

# 4. International Summer School of Arts Therapies



Summer event for professional and personal growth



**August 5 - 8, 2010**  
**Latvia, Dundaga**

ARTS THERAPIES CENTRE of the  
INSTITUTE OF HEALTH

The 4<sup>th</sup> International Summer School of Arts Therapies offers on the practical work based self-discovery experience and new impulses for your work and life activities. Workshops during 2 or 4 days (16 or 32 academic hours) are organized. **No artistic skills preliminary knowledge required** – just openness and enthusiasm to discover something new! You are invited to gain understanding about different arts therapies specializations and enjoy the unique personal experience in the groups of high qualified arts therapists:

## LECTUERS:

- **PhD Caryl Sibbett** (UK/Northern Ireland – art therapy)  
August 5 - 6 „MIRRORS AND REFLECTIONS”  
August 7 - 8 „HEALING SPACES”
- **Jean Luc Leiritz** (UK – dramatherapy)  
August 7 - 8 „DISCOVERING THE INNER HERO”
- **Alice Pehk** (Estonia – music therapy)  
August 7 - 8 „DIALOGUES WITH THE SELF: IMPROVED SELF-AWARENESS THROUGH MUSIC AND CREATIVE EXPRESSIONS”
- **Sue Curtis** (UK – dance movement therapy)  
August 5 - 6 „FINDING MY BODY-FINDING ME”  
August 7 - 8 „LOST AND FOUND. FINDING MEANINGFUL RELATIONSHIPS IN WORK WITH CHILDREN WITH SEVERE AND COMPLEX SPECIAL NEEDS” (DMT students/ graduates)
- **Sabine Koch** (Germany/USA - dance movement therapy)  
August 5 - 6 “ADVANCED MOVEMENT STUDIES – KESTENBERG MOVEMENT PROFILE-II” (DMT students/ graduates)



Caryl Sibett



Jean-Luc Leiritz



Alice Pehk



Sue Curtis



Sabine Koch

## OFFER:

- group-work for 2 days 10-17 in one workshop with one hour lunch
- working language – English (with Latvian interpreter)
- maximum 20 participants in each group
- certificates are provided
- venue in a beautiful landscape in Dundaga – 150 km from Riga, near the *Baltic Sea* (excursions to *Kolka* and *Mazirbe* with a tour guide for a separate price of EUR 10 are offered)
- the summer school takes place in a palace – a historical place with atmosphere of legends;
- accommodations (hotel and boarding-school), about 6 EUR/ a day and meals – about 8 EUR/ a day for Your choice available

**PARTICIPATION FEE for ONE workshop (2 days)\***

**/PLEAS NOTE: You save by timely application/:**

**until June 15:** EUR 100, students/ lecturers: **EUR 90**

**until July 15:** EUR 120, students/ lecturers: EUR 110

**until July 31:** EUR 130, students/ lecturers: EUR 120

**in August:** EUR 160, students/ lecturers: EUR 150

**\* please note that participation fee doesn't include travel, accommodation and meals**

**VENUE:** Palace of Dundaga, near the Baltic Sea, 150 km from the capital of Latvia/ Riga. Comfortable transfer from Riga via public bus, also possible rent a car.



**APPLICATION:** to the e-mail: [info@arttherapy.lv](mailto:info@arttherapy.lv), by noting your name, shortly – professional and scientific background; status (student/ student of arts therapies/ lecturer etc.); contacts; choice of the workshops. Contact GSM: +371 29441983

**Prepayment EUR 40 is confirmation of your application!** The prepayment is not paid back if you cancel your participation. Payment for the rest of the sum – until 31<sup>st</sup> July or in Dundaga. We also offer invoices for companies and institutions, please mark by application and send all details.



**Accommodation and meals** are your choice and responsibility. At the venue of the summer school – a palace of Dundagas and hostel it is possible to get accommodation for a price of EUR 2-20 / per night (a mattress in a big room 1 LVL = ~EUR 2; a bed in a room of 4 – LVL 4 = ~EUR 6/ per night), a place for the tent – for free! **Payment for accommodation and meals in local lats, when you arrive.** *Please note that the amount of the places in palace are limited.*



Meals are offered in the guesthouse „Krūziņi”: 3x/ a day: (Ls 5 = ~EUR 8) or just lunch. If you have your accommodation in the palace, there are 2 kitchens available, so there is a possibility for cooking (breakfast and dinner), if you take the responsibility for buying the ingredients and take time for it. Please note your preference of the meals and accommodation by the sensing the application.



