



# Institut CECE

马来西亚学前教育学院

# Art Therapy Workshop

## 1) ART THERAPY FOUNDATION (3-Day Training Block)

**Date: 12, 13 & 14 August 2013**

**GOALS:** To help participants to understand the basic knowledge and skill of art therapy.

**OBJECTIVES:** At the end of the training, the participants are able to:

- Understand the history of art therapy
- Understand the benefits of art therapy
- Understand the nature of art materials
- Understand the techniques of art therapy
- Describe the importance of the artwork

**RM700/pax**

## 2) ART THERAPY INTERMEDIATE (3-Day Training Block)

**Date: 22, 23 & 24 November 2013**

**GOALS:** To help participants to develop the skill on art therapy process.

**OBJECTIVES:** At the end of the training, the participants are able to:

- Describe theoretical art therapy framework
- Facilitate art therapy sessions
- Attain the observation skill
- Apply the art therapy techniques

**RM700/pax**

## Trainer



## Teoh Bee Tin

(Registered Art Therapist)

Bee Tin is a Registered Art Therapist from Australia and New Zealand Art Therapy Association. She is the founder of the Art Therapy Academy, Malaysia.

She is a qualified workplace trainer and assessor, teacher, registered counsellor and self-taught artist. She also holds additional certifications in Sound and Colours, Colour Therapy, Sand Tray, Movement Therapy

and Psychodrama therapy. As she foresees art therapy as an effective method of self-exploration and self-understanding, therefore she pursued her Master degree in Art Therapy in La Trobe University, Victoria, Australia. Art Therapy also functions well as a complementary tool or modality for conventional verbal therapy. She has been actively servicing in community services since she was in university, she has more than 20 years experiences as a school teacher and volunteer worker in the community services and more than 10 years working as a counsellor, supervisor and private practitioner.

## 3) ART THERAPY ADVANCE (3-Day Training Block)

**Date: 13, 14 & 15 December 2013**

**GOALS:** To help participants to understand the nature of art therapy.

**OBJECTIVES:** At the end of the training, the participants are able to:

- Appreciate the artwork
- Understand the role as an art therapy practitioner
- Understand the ethical concerns
- Understand the relationship between art, body and mind

**RM700/pax**



### Training Venue

Institut CECE  
Tingkat 1 & 2, Lot 9094, Jalan Malinja,  
Taman Bunga Raya, 53000 Kula Lumpur.

### Contact Person Ms Goh

Tel: 03-4142 6362 Fax: 034142 5402  
Email: [event@cece.edu.my](mailto:event@cece.edu.my)  
Website: [www.cece.edu.my](http://www.cece.edu.my)



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InstitutCECE.Malaysia](http://fb.com/InstitutCECE.Malaysia)

## What is Art Therapy

Art therapy is a form of expressive therapy that uses the creative process of making art to improve a person's physical, mental, and emotional well-being. The creative process involved in expressing one's self artistically can help people to resolve issues as well as develop and manage their behaviors and feelings, reduce stress, and improve self-esteem and awareness.

### What Art therapy can help:

- Express feelings that difficult to talk about
- Increase self esteem and confidence
- Developing healthy coping skills
- Identifying and coping with the problems

### Who will benefit from Art Therapy:

Art therapy is for people from all ages, children, adolescents and adults who are seeking personal growth or who may be struggling with experiences of:

- self understanding
- identity confusion
- trauma recovery
- separation and loss
- bereavement
- addictions
- learning disabilities & ADD
- emotional/ physical/ sexual abuse
- mental illness
- any other problems exploration

## Course Outline

### Art Therapy Foundation – 3 Days

#### Day 1

- History of Art Therapy
- Why Art Therapy?
- Case Studies
- Personal Exploration with Art Activities
- Experiential Activities and Sharing

#### Day 2

- Understand the Nature of Art Materials (colour pencil and felt pen)
- Case Studies
- Techniques of Art Therapy I
- Case Presentation
- Experiential Activities and Sharing

#### Day 3

- The Nature of Art Materials (crayon, soft pastel)
- Case Studies
- The Important of Artwork
- Case Presentation
- Experiential Activities and Sharing

Registration Time	8:30 am
Workshop Time	9:00 am to 5:00 pm

### Art Therapy Intermediate – 3 Days

#### Day 1

- Art Therapy Theoretical Framework (I)
- Case Studies
- Art Therapy Theoretical Framework (II)
- Family Exploration with Art Activities
- Experiential Activities and Sharing

#### Day 2

- How to Start Art Therapy Session?
- Demo
- The Nature of Art Materials (III) – Clay, Soft pastel
- Case Presentation
- Experiential Activities and Sharing

#### Day 3

- Art Therapy Process – Technique Application
- Demo
- Art Therapy Process – Termination
- Demo
- Experiential Activities and Sharing

Registration Time	8:30 am
Workshop Time	9:00 am to 5:00 pm

### Art Therapy Advanced – 3 days

#### Day 1

- How to Look at the Artwork?
- Demo
- The Qualities of Art Therapy Practitioner
- Discussion
- Emotional Expression through Art Activities

#### Day 2

- Art and Brain
- Assessment
- Experiential Activities
- Case Presentation
- Ethical Aspect of Art Therapy
- Experiential Activities and Sharing

#### Day 3

- Art Based Assessment
- Experiential Activities
- Case Presentation
- Ethical Aspect of Art Therapy
- Experiential Activities and Sharing

Registration Time	8:30 am
Workshop Time	9:00 am to 5:00 pm

For these 9 days program, all the participants will establish an understanding of:

- 1) The effectiveness of art therapy
- 2) Different art materials, different functions and different message
- 3) The depth of art therapy
- 4) Self care

## Art Therapy Programme

- Art Therapy Foundation (12, 13 & 14 August 2013)
- Art Therapy Intermediate (22, 23 & 24 November 2013)
- Art Therapy Advanced (13, 14 & 15 December 2013)

# Registration Form

**Closing Date: 2 August 2013**

Kindly register by fax/email/mail to Institut CECE

Name as in NRIC	(E)	NRIC
Mailing Address		
Tel (H)	H/P	E-mail
Meals <i>(Please tick ☑)</i> <input type="checkbox"/> Normal Chinese Food <input type="checkbox"/> Vegetarian <input type="checkbox"/> Halal		
Care Centre / Kindergarten Name		
Principal/Person-in-charge		H/P
Tel (O)	Fax	E-mail
Website		
Fee	<input type="checkbox"/> Art Therapy Foundation (12, 13 & 14 August 2013)	RM700.00
	<input type="checkbox"/> Art Therapy Intermediate (22, 23 & 24 November 2013)	RM700.00
	<input type="checkbox"/> Art Therapy Advanced (13, 14 & 15 December 2013)	RM700.00

### Workshop Rules and Regulation

- Placement is on first come first serve basis (with Payment).
- Fees paid are not refundable, but alternative participant can be accepted.
- The Institute reserves the right to change and amend the schedule.

### Payment Details

Attached herewith the payment to **INSTITUT CECE** in the following modes:

- Cash
- Cheque/Bank Draft No. \_\_\_\_\_ Bank: \_\_\_\_\_ Total Amount: \_\_\_\_\_
- Direct Bank-in to **INSTITUT CECE** account with Public Bank, **A/C # 3 1574 5722 3**.  
*Please attach the bank-in slip.*

I have read and agreed to abide the event rules and regulations.

Date:

\_\_\_\_\_ Signature of Participant

~ For CECE Office ~
Received by:
Receipt No.:
Date: