

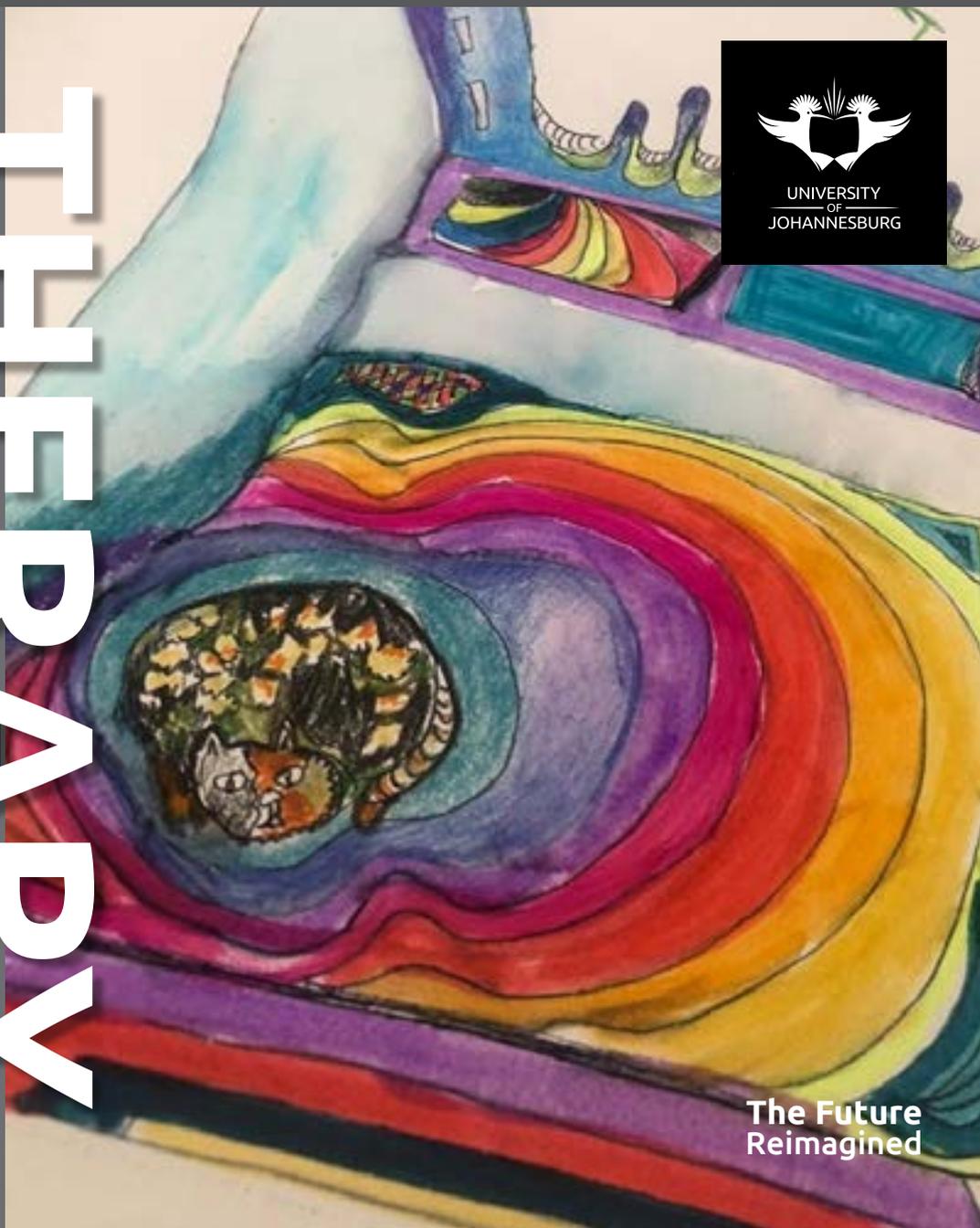
BA HONS ART THERAPY NEWSLETTER



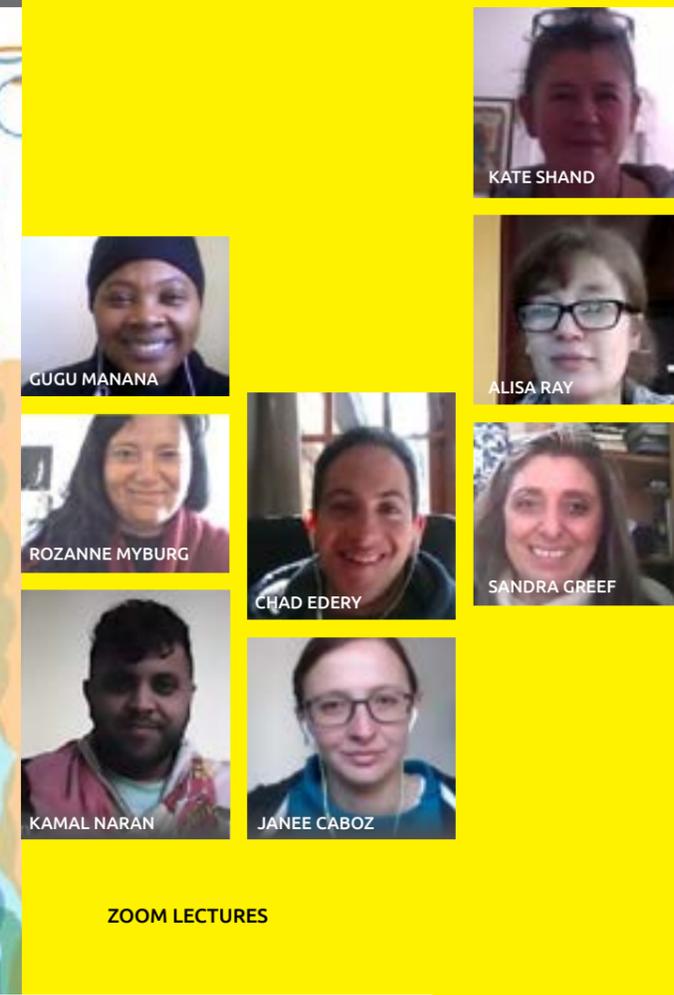
ART THERAPY

The Bachelor of Arts Honours Art Therapy (BA Hons AT) qualification is available for the first time in South Africa (and on the African continent) at the University of Johannesburg's Faculty of Art Design and Architecture (FADA). Click the link below for more information about 2021 applications to this exciting new programme.

[Click here to read more.](#)



The Future
Reimagined



REFLECTIVE PRACTICE – A GROUP ACTIVITY USING ZOOM ART

Covid-19 and the world-wide lockdown pushed the art therapy programme, that already had tendrils in the Fourth Industrial Revolution – fully into an online space – a remarkable achievement for a new course with a strong practical and experiential component. UJ’s learning innovation departments worked together using the latest technologies to develop an ambitious web-based mix for learning that could support and enable connecting with international specialists and supervisors via Blackboard and Zoom. This initial foundation meant the transition to online lectures was relatively smooth and teaching continued uninterrupted. According to Prof Kim Berman, head of the BA Honours Art Therapy programme, “the multimodal model that we initially set up for the programme served us well when faced with the unprecedented challenges wrought by Covid-19 and lockdown. Using the available technologies we were able to adapt to the online virtual teaching and learning space”. The programme, particularly over the period of online teaching, has drawn from a very rich resource of outstanding professional guests in the fields of psychology, social work, leadership, children’s rights, gender-based violence, drama, art and expressive therapies, and creative leadership both locally and internationally.

Art therapy in a virtual world

“I am very grateful and appreciative that the course continued, despite the challenges of lockdown. The commitment, flexibility and ingenuity of all involved – students and lecturers – resulted in a very full and enriching term”
Kate Shand (student and community arts counsellor).

ZOOM LECTURES

It was a very full semester of both theory and practice. Art therapy theory lectures take place weekly throughout the year, as does studio practice, reading group, reflective practice, and depending on the semester art skills, theory as practice, community practice and clinical observation. Chad Edery says that he's learnt about the narrative power of art and its ability to hold and contain different chapters of one's story. He is using what he learnt in semester one in his work with children on the spectrum "art has become a new

Semester one

lens through which I can begin to understand their world and provide a safe space for communication and understanding to take place."

AN ARTWORK CREATED DURING STUDIO PRACTICE



WATERCOLOUR BY CHAD EDERY