A comfortable bus transfer available at 17.30 from Riga. It come to Dundaga at 20.30.



**please do Your application for accommodation and meals timely!** E-mail: [baiba.duda@dundaga.lv](mailto:baiba.duda@dundaga.lv) or an GSM: +371 29478393, Mrs. Baiba Duda, the director of the palace of Dundaga.

## WORKSHOPS OF THE SUMMER SCHOOL:



### **PhD CARYL SIBBETT (UK/Northern Ireland)**

PhD Caryl Sibbett is an Art Psychotherapist and lecturer in the Centre for Psychotherapy, Belfast Health and Social Care Trust, where she is programme leader of the MSc Art Psychotherapy. She is also a lecturer in the School of Education, Queen's University Belfast, where she initiated and led the MSc Art Therapy and currently teaches at doctoral level on Arts-Based Research Approaches and researches into emotional health and wellbeing.

### **August 5 - 6**

#### **METAPHORS: MIRRORS AND REFLECTIONS**

This Workshop will offer opportunities to explore the metaphors of 'reflection' and 'mirror' and their relevance to art therapy. This will also explore a connecting theme of the metaphor of 'light',

'Mirror' can be a metaphor for seeing ourselves reflected in relationships.

'Reflections' can relate to mirrors and light, and also be a metaphor for reflection on ourselves and on our practice.

'Light' can be a metaphor for being: visible, enlightened, illuminated, radiant, reflecting. It can also be a metaphor for feeling: playful, unburdened, not heavy; the sun. We will also explore Light in relation to colour and symbols such as rainbows. 'Mirrors of light' can also include symbols such as the Moon, water and crystals/jewels.

"Art as therapy is a mirror" that the individual makes to find his/her "own self reflected" (Simon, 1992).

### **August 7 - 8**

#### **HEALING SPACES**

This Workshop will offer opportunities for exploring the importance of healing spaces – inner and outer spaces – in our life and work and in helping us to foster and maintain wellbeing. This may include exploring the significance of caring, creativity and good relationships with ourselves, with aspects of ourselves, with others, and with nature. Through creative art-making and play we may consider aspects relevant to healing spaces and wellbeing such as: our senses, nature / the environment, architecture, mazes/labyrinths, therapy rooms, balance, peace...



### **JEAN-LUC LEIRITZ (UK)**

Member of the British Drama Therapy Association, individual dramatherapy; group dramatherapy; individual clinical/personal supervision; group clinical/personal supervision; placement manager for dramatherapy students; drama facilitator; specialist literacy tutoring; speech and drama coaching; training and lecturing

### **August 7 - 8**

#### **DISCOVERING THE INNER HERO**

In this course participants will be introduced to some fundamental principles of Dramatherapy through a creative process using a variety of Dramatherapy methods.

The course will be theoretical and experiential journey.

There will be an exploration of the power of stories culminating in the "Discovery of the Inner Hero" demonstrating the therapeutic potentials of Dramatherapy.



### **ALICE PEHK (Estonia)**

Music therapist, PhD-program in Music Therapy, Hamburg University of Music and Theatre, Lecturer of Estonian Academy of Music and Theatre, Tallinn University, Tartu University Viljandi Culture Academy.

Clinical practice in psychodynamic music therapy. Creative trainings in personal/organizational development.

Estonian representative in European Music Therapy Confederation.

### **August 7 - 8**

## **DIALOGUES WITH THE SELF: IMPROVED SELF-AWARENESS THROUGH MUSIC AND CREATIVE EXPRESSIONS**

Several music therapy techniques will be used to explore the participants' inner world through music and other creative expressive tools; the participants will have opportunities to discover their hidden sides, to find use for their inner resources that have not been used since now. Working in a group gives a possibility for reflecting each others experiences and getting new viewpoints towards themselves.

