

Sienna Academy

*For Therapeutic Art and Artistic Painting
according to the method of Liane Collot d'Herbois*

Therapeutic Art Training

Course Information

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Spiritual Foundations of the Therapeutic Art Training

The course has as its spiritual foundation the work of three main pioneers:

Rudolf Steiner (1861-1925)

Rudolf Steiner was a highly developed seer, who spoke out of his direct perception of the spiritual world. He initiated a modern and universal 'science of the spirit,' which he presented to the world in numerous books and lectures. He provided suggestions for the renewal of many different activities, including education, agriculture, medicine, economics, architecture, science, philosophy, religion, and the arts. He also gave insights into the spiritual nature of the human being, the evolution of the world and humanity, and methods of personal development.

Anthroposophy is the word that Rudolf Steiner used to describe the spiritual insights that he shared with people during his lifetime. It means 'wisdom relating to mankind'.

Johann W. V. Goethe (1749-1832)

Goethe was a 19th century scientist and renowned author. He produced a theory of colour that was based on years of personal observation. He used prisms, lenses, and various vessels to demonstrate how and under what conditions colour could arise. All this was carefully documented under various headings: physical colours; physiological colours; general characteristics and effect of colour with reference to moral associations; etc.

When Rudolf Steiner was a young man, he was invited to Weimer in Germany to work in the Goethe archive, in order to edit part of his scientific works. Of particular interest to Steiner was Goethe's observation that colours arise between the meeting of light and darkness. Steiner took this further in his own spiritual research. His work on colour inspired many different artists to develop new approaches to painting.

Liane Collot d'Herbois (1907-1999)

Liane was born in Tintagel in England; a sacred place where sea spray and sunlight continually intermingle at the cliff's edge. Her senses were nurtured in a special way in those early years, fostering her ability to perceive the spiritual nature of colour. Liane was already a fully trained artist when she came into contact with Rudolf Steiner's ideas on light, darkness and colour. As a result of this she changed her whole approach to painting and the rest of her life was selflessly given over to serving the 'Being' of colour'. She had a strong interest in the healing aspect of colour developing this through her work in a home for children with special needs. Her unique ability to look at a child's paintings and understand the nature of the illness and the necessary healing path was recognised by Dr Ita Wegman (1876-1943) who had worked closely with Rudolf Steiner. Liane was invited to work in her clinic in Arlesheim, Switzerland, where she could deepen her insights.

"Traditionally the rainbow and the rainbow-colours have always played an important part in anthroposophical Therapeutic Art. But one must remember that the rainbow always comes into manifestation between the light and the darkness: There is a dome of lightness on the inside of every rainbow and darkness on its outside, the darkness of the clouds against which it appears. The rainbow is a beautiful image of the human being: Its seven colours can be looked upon as the purified human soul, the light and darkness on either side of it stand for the spiritual creative polarity that calls it into being. In the human being the polarity can be found in the light of consciousness and the darkness of the living organism in which creative and destructive processes are continuously at work". (Liane Collot d'Herbois, Light, Darkness and Colour in Therapeutic Art, p46)

The light and darkness aspect of Liane's approach to Therapeutic Art, addresses the incarnating path of the higher ego or higher self. It is related to mankind's spiritual development. Working with colour, is related more to the soul realm.

Liane gave freely of her knowledge and insights to many visiting artists, doctors and therapists, who wanted to know more about the health giving and enlivening potential that colour can offer. From these inspired meetings, a number of trainings have developed in different parts of the world.

Main Teachers

Sally Martin

Sally has been involved with Anthroposophy since 1980, mainly working in the context of Camphill Communities in the UK. (Living and working together with people with special needs) Her interest in Art Therapy stems from this time where she was able to work with an experienced art therapist. Many opportunities for Sally to work with professional artists stimulated her own artistic development, and from each she gathered new insights into the world of colour. In 1994 she came in contact with the teachings of Liane Collot d'Herbois (1907-1999), successfully completing four years of Therapeutic Art training at the Emerald Foundation in the Netherlands. Sally also trained in the artistic application of this method with Elisabeth de Bruyne. Years of developing courses in Australia and internationally followed together with individual consultation and therapeutic work. Finally in 2008, due to many requests, Sally helped with the founding of the Sienna Academy and is the principal teacher of the training in Australia.

