

Sienna Academy Painting Therapy Training

Guideline of work to do at home in between modules.

N.B. You should be busy for 350 hours each year, approximately 2 days a week.

1. Start a notebook where you record the hours you do eg. Date and time you start and end the activity. N.B. This has to be signed off by principle teachers at each subsequent module
2. Read Liane Collot d'Herbois books: Light, Darkness and colour in Painting Therapy and Colour part 1&2
3. Read other related anthroposophic literature
4. Keep a regular time in the day for inner work
5. Write your essays – see essay instructions
6. Continue exercises begun on course or re-do them, sometimes it is best to keep the original and start afresh.
7. Daily observation exercise with colour – a flower is ideal because the colour experience is very pure and the petals are transparent; observe the changing conditions of light and atmosphere and how this influences everything you see; observe colours in the atmosphere, especially at sunrise and sunset.
8. Observation exercises – see list for each module. When drawing or painting, do not outline, but work from the centre of the surface to the outside. Try to capture the many different subtleties of colour by shading and blending the colours into each other. Don't forget the the whole environment of what you are observing. Details can come at the end.
9. Keep a regular appointment with a professional therapist to help you to know yourself and your own trigger points.it is important that you develop your ability to think and be conscious about your own self development. Biography work or working with a 'non-violent' Marshall Rosenberg practitioner) may be a good alternative to counselling.
10. Organize opportunities to do the practicals – see list
11. Specialist subjects – find opportunities to expand your knowledge – see list
12. When you have completed 8 modules, you can begin to work with clients under supervision
13. Try to form a support group of fellow students so you can encourage each other. Where possible meet together to share ideas and to paint.
14. Attend anthroposophic conferences or workshops whenever possible.