

COURSE TITLE	ART THERAPY, THE CREATIVE PROCESS AND THE UNCONSCIOUS
COURSE CODE	EC2501082
TUTOR	MATTEO MERLA
START DATE	23/09/2025
DAY & TIME	TUESDAYS, 6.00 - 9.00PM
LEVEL	ALL LEVELS
LOCATION	BANKSIDE CAMPUS

DAILY BREAKDOWN

Date	Topics/ Skills covered
23 September 2025	<p>Art as therapy and Therapy with Art</p> <p>This lecture explores how the idea of “art as a healing tool” has been central in humanity and it became a powerful source of information and “change”. There will be an overview into influences of Art History and Psychoanalysis on Art Psychotherapy. The lecture will support participants to understand what we mean when we use the term “Art Psychotherapy” and how this special therapeutic intervention is understood in clinical settings.</p> <p>The experiential part will be the start of a creative journey with an introduction to art materials and art making in how it may support emotional expression and wellbeing. We will also begin to introduce and explore important concepts and ideas used in Art Psychotherapy such as “unconscious communication”, “metaphors” and “symbols” which will be a central part of the experiential workshops.</p>
30 September 2025	<p>The Power of Images</p> <p>This lecture explores in more details the role of images and creativity in Art Psychotherapy. We will learn basic concepts on how we understand images made in sessions and how they can be a form of communication not just between client and therapist but, most importantly, between client’s internal and external experience, playing a central role in the therapeutic relationship. We will learn the different type of images made in Art Psychotherapy and how they can be understood within client’s context.</p> <p>In the experiential workshops we will began to explore links and associations between images and emotions, thoughts and phantasies. We will continue our journey exploring in more details the unconscious, non-verbal and playful aspect of Art Psychotherapy.</p>
7 October 2025	<p>Setting up Art Psychotherapy</p> <p>This session links with session 1 and explores in more detail the history of Art Psychotherapy and its development in the UK. Participants will learn how Psychoanalytic and psychodynamic theories and methods of working derived from psychoanalysis have been incorporated in many ways in today’s Art Psychotherapy practice. We will begin to explore how an Art Psychotherapy session is structured and delivered.</p> <p>During the experiential part of this week we will continue our journey through imagery and specifically we will explore symbols, metaphors and emerging themes during art making.</p>
14 October 2025	<p>Art Psychotherapy: Theory in practice 1</p> <p>This week the course will focus in more details on “Jungian Art Psychotherapy”- what is it and how it is practiced. The lecture aims to give a basic overview on Jungian theories and concepts used in Art Psychotherapy such as “Active Imagination”, “Personal and Collective Unconscious” and “Archetypes”.</p> <p>The creative workshop will include an exploration of Jungian Art psychotherapy with emphasis on group themes and dynamics.</p>
21 October 2025	<p>Art Psychotherapy: Theory in practice 2</p> <p>This week we will explore another main theoretical approach of Art Psychotherapy practice in the UK as described by the British Object Relations and Attachment theorists. We will explore links between Art Psychotherapy, human development and the importance of early childhood history alongside the importance of working with difference, prejudice and oppression.</p> <p>In the experiential workshop we will continue to strengthen the relationship with art-making and explore concepts such as “Holding”, “Container/Contained”, “Transference and Countertransference” in relation to the images made in Art Psychotherapy.</p>

28 October 2025	Art Psychotherapy: Theory in practice 2.1 This week we will explore another main theoretical approach of Art Psychotherapy practice in the UK as described by the British Object Relations and Attachment theorists. See Week 6
4 November 2025	Art Psychotherapy: Theory in practice 3 This lecture aims to integrate the Art Psychotherapy approaches learned so far with an ethical and safe practice according to "Health Care Professionals Council (HCPC)" standards and under the guidelines of the "British Associations of Art Therapists (BAAT)". This module will continue to link with Theory and Practice 1 and 2 and will extend your understanding of the social, cultural and political contexts of Art Psychotherapy both in theory and practice. The aim of the experiential workshop here is to deepen your relationship to the images, understanding of art therapy processes and continue to integrate your learning.
11 November 2025	Art Therapy without borders This lecture explores career paths and work opportunities as an Art Psychotherapist. We will overview the current available trainings in the UK and job prospectus in various setting such as NHS, Education, Community Services, Humanitarian Organisations and Corporations. We will also explore new emerging ways of working, especially as a response to the Covid19 pandemic with the emergence of a more integrative approach which includes new media such as technology and VR. The experiential workshop participants will be encouraged to use unconventional media to create an artefact based on their learning and creative experience so far. More information to follow.
18 November 2025	How to set up a service" and "Clinical Case Studies In our final lecture we will look into practical ways to set up an Art Psychotherapy service with specific client groups. The class will be a summation of the learning during the course and will be supported by clinical examples aiming to highlight concepts and theories of different approaches of art psychotherapy. The central theme of the final workshop will be "Endings" as an important process for Art Psychotherapy. We will have a chance to relate with this topic with arts materials and there will be time for final discussion.
25 November 2025	Ending in Art Psychotherapy The central theme of the final session will be "Ending" as an important Art psychotherapy stage. We will have a chance to relate with this topic using art materials and there will be time for final discussion.