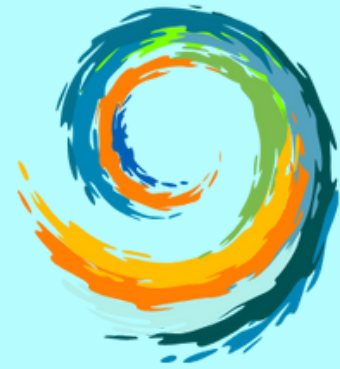


# COURSE BROCHURE 2023-25



APCCA

Association for Person  
Centred Creative Arts

PROFESSIONAL  
TRAINING AND  
DEVELOPMENT  
IN THE  
THERAPEUTIC  
USE OF  
CREATIVE ARTS

# OUR PHILOSOPHY

Art is a fascinating and powerful medium. Simply engaging in creative arts is shown to improve wellbeing, reduce stress, anxiety and depression.

But when creative arts are used therapeutically with a person who can work with creative and psychological processes, the art object as symbolisation of internal aspects and a non-directive, non-interpretive attitude – it becomes an incredibly powerful and yet gentle approach!

At APCCA, we bring a person-centred and pluralistic approach to creative arts to create an accessible therapeutic model. We believe that a non-directive and non-interpretive approach helps empower the individual, both therapeutically and educationally throughout our courses.

Working therapeutically with person-centred creative arts promotes a depth of engagement and healing that can't always be achieved with words alone.

**Ani de la Prida**  
APCCA Co-founder



**A range of amazing  
experiential courses  
designed to foster  
creativity and self-  
awareness, and to  
develop skills  
to work  
therapeutically with  
creative arts.**

# OUR COURSE DEVELOPMENT

We are very proud that our approach was originally developed by Liesl Silverstone in consultation with Carl Rogers in the 1980s. It is non-directive and non-interpretive, which creates an effective, powerful and deeply transformative therapeutic approach.

We have been teaching our approach for over 30 years, staying faithful to our core person-centred ethos in learning and practice.

But we have now developed our model with a person-centred and pluralistic perspective, to include new concepts and knowledge needed for contemporary practice.

A central part of our training remains a focus on experiential learning, developing key skills and the unique peer learning and assessment model developed by Liesl Silverstone.



Our courses are designed to help develop creativity and self-awareness, along with the understanding and skills needed to work therapeutically with creative arts.

Our approach can be used in a wide range of professional roles, including psychotherapy, counselling, art therapy, coaching, psychology, teaching, social work, fostering, youth work, art for wellbeing and more.

**"The only source of knowledge is experience."**

Albert Einstein

# COURSE PROGRESSION MAP

## INTRODUCTION

Level 1. 10 hours CPD  
Delivered as 3 online workshops or one full day in person

1

## CERTIFICATE

Level 2 . 80 hours CPD.  
Delivered online. Weekly evening class plus one full Saturday per month, and one weekend, over 14 weeks. Alternatively, delivered in person as full days.

2

## ADVANCED CERTIFICATE

Level 3. 50 hours CPD  
Delivered online as five separate full-day modules. Also, delivered in person as full days.  
An Advanced certificate will be awarded on successful completion of all five modules, **plus** the Certificate course.

3

## DIPLOMA

Level 4. 60 hours CPD  
Delivered in person over one week, plus online meetings and supervision.  
Students are required to be in professional practice and to have completed the Advanced Certificate.

4

A

B

C

D

E

## STAND-ALONE MODULES



# INTRODUCTION TO THERAPEUTIC USE OF PERSON CENTRED CREATIVE ARTS

## COURSE STRUCTURE

**Level 1. Consists of 10 hours CPD  
Delivered as 3 online workshops or  
one full day in person**

**Consists of 6 hours experiential, plus 4 hours  
home study.**

The course contains a combination of experiential work, theory, discussion, and creative arts practice.

