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Module 1: Welcome to the Art Therapy Training

# **Welcome!**

Welcome to your "Art Therapy Practitioner" training!

We are delighted that you have chosen to learn this exciting discipline which uses the arts to help people express and work through their emotions and feelings in a non-verbal way.

In this training, you will learn the techniques and methods used in art therapy to support people in their healing process. You will also discover the different types of art therapy and the positive effects of this discipline on mental and emotional problems.

Art therapy is a true therapy for the soul. It allows us to bring out the things we are unable to say in words, offering us a way to communicate what we feel when words are not enough.

For this reason, art therapy allows us to find healing through creative expression.

By connecting us to our creativity art therapy helps us find inner peace.

It gives us the opportunity to transcend our emotions and transform them into something beautiful and positive.

In art therapy, as with most subjects of study, your practical application is reinforced by theoretical considerations. Knowing the theory behind what you are doing allows you to create a language and conceptual frameworks in which the practice makes sense. This way, you will be able to work with greater ease and wisdom.

We are confident that this training will give you the skills and knowledge to become a highly competent and caring art therapy practitioner. We look forward to accompanying you on your learning journey as you grow as an art therapy practitioner.

We are here to support you and help you succeed, so if you have any questions or concerns, please do not hesitate to use the chat widget to contact us.

Welcome again to the training!

## The Objectives of This Training Course

1. Become a competent Art Therapy Practitioner.
2. Develop skills in art therapy, including techniques and methods used to support individuals in their healing process.
3. Acquire an in-depth knowledge of the different types of art therapy and the positive effects of this discipline on mental and emotional problems.
4. Learn how to create a safe and caring work environment for yourself and the people you support.
5. Develop communication and active listening skills to better understand the needs of the people you counsell and support.
6. Learn to use art as a tool for healing and emotional expression.
7. Gain knowledge of the various tools and resources available to art therapy practitioners, including books, articles and online resources.
8. Learn how to manage ongoing support and progress of the people you coach.
9. Learn to work collaboratively with other mental health professionals to provide integrated and comprehensive care for the people you serve.
10. Prepare for and pass the art therapy exam to obtain a recognized professional certification.
11. Find opportunities to work as an art therapy practitioner and develop an exciting and rewarding career in this field.

## The Promise of This Training

In this training, we promise you the following :

1. To provide you with quality training that will give you the skills and knowledge necessary to become a competent and caring art therapy practitioner.
2. Provide you with ongoing support throughout your training, including video tutorials, hands-on exercises and personalized feedback on your work.
3. Provide you with resources and tools to help you succeed in your art therapy training, including books, articles and online resources.
4. To accompany you throughout your career in art therapy, by offering regular updates on the latest trends and techniques in this field.
5. To provide you with a pleasant and safe training environment so that you can focus on your learning and growth as an art therapy practitioner.
6. To help you develop your self-confidence and creativity as an art therapy practitioner, so that you can successfully guide the people you work with.

## Learning is a Perpetual Journey

It is important to keep in mind that while we provide you with the path to success, it is up to you to walk it. While the skills and mindset you learn in this course will always serve you well, it takes effort to hone them. And you will always have to work to improve them and acquire new ones.

Art therapy is much more like a journey of self-discovery than a simple therapy. For the layman watching the master at work is like watching magic. You might feel like you could never do it yourself, but you could if you knew the trick and practiced executing it.

Much like magicians, successful art therapy practitioners put their learning to the test, experimenting extensively in order to truly hone their skills. One does not become an art therapy practitioner by simply taking a course. It takes a lot of practice. To help you in this we have designed a host of highly effective and practical exercises that you will find throughout your training.

Art therapy practitioners are not " special" people or geniuses, although some are . But they are simply well trained and completely immersed in the discipline. They all have the right mindsets, work ethic, dedication, passion and experience. They are constantly expanding their knowledge, practicing, and thinking through the framework of art therapy.

So always remember, art therapy is a lifelong journey, not a destination. And we are thrilled to have you on board!

