

# CREATIVE PATH

## Personal & Professional Reflective Practice for Mental Health Professionals

These are challenging times for practitioners. Workloads have increased making it hard to find the time to be reflective. New face-to-face protocols are often frustrating and anxiety-producing. Remote working can mean reduced interpersonal cues, feelings of isolation and fatigue. All this may leave us feeling unsupported and struggling to maintain a healthy work life balance.

### Who is the course suitable for?

This Practitioner Space is aimed at Mental health practitioners. Clinical supervisors, art therapists, play therapists, counsellors, social workers, youth workers, SENCO's, teachers, mentors, and life coaches. (CPD hours – certificate of attendance awarded)

### What does this course cover?

This is a transformative experience where you will meet in small, closed groups.

In a series of twelve workshops, you will be led through guided self-reflection and creative exercises, to expand your self-awareness and creative capacity.

Through discussion and creative tasks, you will be invited to explore your creativity and facilitated to find what supports your development.

### When & Where?

Delivered Online via Zoom

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### Who will deliver the course?

Jan Hall and Delphine Spencer are experienced BAAT Art Psychotherapists and qualified supervisors with over 20 years' experience between them. They are both trained in therapeutic communication through seven art forms: Art, Drama/Puppetry, Sculpture/Clay, Poetry, Sandplay, Music and Bodywork/Movement.

### What do you get from the Course?

This 12-week course will enhance the emotional resilience and creative thinking necessary for Reflective Practice.

You will be introduced to creative techniques that will support you with your personal and professional development, within a community of trusted and supportive individuals, engaged in visual journaling as a form of self-exploration and transformation.

**The approaches and techniques used will enable you to experience profound ways of working with the arts.**

***You do not have to be good at art - just bring your curiosity and an open mind.***

Have to hand art materials of your choice and a journal and/or notebook.

### How much does the course cost?

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Reduced rates may be available for NHS/Volunteer/Honorary workers and workers within the Neurodiverse Community. Please contact for prices.

### What do practitioners say about the course?

“It’s difficult to put into words how wonderful and special this creative group experience has been. In the backdrop filled with laughter and moments of joy and connection. I look forward to it every time and leave feeling refreshed of such a difficult time in the world, this space has been not only containing and thought provoking but, listened to and inspired to continue my creative journey... “

Lesley, Psychotherapist