

# Art Therapy Course Introduction



# Who Is This Course Intended For?

- Those people who have an interest in therapeutic art
- Those people who want to use art for the purpose of healing and rehabilitation
- Those who wish to use art for a means of expression
- Anyone wanting to use creativity to strengthen family bonds and enhance communication
- Those people who want to explore different facets of their personality



# Course Objectives

- To use art for self expression
- You'll be able to explore the many facets of your personality
- To create art without judgement
- To use art and creativity for the purpose of self healing



# Course Goals

- To use a range of materials and techniques to create personal art
- To unleash your creative side
- Explore art for the purpose of communication
- Explore art for the purpose of therapeutic gain



# Meet Your Instructor

LIBBY SEERY - Founder of Renaissance Life Therapies

Ad.Dip.Psych, Ad.Dip.CBT, Dip.Couns, Dip.NLP, Dip.Psych.Coach

Online Counselling and Psychotherapy: Specialist in the Therapeutic Use of Technology  
(BACP Endorsed)

<http://www.renaissancelifetherapies.com/portfolio-item/libby-seery/>

I am a Psychotherapist, Counsellor, and Therapeutic Life Coach.

I run a very successful practice in Harley Street, London which is recognised the world over as a centre of medical excellence.



I am a highly trained specialist with a wealth of experience, working with people from all walks of life; including referrals from charities I'm involved in, to very high profile clients from all over the world.

I am also the founder of Renaissance Life Therapies Training Academy, offering a number of courses in counselling, CBT and life coaching.

As well as my client work, I have had a number of works published and have appeared on TV and radio.

I also write and lecture in my subject, as well as training other doctors and counsellors in specialist areas of counsellors.

