once used to communicate the travels of transatlantic ships, is located here.