



# BRITISH ASSOCIATION OF ART THERAPISTS

## **BAAT ARTiculate**

### **Training School Staff to Support Children's Emotional Literacy Through Art**

The current sharp increase in children and young people's mental health issues at a time of significant budget cuts means that services are struggling to meet this need.

There has never been a more compelling argument in support of enhancing the Children and Young People's workforce who are already engaged with children whose issues may worsen while they wait for help.

ARTiculate CPD courses are the only courses designed and endorsed by the British Association of Art Therapists specifically for staff in education settings. Through creating these modular courses BAAT is responding to the growing volume of enquiries from the children and young people's workforce members who wish to be better equipped to support children and young people through art.

The course is in 3 levels over 3 days: Introduction, Intermediate and Advanced.

You may decide that the introduction is sufficient for your setting and staff or you may decide to commission all 3 modules over a school year.

BAAT understands that children and young people often struggle to put their feelings into words and have therefore designed ARTiculate CPD to support staff to support pupils with:

- Trust and relationship building
- Emotional literacy
- Self-regulation

#### **BAAT ARTiculate one day courses will cover:**

- Working with art and feelings in the education setting
- Boundaries, confidentiality, safeguarding and information sharing
- Discovering art materials
- Using art safely
- Nonverbal communication
- Open questioning
- Facilitating communication through art
- Finding the right language
- Common pitfalls
- To talk or not to talk
- When to seek extra support

**Who will deliver the courses?**

The course will be delivered by either one or two BAAT & HCPC registered Art Therapists, depending on the size of the group. The Art Therapists will also be specialists in children and young people's mental health and have significant experience of delivering interventions within school settings.

**Who are the courses suitable for?**

The courses are suitable for any staff who may be engaged with children or with young people: Teachers, Heads, SENCOs, Learning Support Assistants, Learning Mentors, Mid-day supervisors etc.

**Do I need to be good at art to do the courses?**

No, you don't have to be good at art. In fact, facilitating art with all abilities and moving away from the idea of having to be "good at art" will be one of the major teaching themes of the course

**Do I need any special qualifications?**

No. If you are already working with children or young people in a school setting then you have very appropriate experience to bring to the course.

**Does this mean I can be an art therapist?**

No, art therapy is a state regulated profession and to be an art therapist, you need to be trained at MA level and be on the statutory register of the Health and Care Professions Council, so this course is not a qualification to practise as an art therapist.

**Will I learn techniques to support pupils?**

Yes. You will learn how to facilitate sensitive communication through art and how to work safely with children and young people. You will also be introduced to different art materials and try out some art exercises for yourself.

**What kind of pupils can I support with this method?**

As with any intervention we advise that children or young people's needs are discussed with appropriate staff to ensure that your work supports any ongoing interventions that the child may already be receiving. If a child is on the waiting list for CAMHS for example it may be appropriate to use the ARTiculate model to support the child or young person while they wait.

To book directly online please to go [www.baat.org](http://www.baat.org)