



Institute for Sensorimotor Art Therapy

& School for Initiatic Art Therapy

Introduction Workshop
for Professional Development
in

Clay Field Therapy ®

Havelock North, New Zealand

East Coast North Island

12 - 17 January 2017

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The Clay Field is a flat rectangular wooden box that holds 10 – 15 kg of clay. A bowl of water is supplied. This simple setting offers a symbolic “world” for the hands to explore. There will be no artwork to be taken home. The hands enter the Clay Field and move in it; in their ability or inability to “handle” the material they tell the client's life story. The hands then can be encouraged to find ways to deal with situations and events, to complete actions that previously could not be coped with.

This unique art therapy approach is recognized in Germany, Switzerland, Austria and France as a discipline in its own right. Over 500 Clay Field Therapists are currently practicing in numerous institutions. It is part of the curriculum in schools for disabled and disadvantaged children; it is widely used in women's shelters, refugee centres and to facilitate trauma healing. It is a registered trademark. Only authorized therapists are eligible to practice and teach this method.

The workshop will look at the application of Clay Field Therapy

- Experientially
- Via videoed case histories
- Through understanding core aspects of its theoretical basis

The aim of the course is to enable its participants to integrate aspects of Clay Field Therapy into the existing framework of their current practice, be it as counselor, social worker, teacher, nurse, artist or psychologist.....

The focus will be on the experience of Work at the Clay Field in an environment suitable for personal development. At the same time the approaches and techniques will be made transparent in order to make it possible to acquire an understanding of working with the Clay Field in a therapeutic way.

Special emphasis will be given to:

- Haptic perception, the perception through touch as opposed to visual perception, which is the usual focus of art therapy
- Sensory-motor art therapy approach as a body-focused, often non-verbal therapy process
- Somatic Experiencing based on Peter Levine's trauma therapy as a gentle way to undo stressful memories held in the body-psyche.

Cornelia Elbrecht BA. MA. (Art Ed), AThR, SEP, has more than 40 years of experience as an art therapist. She is also a Somatic Experiencing trauma therapist (SEP). She has studied at the School for Initiatic Art Therapy in Germany, also Jungian and Gestalt therapy, Bioenergetics and bodywork. She is founder and director of the Institute for Sensorimotor Art Therapy, School for Initiatic Art Therapy. She worked as founder, co-worker and trainer in 'Neuenzell', a centre for self-awareness and meditation in the Black Forest. She is also the founder and director of 'Claerwen Retreat' in Apollo Bay, Victoria. She has lectured in Art Therapy at RMIT, Melbourne. Cornelia is a registered professional member of ANZATA, the Australian and New Zealand Art Therapy Association and ACATA, Australian Creative Arts Therapies Association and ILAAA International Life Alignment Association. Cornelia gives courses and individual sessions internationally, throughout Australia and in private practice

in Apollo Bay and Melbourne.

Liz Antcliff BA (Psych); MA (Couns); Dip Initiatic Art Therapy; SEP; ACA; ACATA; ANZATA Clinical Member ACA, Professional Member ACATA; Associate member ANZATA. Liz holds a Bachelor of Sc. (Psychology); MA Counselling and PG Diploma in Sensorimotor Art therapy; SEP. She is a somatic experiencing practitioner having completed training with Somatic Experiencing Training Institute (SETI). She has more than 30 years of experience in human services in the private and community health and social services sector. Liz is the Director of Heartspace Artspace & Counseling, a private sensorimotor art psychotherapy practice in Queensland Australia and teaches the Initiatic Art Therapy (Queensland) program. Liz has co-authored, with Cornelia Elbrecht, the article "Being touched through Touch. Trauma treatment through haptic perception at the Clay Field. A sensorimotor art therapy". Liz works with individuals, couples and groups with a broad range of concerns and holds a special interest in trauma related issues. Liz is available for supervision face to face and via skype as well as group supervision.

Publications:

Some of Cornelia's publications have been translated into over 20 languages worldwide.

- 2015 Elbrecht, Cornelia, Antcliff, Liz; *Being in Touch: Healing Developmental and Attachment Trauma at the Clay Field*. Children Australia, 40pp 209 – 220 doi; 10.1017/cha.2015.30. Volume 40 – Issue 03. Interpreting neuroscience, creating evidence – a collection of Australian based Trauma informed Research and Practice – Sept 15.
http://journals.cambridge.org/abstract_s1035077215000309
- 2015 Elbrecht, Cornelia. *The Clay Field and Developmental Trauma*. In: Malchiodi, Cathy Ed., *Creative Interventions with Traumatized Children*. Guilford Press, Pennsylvania.
- 2014 Elbrecht, Cornelia, Antcliff Liz; *Being Touched through touch: Trauma treatment through haptic perception at the Clay Field: A sensorimotor art therapy*. INSCAPE, International Journal of Art Therapy, 2014
<http://dx.doi.org/10.1080/1745482.2014.880932> Routledge.
- 2013 ANZJAT, the Australian New Zealand Journal of Arts Therapy Vol 8, No. 1, 2013, p.67 review of: *Trauma Healing at the Clay Field* by Maggie Wilson.
- 2012 Elbrecht, Cornelia. *Trauma Healing at the Clay Field, a sensorimotor approach to art therapy*; Jessica Kingsley Publishers, London/Philadelphia.
- 2011 Elbrecht, Cornelia; Deuser, Heinz: *Work at the Clay Field*. Set of 7 DVDs.
- 2011 Elbrecht, Cornelia. *Die Wandlungsreise. Der Prozess des Geführten Zeichnens, eine initiatische Kunsttherapie*. Rütte: Johanna Nordländer Verlag.
- 2006 Elbrecht, Cornelia. *The Transformation Journey. The Process of Guided Drawing – An Initiatic Art Therapy*. Rütte: Johanna Nordländer Verlag.
- 1999 *Guided Drawing, Drawing as Meditation*, in Golden Age Issue 41, March – May 1999
- 1995 *Guided Drawing*, in Australian National Art Therapy Association Newsletter Vol VII Winter 1995
- 1990 *Das Geführte Zeichnen auf dem Hintergrund der Initiatischen Therapie*, in: *Die neuen Kreativitätstherapien, Handbuch für Kunsttherapie*, Hrsg: Hilarion Petzold, Ilse Orth *Guided Drawing on the background of Initiatic Therapie*, in 'The new Creative Therapies, Handbook for Art Therapy, editor: Hilarion Petzold, Ilse Orth