Students will need to provide:

- A book to use as an art journal
- Art materials, ideally a set of basic paints, pastels, pencils and paper.

**FEE:**  
**ONLINE £120**  
**IN PERSON £130 (INCLUDES ART MATERIALS)**

This Introduction course introduces students to key concepts.

You will be able to explore and develop your creativity, self-awareness, and understanding of our approach.

You will learn about the therapeutic value of creative arts.

On this course, participants will be able to explore the importance of creativity and:

- Learn about the person-centred approach to creative arts
- Engage with creative arts practice
- Develop self-awareness
- Develop creativity and confidence
- Learn about the therapeutic value of creating art
- Learn about key skills

Students will receive feedback, but there is no formal assessment.

From here, students can progress to the Certificate course.

Places can be booked online.

**FOR COURSE TIMES, DATES  
AND VENUE INFORMATION  
PLEASE SEE WEBSITE**

# THERAPEUTIC USE OF PERSON CENTRED CREATIVE ARTS CERTIFICATE



This is an exciting course for anyone who wants to develop skills for working therapeutically with creative arts at practitioner level.

The course contains a combination of experiential work, theory, discussion, and creative arts practice. The level 2 certificate offers APCCA practitioner status.

## Content includes:

- Person-centred theory
- Art 'as' therapy and art 'in' therapy
- Creativity and wounding
- Working with unconscious processes
- Working with metaphor
- Personal development
- Skills practice and analysis
- Practice in a work setting
- Peer assessment and feedback

## Assessment is via portfolio

Application via interview. Students are recommended to have completed the Introduction course or equivalent.

## FEE:

**ONLINE £1075 (PLUS SUPERVISION)  
IN PERSON TBC**

## COURSE STRUCTURE

**Level 2. Consists of 80 hours CPD. Delivered online. Weekly evening class plus one full Saturday per month, and one weekend, over 14 weeks. Alternatively, delivered in person as full days.**

52 taught hours, 22 hours home study, plus 6 hours peer group session. Additional placement practice with clients required - number of practice hours is negotiable.

Students are required to provide a confidential space in which to engage in experiential work online during the course.

You will need to arrange practice in a work setting, and arrange appropriate insurance and supervision. If unsure, please call to discuss.

**FOR COURSE TIMES, DATES AND VENUE INFORMATION, PLEASE SEE WEBSITE**

**NEW**

# ADVANCED CERTIFICATE

An exciting modular course for those who want to progress their therapeutic creative arts practice to a more advanced level.

Our flexible modules can be taken individually as CPD, and can be taken in any order.

Students will receive a CPD certificate for each module, and APCCA Level 2 certificate holders who complete all five modules will be awarded a level 3 Advanced Certificate.

## COURSE STRUCTURE

**Level 3. Consists of 50 hours CPD Delivered online as five separate full-day modules. Also, delivered in person as full days.**

30 taught hours, 20 hours home study. Students will be required to provide a learning statement and engage in a peer feedback and assessment for learning process.

During the course, students are required to provide a confidential space in which to engage in experiential work online

### FEE:

**ONLINE £125 (PER MODULE)**

**IN PERSON £135 (INCLUDES ART MATERIALS)**



### Module A

Key concepts and contemporary theory  
Developing skills; working with the whole image, and stages of process.

### Module B

Art therapy origins and approaches, ethical practice & professional issues.

### Module C

Unconscious processes and symbolisation, working with trauma, the triangular relationship and relational depth.

### Module D

Creativity, creative wounding, harnessing imagination, using themes and guided visualisations, working with the whole process.

### Module E

Contemporary practice, understanding media, methods and digital context.

**FOR COURSE TIMES, DATES AND VENUE INFORMATION PLEASE SEE WEBSITE**



# THERAPEUTIC USE OF PERSON CENTRED CREATIVE ARTS DIPLOMA

An intensive, professional level course with five days of experiential learning in a small group setting. Broaden your practice with a variety of materials, develop an understanding of using creative methods with groups, and evidence a depth of analysis and reflection on your practice. Gain APCCA accredited practitioner status.

