



Certificate in Artistic Therapies

From Sophia College, Australia

Artistic Therapies are a form of psychotherapy that uses art media as its primary mode of communication. Modern Artistic Therapies encapsulate a vast number of modalities such as: Person-Centred, Cognitive, Behavior, Gestalt, Narrative, Adlerian and Family Systems.

Choose 4 out of the 5 modules:

- 1) Clay Work Therapy
- 2) Play Therapy
- 3) Colour Therapy
- 4) Sand Play Therapy
- 5) Drama & Movement Therapy

Who Should Attend?

Psychologists / Counsellors / Social Workers from Schools, Social Work settings, Hospitals and other helping professions.

Minimum Prerequisite

Diploma in Psychology, Counselling, Social Work or Special needs.

Principal Trainer & Course Consultant



Dr Patricia Sherwood

An Adjunct researcher at Notre Dame University in Australia. She has lectured for 30 years in Social Work, Psychology, Social Science, and Special Education in the tertiary education and currently supervises & examines PhD & Masters Students. .

Clay Work Therapy

2 day course

Clay is an Expressive Therapy that is a POWERFUL medium to work with clients' core issues



Use clay to identify, transform and communicate emotions and experiences. Learn to identify and transform anger, grief and loss, parental abandonment and rejection, family systems, blocked speaking and fear. A great medium for people who cannot express themselves with words. Structured to ensure clear diagnosis, intervention & evaluations for casework documentations.

Play Therapy

2 day course

Play Therapy uses play to encourage clients to express their feelings, experiences and cognitive reasoning. It is a non-judgmental approach that can be directive or non-directive.



Play therapy has been used to promote healing and positive change. It empowers clients to express themselves physically, verbally and with toys and puppets within a safe and protected environment. It has also been applied to the emotional, psychosocial, cognitive and behavioural development of children and adolescents.

Drama & Movement Therapy

2 day course

Drama Therapy uses Sound theatre techniques to facilitate personal growth and promote mental health in individuals and groups.

The use of theatrical interventions such as role-play, theatre games, group-dynamic games, mime and dance movement helps a client explore unhealthy personal patterns of behaviours, interpersonal interactions, solve a problem and achieve catharsis.

Innovative sound & gesture techniques for developing boundaries / self-esteem, speaking up, & prevent bullying .



Sand Play Therapy

2 day course

Sand play is a non directive, therapeutic modality that is suitable for children, adolescents and adults. It encourages exploration of client's inner world in a safe protected space and experience emotional healing.

Learn the non verbal language of sandplay, where each symbol represents a person and collectively portray a scenario

and is extremely useful for working with children, adolescents and clients who have experienced trauma and deep issues.



Colour/Art Therapy

2 day course

Colours/Art can describe a client's feelings and lead to the therapeutic processes of releasing and healing.

Learn the vocabulary of colour in the inner world of feeling that leads to insight into using colour to express and transform challenging feelings. Use art therapy techniques to identify and process blocked emotions including anger, grief and loss, fear, depression, and anxiety.



Certificate In Artistic Therapies

- Participants can choose 4 out of 5 modules to fulfill requirements of Certificate
- This Certificate is provided by Sophia College, Australia in conjunction with Relational Resources Singapore
- Only the successful completion of the 2 day programme for each module will lead to Certification
- Minimum attendance of 85% of each module is required, participants are expected to actively participate and show satisfactory understanding of the module
- A particular module will only continue if the minimum number of participants register
- Most participants are expected to complete this Programme within a 2 year time frame

About Us



Relational Resources, a part of the Restorative Group, specializes in Visual and Sensory resources that are widely used by counsellors, social workers, psychologists, and leaders. As part of our outreach, we organise Specialised Trainings that create an appreciation of a range of modalities and techniques that can enhance participants' professional practice.

Sophia College

Sophia College, Australia, aims to advance holistic knowledge which integrates the empirical and experiential in the disciplines of counselling, psychotherapy, psychology, social sciences and education. Certificate and diploma courses offered, provide a sustainable pathway to personal and professional development. Sophia College has degree pathways in place with two Australian universities — Edith Cowan University and Central Queensland University.

www.sophiacollege.com

Participant's Feedback

"The Graduate Certificate in Artistic Therapies helped me gain many new skills in the artistic therapies area. These competencies have greatly enhanced my clinical private practice. The valuable training ...has made me understand the importance of the art process in the healing journey for clients... as it focus on the healing and integrating of the whole human being.. The training is rich in wisdom and ... leads the way in artistic therapies.



Workshop can be considered for VCF funding as a non pre-approved course.



Contact Us

Relational Resources

60 Albert Street
OG Albert Complex, #16-06
Singapore 189969

Please call : (65) 63375153

Email: relationalresources@rpsingapore.org