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## USING THE CREATIVE ARTS IN A WORK SETTING

The creative arts can be used with children, young people and adults alike, to help them develop a deeper understanding of themselves and come to terms with their experiences and difficulties. The creative arts can provide an individual with a means to communicate their thoughts and feelings in a profound and personal way. They do not wholly rely upon verbal modalities and, therefore, can be of particular benefit to those who find it difficult to talk openly about their inner world.

This two-day workshop is designed for professionals who are interested in using the creative arts and imagination in their work. It will be of benefit to professionals from a variety of settings, e.g., social services, voluntary sector, health, police, probation and youth offending teams.

This highly experiential workshop will draw from a variety of creative arts and therapeutic approaches. It will provide a safe space to experiment with the creative arts and discover how the attendees might utilise what they learn with the individuals and groups with which they work. The workshop material and exercises will draw from the following:

- Arts and crafts
- Story and myth
- Drama
- Guided imagery
- Dance and movement
- Sand play
- Puppets
- Masks

The two days will consist of tutor input, individual work, plus small and large group exercises, which will encourage and facilitate a rich learning experience in a safe and supportive environment. It will also be fun!