## COURSE STRUCTURE

**Level 4. Consisting of 60 hours CPD  
Delivered in person over one week,  
plus online meetings and supervision.**

36 taught hours, 20 hours home study, plus peer group practice, work setting practice hours and supervision. Students will be required to provide a learning statement and engage in a peer feedback and assessment for learning process.

During the course, students are required to provide a confidential space in which to engage in experiential work online during the course.

The Advanced Certificate at level 3 is a pre-requisite. The Level 4 Diploma will be awarded on successful completion of all portfolio requirements.

### **Content includes:**

- Skills practice and analysis
- Ethical practice
- Client work requirement\*
- Peer assessment and feedback
- Case study
- Portfolio submission
- Peer and tutor assessment

### **Course has peer and tutor assessment.**

Practice hours requirement to be negotiated within the group.

Application via interview.

This course is delivered in person only, with some online sessions.

### **FEE:**

**IN PERSON £750 (INCLUDES LUNCH,  
REFRESHMENTS AND MATERIALS )**

**FOR COURSE TIMES, DATES AND VENUE  
INFORMATION PLEASE SEE WEBSITE**





# FREQUENTLY ASKED QUESTIONS

## **Do I need to be creative or good at art?**

Art skills are NOT needed. You will learn about blocks to your creativity, and be introduced to some simple exercises to help you rediscover how creative you actually are!

## **I am not a counsellor - can I still train?**

Our courses are open to anyone with a suitable and relevant background. For example, counsellors, psychologists, coaches, teachers, social workers, foster carers, support workers, and others in similar settings who can integrate the therapeutic use of art in their role.

Our Advanced Certificate and Diploma courses are designed as progression courses and do require prior knowledge and experience. Please see course description for details.

## **What materials will I need.**


A range of basic art materials such as pens, paint, pencils, and an art journal or a digital art app.

## **Are there any other costs?**

Students on Certificate and Diploma courses must be able to arrange placement practice, their own supervision and insurance.

## **Can I pay in instalments?**

We are happy to discuss this at interview and can make arrangements on an individual basis.



THE ONLY PERSON WHO IS EDUCATED IS THE ONE WHO HAS  
LEARNED HOW TO LEARN AND CHANGE...

Carl Rogers

# FREQUENTLY ASKED QUESTIONS



## What digital skills do I need?

Students will need to be able to use email, Word and save images digitally. You will need to take screen shots, share images, screen share in Zoom and be able to engage in an online environment. We use an app called Discord which you are asked to join. Students are also encouraged to engage via the APCCA Facebook group.

## Are your courses certificated?

Yes, On completion of our Introduction course you will receive a certificate of attendance. Our Certificate, Advanced Certificate and Diploma courses are assessed. On completion of our level 2 certificate course, you will receive an APCCA certificate and be awarded APCCA Practitioner status.

## Will I be an art therapist?

No. Art therapist is a protected title and requires training at MA level.. Qualified counsellors can use the term creative arts counsellor, therapeutic arts counsellor or similar. Other titles such as creative arts coach, therapeutic arts facilitator and similar can be used depending on your role and qualifications.

## I am not person-centred. Can I still join?

Yes! Prior person-centred training isn't required, Our courses will help you develop skills and understanding to integrate creative methods into therapeutic practice with any modality, and in a variety of roles.

**"Art can sort of make you think about things in ways you haven't thought of before." Willow**

# TUTORS



**ANI DE LA PRIDA**



**GERALD WEBB**



**MARINA ANDERSON**



**KYRIAKI KENTIGKELENI**



**FLEUR FARISH -  
EDWARDS**



**CHARLOTTE FARISH-  
EDWARDS**



**YANA GOLOLOB**



**NATALIA FELBABA**



FIND A LITTLE MORE ABOUT OUR TUTORS [HERE](#)