Dr Lakshmi Prasanna

Dr Lakshmi Prasanna worked for 25 years as a hospital based pediatrician along with founding a children's hospital in Chennai and home for special needs children in Hyderabad. She works internationally as a lecturer, school doctor and teacher trainer, focusing on creating healthy communities in which parents and children can thrive and reach their full potential. Lakshmi is largely responsible for carrying the medical work on the training.

Jan Baker-Finch

Jan Baker-Finch studied Eurythmy in Stuttgart under the tutelage of Else Klink, and for four years travelled and performed with the Eurythmeum Ensemble through Europe, South America, Russia, USA, Australia, New Zealand, and independently to Japan. Jan has taught consistently at Samford Valley Steiner School, working at a number of other schools around the country as a guest teacher. Alongside her school teaching she has worked for several years at the Conservatorium of Music in Brisbane. In her role as General Secretary of the Anthroposophical Society in Australia, Jan co-ordinates and hosts visiting guest speakers; building bridges between different groups of people working out of anthroposophy. Jan is largely responsible for the regular input of eurythmy on the training.

Mission Statement:

The trainings offered at the Sienna Academy aim to uphold and promote the anthroposophic approach to Painting Therapy in accordance with the research of Rudolf Steiner and Liane Collot d'Herbois.

To qualify for training, previous diplomas/certificates should be from following areas:

- Pedagogical: any form of teaching, with children or with grown up people
- Curative Education/ Social Therapy: working with children or adults with special needs
- Medical-therapeutic:
eg. art therapy; curative eurythmy; rhythmical massage; speech therapy; music therapy

- Social Workers
- Counsellors
- Nurses
- Physicians
- Psychologists,
- Psychotherapists

Maturity – minimum age limit of 28 years

Work Opportunities

- Private practice.
- Anthroposophic centres in many different countries – schools, medical practices, curative education and social therapeutic establishments.
- Teaching in schools for art therapy.

Summary of 3 main aspects which are woven together in each module:

1. Practice of exercises in charcoal and colour to lay an artistic foundation for working with the Liane Collot d'Hebois approach.
2. Practice of 12 fundamental training exercises in charcoal and colour for the students own self development towards becoming a Painting Therapist.
3. Practice in developing skills to work with clients as a Painting Therapist or Therapeutic Artist.

Artistic and Therapeutic Exercises

<ul style="list-style-type: none">▪ Twelve fundamental light and darkness exercises in charcoal (exploration of different dynamics of movement between light and darkness)▪ Twelve corresponding colour compositions▪ Artistic mediums; materials; techniques▪ Painting as an art form▪ Painting as a therapeutic process▪ Charcoal work as an art form▪ Charcoal work as a therapeutic process▪ Pastel work as an art form▪ Pastel work as a therapeutic tool	<ul style="list-style-type: none">▪ Drawing as an art form▪ Drawing as a therapeutic process▪ Observation of atmosphere in nature - light and darkness▪ Observation of colour in nature – changing quality▪ Painting out of the colours from unformed to formed▪ Practice in compositional steps▪ Practice in developing a theme that goes through a metamorphosis.
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Training Diagnostic Skills

<ul style="list-style-type: none">▪ Client case studies and training of diagnostic skills▪ Phenomenological observation▪ Diagnosis in relation to light, darkness and colour▪ Diagnostic observation (polarity, three-foldness, four-foldness)▪ Inner development of the therapist
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Practice in Developing Therapist/Client Working Skills

<ul style="list-style-type: none">▪ Practice of setting up a therapeutic environment for clients▪ Practice in guiding a therapeutic session▪ Designing a therapeutic process▪ Practice in designing and leading an artistic course▪ Practice in guiding sessions in an age appropriate way▪ Self-reflection and self-assessment in relationship to working with the client▪ Developing skills to work in the context of a therapeutic team or interdisciplinary environment

Subsidiary Art Modalities and other Recommended Specialist Subjects

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| <ul style="list-style-type: none">▪ Medical lectures▪ Waldorf curriculum▪ Curative education and social therapy▪ Biodynamic agriculture▪ Biography work▪ Communication skills▪ Eurythmy▪ Curative eurythmy▪ Speech | <ul style="list-style-type: none">▪ Art history▪ Music therapy▪ Clay modeling concave/convex▪ Planetary Seals –various mediums▪ Platonic solids –various mediums▪ Projective geometry▪ Form drawing▪ Bothmer gym |
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Theory