- 1988 *Das Geführte Zeichnen* in: Integrative Therapie, Zeitschrift für Verfahren Humanistischer Psychologie und Pädagogik Guided Drawing, in: Integrative Therapy, Journal for Humanistic Psychology and Education

Course Outline

This Introduction into Clay Field Therapy is designed to share and communicate some of the core principles of this unique approach. It will also give participants a personal experience with the modality.

The aim of the courses is to enable its participants to integrate aspects of Clay Field Therapy into the existing framework of their current practice, be it as counselor, social worker, teacher, nurse, artist or psychologist.....

The focus will be on the experience of Work at the Clay Field in an environment suitable for personal development. At the same time the approaches and techniques will be made transparent in order to make it possible to acquire some techniques of working with the Clay Field in a therapeutic way. The 28 group hours will include individual sessions, videoed case histories and seminars.

If participants wish to continue their training to acquire a Certificate in Clay Field Therapy they may continue with a series of 4 modules of 3 days duration each. This advanced training will commence 2 days after this Introduction in Malta at the same venue

A requirement for the Certificate in Clay Field Therapy is:

- Completion of the Certificate in Initiatic Art Therapy or
- Completion of the introductory weekend such as this one (in combination of other mental health or art therapy qualifications).

Dates

12 – 17 January 2017

We commence at 9.30am on Thursday 12 January and finish at 5pm on Friday 17 January.

Venue:

Taruna College

The home of holistic adult education, Taruna offers both professional and personal development opportunities across Waldorf education, organic and biodynamic farming, holistic health and art, as well as various short courses.

Located on the slopes of Te Mata Peak in Hawkes Bay, it is a short 5min drive to the top of the peak lookout where you can see right across Havelock North, Hastings and over to Napier. It is a 5min drive/ 10min bike/ 20min walk to the Havelock North Village where there are a number of cafes, restaurants, retail stores, banks, and a supermarket. It is a short 10min drive to Hastings, 15mins to Haumoana beach, and a stone's throw from many of Hawkes Bay's best wineries.

Taruna also offers hostel accommodation on site. All are single rooms with shared kitchen, dining, lounge, laundry and bathrooms. The rooms are also already made up with bed linen. For all enquiries and bookings, please contact the Taruna office.

www.taruna.ac.nz

info@taruna.ac.nz

Cost:

The cost for the 5-day introduction course will be AU\$1200. 50% of this fee will be due on application. Should an applicant be not accepted, the otherwise non-refundable fee will be returned in full. The cost covers tuition fees including all course and art materials.

Course Structure:

The 5-day course will represent 40 group hours. The workshops will not strictly focus on the course content lined out below, as the group's needs and special interests will also be taken into account.

Clay Field Therapy is a powerful tactile medium that can profoundly evoke, structure and transform our life story. All our past experiences, especially those that involve touching and being touched are stored in the memory of our hands. In the contact with the clay we can retrace how we learnt to "grasp" the world. And, if necessary, the process enables us to rewrite the script of our relationship with the world.

Workshop:

- Individual art therapy sessions at the Clay Field
- Co-counselling sessions at the Clay Field

Seminar:

- Understanding the structure and dynamics of the field
- The Gestalt Circle
- Stages of Gestalt Formation
- Understanding the haptic language of the hands
- Pathological indicators and their particular expression in the Clay Field
- Therapeutic dialogue, intervention and crisis intervention with the Clay Field
- Aspects of Trauma Healing with the Clay Field

In order to "read" the hands of a client the therapist needs to understand certain movements and how they relate to particular developmental stages; stages that express a client's age-specific developmental needs and a process-specific pattern of action.

- The topography of the hands
- Proprioception
- Kinaesthetic messages of the hands
- The Skin Sense

- Sense of Balance
- Depth Sensibility
- Haptic Perception
- Haptic object relations
- The therapeutic dialogue with the hands

We will learn to identify the dynamics of the Gestalt Formation Process through:

- How fundamental experiencing progresses from diffuse motor impulses to sensory awareness and from there to fulfillment and cognitive integration.
- The structure of the Primary Gestalt and the Optimal Gestalt
- Afference and re-afference

We will also look at:

- Crisis/Integration
- Aspects of trauma healing, in particular Pendulation

**Introduction into
CLAY FIELD THERAPY WORKSHOP
Taruna NZ Questionnaire 12 – 17 January 2017**

Name:

Date of Birth:

Address:

Email:

Telephone:

What is your professional background and present occupation? This does not need to be a complete CV, but please include; whatever you think is relevant.

What is your motivation for this course?

Payment is possible by:

Credit Card: Name – Card Number – Date - Signature

Electronic Funds Transfer:

BSB733 600

ACC 516463

IBAN:

WPACAU2S

ACC name: Cornelia Elbrecht

Please add your name!

And please make sure that bank fees and currency variations are your responsibility.



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