

CHART A COURSE

Alternative to a verbal approach

Course Master of art therapy.

When it comes to the mind, there's more than one way to promote healing.

"Art therapy is a form of psychotherapy that prioritises the expressive and exploratory processes of art-making within the context of a therapeutic relationship," says the course co-ordinator from the University of Western Sydney, Dr Sheridan Linnell. "It offers a viable alternative to, or enhances, verbal psychotherapy and counselling."

While art materials and activities play a strong role in the process, their purpose is to help participants explore or express feelings, ideas or beliefs. "It suits people who might be disadvantaged or confronted by a solely verbal approach," Linnell says. Graduates are eligible for registration with the Australian and New Zealand Association of Art Therapy.

Duration Two years full time, or part-time equivalent.

Time About six contact hours a week (full time), as well as 750 hours of field placement in second year.

Where University of Western Sydney's Art Therapy Cottage (Penrith).

When Entry semester one (applications due between October and January).

Link uws.edu.au.

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