



**Canadian Association for Play Therapy (CAPT)
Presents
Certificate in Art Counselling**

**Betty Bedard Bidwell PhD, CPT-S, Registered Art
Therapist
Margot Sippel CPT-S, Registered Art Therapist**

**Dates to be announced for 2018
9:00 a.m. to 4:00 p.m.
2018 Location to be determined**

Overview:

Art therapy is used across a variety of ages and populations and has grown in popularity as we come to understand the impact of art on the brain. This is your chance to learn how art therapy works and why. You do not have to be an artist to use art in your counselling practice. It is effective with clients who have no background in art as well as those who do.

This program is not intended to certify you as an art therapist but will give you basic tools to enhance your psychotherapy and counselling sessions by offering a new avenue to assist your clients in expressing themselves. You will learn to do assessments, use art as a therapeutic journey, and will learn to develop your own art techniques that are appropriate for your individual clients or for groups.

Instructors:

Betty Bedard Bidwell and Margot Sippel are Play and Art Therapists and Registered Psychotherapists who have been using art therapy in a variety of settings for decades. Their teaching and facilitation style is down to earth and practical; however, they are intrigued and impressed with recent research into art therapy and the brain. They have presented workshops and training internationally and are respected instructors in the CAPT Play Therapy Training Program. They coauthored the first Canadian textbook on Art and Play Therapy.



Learning Objectives

- Become familiar with the therapeutic use of art
- Identify the role art plays in the healing process
- Become familiar with recent research on art and the brain
- Utilize basic techniques across a variety of client populations
- Become familiar with the links between art and play therapy
- Be able to identify themes in clients' art
- Identify red flags in clients' art
- Create individualized techniques for individual clients
- Create themes and treatment goals for client groups

Program Attendees:

Best suited for therapists, educators and counsellors working with children older than eight through to adults, numbers will be limited to facilitate development of specific techniques for your client group

Day 1

Background and definition

Brief history

Art and the brain

Basics of the process

Day 2

Art assessment and techniques

Art and the unconscious

Group art activities

Case presentations and techniques

Day 3

Roleplaying of mock sessions and analysis

Strategies for developing techniques for your clients

Biographies of the Instructors**Betty Bedard Bidwell PhD, CPT-S, Registered Art Therapist**

Betty Bedard Bidwell is a Registered Psychotherapist with the Ontario College of Psychotherapy, a registered Art & Play Therapist and Supervisor, and a Trauma and Loss Consultant Supervisor. She is the only dual American and Canadian registered Art and Play therapist with this level of credentials in Canada, holding an American Art Therapy Board Certification. Recently, Betty completed her Animal Assistant Therapy certification, supporting the therapeutic use of pets in her private practice. She has received a number of awards including TLC Supervisor of the Year Award and the 2001 Premier's Award. Betty was the co-founder as well as the coordinator/instructor at the University of Western Ontario in the Art and Play Therapy Program.

Betty has been the owner/operator of Betamarsh Incorporated, a residential and foster care agency, and a treatment foster parent herself for over 29 years.

Margot Sippel CPT-S, Registered Art Therapist

Margot Sippel is a Registered Psychotherapist with the Ontario College of Psychotherapy. She is a Certified Play Therapist and Supervisor with CAPT, as well as a Registered Art Therapist. During her 35 years of teaching and supervising in the School of Health Sciences and Human Services at Fanshawe College in London, Margot frequently organized and led field placements in Central America with inter-professional teams utilizing play and art therapy. Upon retiring, Margot became the first female Professor Emeritus at Fanshawe.

Margot maintains a private practice and presently is the Art Therapist on the Psychiatric Unit in Goderich.

For More Information on our Art Counselling Certificate Instructors/Objectives and To Register for this Workshop go to: www.cacpt.com and Click on the Workshops at the Bottom of the Home Page.

For further questions contact: Elizabeth Sharpe, Elizabeth@cacpt.com or Phone: 519 827 1506, ext. 1