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Thank you for your interest.

I have been a Counsellor for seventeen years and a trained Art Therapist since 2011. My training was undertaken in the masters of mental health program at the University of Qld School of Medicine. The majority of my professional experience has been working with adults and young people on issues relating to: depression, anxiety, complex trauma and grief and loss.

In my art therapy practice, I draw from a wide range of creative and psychotherapeutic interventions to ensure that the art therapy and counselling is useful to each individual. As you may be aware, art therapy is generally focused on encouraging a creative process rather than completing a finished product and the interventions I use have been developed to facilitate this experience. As a therapist, I take a person-centred approach to establish a safe but gently challenging working relationship with the people who choose to see me. The following workshops have been designed to address a range of questions I have received from professionals over the past several years relating to Art therapy.

What is Art Therapy 1.5 hours

Outline: This workshop gives participants a brief historical overview of the development of Art Therapy in healthcare and its current status in allied healthcare in Australia. The workshop will also provide participants with a brief art therapy based activity to provide an experiential example of how image making and art practices are used in a therapeutic process. No previous art making or skill is required to take part. All art materials provided.

Who is this workshop for: this workshop is suited to all healthcare professionals, particularly those working in mental health. It may also be of interest to professionals working in education, community development and team development.

Cost: \$400 (maximum participants 12)

Client artwork in clinical practice- a workshop for professionals 3 hours

Outline: This workshop is designed for professionals who may have clients who bring artwork or journals to their sessions or who may draw in sessions. This workshop is not intended to provide creative arts therapy training, rather it has been developed out of an awareness that many mental health professionals do offer ‘art as therapy’ (different to art therapy) interventions with clients and are often seeking support and information about how to do this safely.

Questions that will be addressed in this workshop

- My client shows me their artworks- how do I use my client’s artwork to support my current therapeutic practice
- I offer drawing materials in my sessions- is this safe to do without training?
- I would like to use creative activities with the children I work with- what resources and guides can help with this?

Participants are encouraged to bring cases and questions with them and there will be time provided to discuss these.

The workshop will also provide participants with a brief art therapy based activity to provide an experiential example of how image making and art practices are used in a therapeutic process. No previous art making or skill is required to take part. All art materials provided.

Who is this workshop for: this workshop is specifically designed practitioners working in mental health

Cost: \$750 (maximum 12 participants)

Supervision Groups 1.5 hours

Outline: these groups use creative arts practices to facilitate a group clinical supervision process. The purpose of these groups is to offer an alternative perspective on complex cases and to explore the therapists relationship to their professional development. It may also be useful for small clinics and teams building.

Who is this for: these sessions are specifically designed for practitioners working in mental health teams and in small clinic settings. This workshop can be offered online.

Cost: \$400 (maximum 12 participants)