# **Training Guide**

This training course is intended to be accessible to anyone interested in learning art therapy techniques. Each module contains highly informative, and detailed material.

Though the many studies and learning materials referred to in this training course constitute a complete practical art therapy training, we also encourage you to undertake any supplemental research at your own discretion.

## Material needed

In order to get the most out of this training, you will need the following:

* An appropriate and comfortable work space.
* Art supplies such as pencils, paints, brushes, etc.

If you are already passionate about art and have a creative personality , it is likely that you do not lack artistic tools at home.

If not, don't hesitate to get all of these tools.

## Course structure

This course is divided into 9 core modules, each with a distinct focus essential to the formation of a functional understanding and practical ability in art therapy.

Each module is available in both audio and text versions, allowing you to read as you listen.

Each module covers a specific goal broken down into a few key objectives. At the end of each objective , you will have the opportunity to reflect and consolidate your learning through a variety of exercises. In addition to the exercises, some modules also offer a set of resources to help you deepen your understanding and master the course material.

The exercises in each objective are essential to developing the practical skills and experience you need to succeed as an art therapy practitioner. It is recommended that you invest in these exercises as the best way to acquire the practical skills and abilities taught in the training.

## Evaluations

The quizzes at the end of each module are optional and will not count toward your final grade. However, they are highly recommended, as they will help you identify gaps in your understanding so that you can go back and review the material.

At the end of the course, there will be a multiple choice exam. You must score 80% or higher to pass. If your score is below 80%, you will have the option to retake the exam. Once you have passed the exam, you will be able to print your certificate online.

If you do not pass your final exam, you may retake it at any time without penalty.

# **Exercise: Test your listening and communication skills**

To be an excellent art therapy practitioner, it is essential to have strong listening and communication skills. As an art therapy practitioner, you support people in their healing and self-discovery, so it is crucial to be attuned to their needs and emotions. You must be able to put yourself in the shoes of the people you are working with and understand their point of view, while providing them with a safe and caring space to express themselves.

The following exercise will test your baseline listening and communication skills so you can assess your latent ability as an art therapy practitioner. At any time, you can retake the test to see if you have improved.

Knowing your listening and communication skills will give you an idea of how well you can understand and communicate with your clients.

You will find that if you practice the exercises in this training regularly, your listening and communication skills will improve over time.

When you take this test again and see that you have increased your listening and communication skills, you will have a new perspective on how much you have changed. You will be able to notice all the improvements that the art therapy techniques have made to your social life and all your social interactions.

1. I respond to emails and instant messages while I'm speaking to people on the phone to be more productive. -
2. I repeat points back during a conversation to clarify my understanding of what the other person is saying. +
3. When people speak to me about sensitive subjects, I make an effort to put them at ease. +
4. I feel uncomfortable with silence during conversations. -
5. As I listen, I compare the other person's viewpoint with my own. -
6. To get people to elaborate on their point, I ask open questions. +
7. When someone is speaking to me, I nod and say things like "OK" and "uh-huh" occasionally. +
8. I play "devil's advocate" to prompt responses from the other person. -
9. I catch myself when I'm asking leading questions to encourage the other person to agree with my viewpoint. -
10. I avoid interrupting people. +
11. When people speak to me, I stay completely still so that I don't distract them. +
12. I try to read the other person's body language as I listen. +
13. If the other person is struggling to explain something, I allow them to explain it. +
14. When I'm busy, I let others talk to me as long as they're quick. -
15. I like to offer my opinion when people bring up controversial or difficult topics. -
16. When people come to me with their problems I like to start by sharing what I think could be helpful solutions. -
17. I get really animated and agitated when I talk, but that’s only because I’m passionate. -
18. I don’t like spending too much time alone. +
19. It makes me uncomfortable when I see people interrupt each other. +
20. I don’t have any issues communicating my boundaries or understanding those of others. +

This test allows you to assess yourself and find out if you have strong listening and communication skills. If you answered yes to most of these questions, it means you probably have the skills to succeed in the field of art therapy or any other field where communication is important.