The training gives several skills of using music and creative activities in self-regulation, e.g. in stress management. In addition a session of the most popular receptive music therapy method the Bonny Method of Guided Imagery and Music (BMGIM) will be demonstrated and the Structural Model of Music Analysis (SMMA). Metaphor will be considered as an important tool of understanding the dynamics of the therapy process.

The atmosphere of the work-shop will be informal, free and playful. Stress releasing, inspiring and energy giving effect of music and creative expression will be experienced.

Methods: Guided and unguided music trips, creative problem solving, improvisation, musical interaction; group and pair discussions and feedback, self-analysis, demonstrations.



### **SUE CURTIS (UK)**

Senior registered Dance Movement Psychotherapist specialising in working with children and young people, with emotional, physical and learning difficulties, in mainstream and special schools. Her work with children and young people has spanned more than 34 years and she has published about her work in mainstream schools. Her particular interests are in therapy with children who are in foster care, children who have suffered trauma and abuse as well as children with sensory impairment and complex needs. She is also now Programme Convener for the MA in Dance Movement Psychotherapy at Goldsmiths.

### **August 5 - 6**

## **FINDING MY BODY-FINDING ME**

The introductory workshop offers a broad introduction to the theory and practice of Dance Movement Psychotherapy. It is suitable for people who have some experience in fields relevant to Dance Movement therapy – such as social workers, occupational therapists, nurses, doctors and teachers – as well as those without such experience who want to learn about the field. There are experiential workshops that enable you to gain some understanding of the process of Dance Movement therapy, with lectures and presentations on specific aspects of the model. During the two days you will engage in discussion, role-play, creative expression and also a group experiential DMP session. No experience of dance practice is required – just a commitment to learn through movement and play, alongside others. You are advised to wear suitable clothing for moving in.

August 7 - 8

**LOST AND FOUND. FINDING MEANINGFUL RELATIONSHIPS IN WORK WITH CHILDREN WITH SEVERE AND COMPLEX SPECIAL NEEDS**

for DMT students/graduates

These main things which will be covered:

- what is our understanding and attitude towards children with learning difficulties
- the link between emotional growth and learning – how is this affected by specific learning difficulties
- feeling de-skilled or at a loss
- deepening relationships through use of non-verbal mediums
- thinking about counter-transference and bodily responses in the therapist



**SABINE KOCH (Germany/USA)**

PhD Sabine C. Koch, Psychologist, Dance/Movement Therapist, M.A., BC-DMT, is researcher and lecturer at the University of Heidelberg, Germany. Specialist in Kestenberg Movement Profiling, she teaches dance/movement therapy world wide. National Research Project on “Language of Movement and Dance”. Research interests include personality and social psychology, nonverbal communication, gender, health psychology phenomenology, movement analysis, and creative arts therapies.

August 5 - 6

**Advanced Movement Studies – Kestenberg Movement Profile II**

lecturer Sabine Koch, Germany/USA

for DMT students/graduates. (Please note that it is the 2. level)

In the Kestenberg Movement Profiling-II class we will treat the four remaining profiles: *pre-efforts* and *effort*, *shaping in directions* and *shaping in planes*. With these four perspectives will inspect the movement-meaning relations on the preconscious or the conscious level.

- **Pre-efforts** are related to learning styles and defence mechanisms of a person and are thus very important elements of clinical movement therapy.
- **Efforts** indicate qualities of movement that help the person in coping with the environment.
- **Shaping in directions** is relating to defending in relations and provide structure for learning.
- **Shaping in planes** refers to mature relations to others. Finally, we will apply our new knowledge to clinical cases and learn how to interpret an entire profile of parent child interaction.

Certificate to attendance will be provided.

**PAYMENT for participation in groups to:**

**SIA "Veselības institūts"**

Reg.Nr: 40003814264

Blaumana Street 32-8, Riga, LV-1010, Latvia

Account Nr: LV54UNLA0050007772877

SEB Bank, bank code UNLALV2X

**APPLICATION to the professional DMT workshops:** to the e-mail: [info@arttherapy.lv](mailto:info@arttherapy.lv), by noting your name, shortly – professional and scientific background; status (student/ student of arts therapies/ lecturer etc.); contacts; choice of the workshop. Here also information about the accommodation/meals. Contact GSM: +371 29441983 (Ieva)

**MORE INFO: [www.arttherapy.lv](http://www.arttherapy.lv)**