- Knowledge of Cultural Epochs and change of consciousness
- Art History- Cultural and artistic development through the ages
- Colour Theory (Goethe, Steiner)
- Art curriculum in the context of Steiner Education
- Age appropriate guidance/teaching of art
- Knowledge of light and darkness and related colour movements
- Therapeutic and diagnostic work in relation to light, darkness and colour
- Knowledge of appropriate use of different modalities of water colour
- Knowledge of appropriate use of different modalities of charcoal work
- General concepts of composition

General Anthroposophic understanding of the Human Being

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| <ul style="list-style-type: none">▪ 3-fold nature of the human organism▪ 4-fold nature of the human organism▪ 4 temperaments▪ Ethers and Elements▪ 7 life processes | <ul style="list-style-type: none">▪ 12 senses▪ Developmental steps in childhood▪ Phases of life▪ Biography work▪ Salutogenesis |
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Healing and Special Pedagogy

- Curative Education
- Social Therapy

Psychology

- Anthroposophic Psychotherapy
- Social interaction
- Practicing conversation techniques, Non-violent Communication (cf. Marshall Rosenberg)
- Self- responsibility in the encounter (cf. Coenrad van Houten)
- Handling of conflict
- Understanding group dynamics

Medical

<ul style="list-style-type: none"> ▪ Anatomy ▪ Skeletal and Movement system ▪ Physiology ▪ Morphology ▪ Embryology ▪ Organs 	<ul style="list-style-type: none"> ▪ Glands ▪ Nervous system ▪ Breathing system ▪ Heart and blood vessel system ▪ Digestive system ▪ Understanding Anthroposophic Medicine
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Specific Illnesses

<ul style="list-style-type: none"> ▪ Childhood and adolescent illnesses ▪ Mental Health ▪ Psychiatric illnesses ▪ Psychosomatic illnesses ▪ Oncology ▪ Rheumatology ▪ Cerebro-spinal illnesses and degeneration 	<ul style="list-style-type: none"> ▪ Geriatrics ▪ Dermatology ▪ Autoimmune illnesses ▪ Neurological illnesses ▪ Viral illnesses ▪ Addiction illnesses
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Duration of Post Graduate course

- 3.5 years part time:
- 14 colour modules, grouped together into 4-week blocks twice a year

Overall allocation of hours

14 light, darkness and colour modules; each one of 2 week's duration, comprising 60 contact hours

▪ Colour modules, 60 hours x 14 modules (minimum requirement):	840
▪ Medical hours spread over 3.5 years (minimum requirement):	115
▪ Practical 1, nursing help:	30
▪ Practical 2, creative therapy:	30
▪ Practical 3, anthroposophic general art:	30
▪ Practicum 4a observation of qualified Liane Collot d'Herbois Therapist:	30
▪ Practicum 4b Supervised work with clients:	120
▪ Professional Counseling or equivalent:	30
▪ Independent work/study, 293 hours x 3.5 (minimum requirement)	
This includes hours of specialist subjects:	1,025 (rounded)

Total hours: 2,250

NB. Individual study time needs to be recorded and signed off by the principle teacher.

Independent Work at Home includes:

- Continuation of exercises begun on the course
- Further research on course content.
- Observation exercises and reading to prepare for each subsequent module.
- Essay writing
- Individual study
- Training in recommended specialist subjects

Practicals

Placements in 4 different situations:

- Working in a therapeutic environment
- Observing art therapy sessions with a qualified Art Therapist from any anthroposophic background
- Observing sessions with a qualified Liane Collot d'Herbois Painting Therapist
- Working alongside a qualified Liane Collot d'Herbois Painting Therapist

Affiliation

The Sienna Academy is affiliated to the Emerald Foundation in The Netherlands:

Accreditation

The training is accredited by iARTE: International Association of Anthroposophic Arts Therapies Educations; an evaluation and quality assurance body of the Medical Section at the Goetheanum, Dornach, Switzerland

Enrolment process:

- A personal interview; skype or telephone interview*
- Scanned copies of your previous qualifications in relation to the above categories
- A short biography
- A letter describing your motivation for doing the course
- Referee contact details for 3 people: a recent supervisor; a colleague and someone working under your supervision
- Signed Health Declaration
- Signed Code of Conduct
- Return of the enrolment form together with the administration fee of \$100

*Guiding principles in the interview:

- Student's background, training, qualifications and experience.
- Feasibility assessment with respect to the student's likelihood of completing the training
- Applicant's suitability for the training.

Course Fee – (may be subject to increase)

Each module: **\$850**

NB. Materials and accommodation are not included in the above prices.

For more information, contact Sally Martin:

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