

# ART THERAPY INTERVENTIONS IN EDUCATIONAL SETTINGS

WEDNESDAY 12 JUNE 2019



*Cath Lappin*

Senior Art  
Therapist  
Connected Self



Learning 4 All

**ALL STAFF IN PRIMARY AND SECONDARY SCHOOLS INCLUDING LEADERSHIP, COORDINATORS, SPECIAL ED COORDINATORS, MAINSTREAM CLASSROOM TEACHERS, AND SUPPORT STAFF**

**TWILIGHT SESSION  
4PM – 6PM**

This workshop is intended for all school staff working with students or involved in supporting student welfare. The workshop will provide information about Art Therapy based interventions and how they are applied in school and other educational settings. The workshop aims to illustrate the benefits of Art Therapy and will incorporate a hands on reflective art process to sit alongside the information content. Case studies will also enhance understanding and illustrate outcomes.

Learning outcomes for this workshop include:

- Understanding the modality of Art Therapy as a valid form of therapy and why it is a useful tool for working therapeutically with children and young people; especially those with lived experience of trauma
- How Art Therapy supports children and young people to work through difficulties, to make sense of their worlds and learn strategies such as self regulation and interoception
- Knowledge about key aspects of Art Therapy and understanding of who would benefit from engaging in it
- Personal experience of an Art based reflective process to deepen understanding of how Art Therapy works
- Simple art based grounding/regulating strategies to take away

Certificates will be provided that include reference to the Teacher Standards that apply to this workshop:

- ✓ **Standard 3.5** Use effective classroom communication: Assist colleagues to select a wide range of verbal and non-verbal communication strategies to support students' understanding, engagement and achievement
- ✓ **Standard 4.1** Support student participation: Establish and implement inclusive and positive interactions to engage and support all students in classroom activities

## ABOUT THE PRESENTER

While working as a successful Community Arts worker over 18 years Cath noticed the unique power of art in engaging and supporting individuals and groups. This was the catalyst to undertake her Art Therapy training and she has since worked as an Art Therapist for the past 9 years across South Australia, including the APY lands. Cath is the Senior Art Therapist at Connected Self Wellbeing Services. Cath has worked within alternative education sites for young people disengaged from traditional learning and within mainstream schools including both primary and secondary schools. She has a passion for early intervention, for supporting healthy wellbeing cultures in schools and across education. In 2015 Cath co-created a Yoga and Art Therapy program for adolescents living with mental health challenges, and spoke of its outcomes at the 2015 Art Therapy Conference and at the 2017 Art Therapy Conference which explored trauma aware Art Therapy approaches. Under the supervision of Cath, Connected Self Art Therapy presented at the 2018 Australian Childhood Foundation- Childhood Trauma Conference and spoke about their successful Embedded Primary School model.

**DATE:** WEDNESDAY 12 JUNE 2019  
**TIME:** 4PM – 6.00PM  
**COST:** \$80 GST INC  
**VENUE:** THE HIGHWAY  
290 ANZAC HIGHWAY, PLYMPTON

**REGISTER:** [www.learning4all.com.au](http://www.learning4all.com.au)

*Tea and coffee on arrival, afternoon tea provided. Free onsite parking available.*

