



Integrating Creativity into Your Therapy and Supervision Practice and Beyond

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Some of us are in touch with our creativity.

Some of us do not believe we are creative at all.

Most of us have some blocks to our creative process.

This workshop will give us all an opportunity to explore ways to discover and engage with creativity and the creative process, in supervision, therapy and beyond.

What can you expect?

- An experiential day of playfulness with a serious purpose drawing from the fields of art, drama and play therapy
- An opportunity to experience the added dimension that imagery, sculpting, fairy stories, film, representational objects etc can bring to therapy and supervision
- An exploration of how you can develop your own creativity to enrich your work as a therapist, supervisor and supervisee.

Philippa McInerney is a psychotherapist, supervisor and trainer in North London. She is particularly interested in working with trauma and sexual abuse and currently works with an international aid agency as a therapist and trainer. She has also trained in creative therapies, including psychodrama and sand tray therapy and incorporates into her adult therapy and supervisory work many of the methods she uses in her work with children.

Chris Hadfield is an integrative arts psychotherapist, supervisor, coach and trainer based in South West London. Formerly a lawyer and actor, at The Centre for Change www.centre4change.com he works extensively in business settings, applying therapeutic, relational and facilitation skills in business settings. He is also a tutor on the Kids Company Professional Development Certificate in Therapeutic Skills for Work with Children.