

TSS 2021 Creative Psychotherapy programme

The programme is a guideline on the material delivered during the course. The course is delivered primarily in workshops requiring the student's active participation as this is a vital part of learning and understanding practices and principles of CP. Accordingly the programme will adapt to the uniqueness and needs of the group. Intrinsically the order and times can change to reflect that adaptation.

1st week

Day 1

9.15 -10.15 Workshop: Boundaries, what is the role of boundaries in CP.

Coffee break

10.45 – 11.45 Continuation of the workshop.

Lunch break

12.15- 2.15 Experiential: A creative psychotherapy group in the context of therapeutic and educational character.

Day 2

9.15 -10.15 workshop: Exploring Creative Psychotherapy, differences and similarities with Fine Art.

Coffee break

10.45 – 11.45 Continuation of the workshop.

Lunch break

12.15- 2.15 Experiential

Day 3

9.15 -10.15 Workshop: Image of the self, symbolism, archetypes and metaphors.

Coffee break

10.45 – 11.45 Continuation on the workshop

Lunch break

12.30 – 2.30: Experiential

Day 4

9.15 -10.15 Workshop: On Transference and Counter-transference.

Coffee break

10.45 – 11.45 Continuation on the workshop

Lunch break

12.15- 2.15 Experiential

Day 5

9.15 -10.15 Workshop: The difference between theory and practice.

Coffee break

10.45 – 11.45 Case study presentation

Lunch break

12.15- 2.15 Experiential

2nd week

Day 6

9.15 -10.15 Workshop: Internalised universe and links with reality. Creativity, the window to the internal.

Coffee break

10.45 – 11.45 Continuation on the workshop.

Lunch break

12.15- 2.15 Experiential

Day 7

9.15 -10.15 Workshop: Theory and principles in creative psychotherapy. Looking on meaning in key terminology.

Coffee break

10.45 – 11.45 Continuation on the workshop

Lunch break

12.15- 2.15 Experiential

Day 8

9.15 -10.15 Workshop: Transference and counter-transference part of self-reflection and understanding of the internal universe.

Coffee break

10.45 – 11.45 Continuation on the workshop.

Lunch break

12.15- 2.15 Experiential

Day 9

9.15 -10.15 Workshop: Defences and patterns visualised. The view of ourselves and the fluidity of this image.

Coffee break

10.45 – 11.45 Continuation on the workshop

Lunch break

12.15- 2.15 Experiential

Day 10

9.15 -10.15 Workshop: Defences, projection and projective identification. The image we want to see.

Coffee break

10.45 – 11.45 Continuation of the workshop

Lunch break

12.15- 2.15 Experiential