The art therapy programme has established collaborative relationships with the University of Hertfordshire (UK) and Lesley University (US), as well as the departments of psychology and social work at the University of Johannesburg, to develop a curriculum that provides a relevant and dynamic foundation in psychodynamic theory with extensive community practice and clinical application components. Students are guided by local and international specialists (art therapists, supervisors and educators) through supervision, lectures and experiential work in developing skills towards their own final research.

International collaboration



Dr Hayley Berman is an art psychotherapist and programme leader for the MA in art therapy at Hertfordshire University ([click here to read more](#)). The students have been lucky enough to have a number of art therapy theory lecturers by her as well as some experiential sessions, including 'Connectivity and creativity in times of Covid' and more recently a social dreaming session, an online first for her. Social dreaming is a way of working with dreams where the focus is on the dream and not the dreamer. Kamal Naran, an art therapy student and community arts counsellor, describes the social dreaming session as going on a journey "I found myself floating in the darkness, ebbing in and out of dreams, witnessing the gentle ripples of the words and associations emerge and disappear, eventually spilling out onto paper as an artwork which held the reminiscence of my journey" (refer to image on left). A matrix is created through the sharing of dreams by the participants and the meaning of the dream becomes about the broader world in which we live. Needless to say, this social dreaming session reflected the uncertain time we are living in – all at sea, tumbling, steam from mouths, black clothes, barbed wire.

The arts and social change

Prof Vivien Marcow Speiser from Lesley University in the US ([click here to read more](#)), and her husband, Dr Phil Speiser, gave a number of lectures to the art therapy group about expressive arts approaches to working with trauma, sharing decades of work in Scandinavia, Israel, South Africa and of course in the US. They also facilitated experiential sessions with the group. One of these sessions, around the arts and social change, took place at Lefika la Phodiso ([click here to read more](#)).

Chad Edery, the youngest student in the art therapy group, says this session really stood out for him. "Vivien read a poem and we created images in response to the poem. We put our pictures together creating a collage. We reflected on our images and then placed them on the floor in the middle of our circle creating a collage. We wrote words that popped for us as we listened to the reflections and in closing we walked around the collage placing our words and creating a new image. It was an illuminating experience of the link between art, emotion and thought where the end result gave us all a new perspective on the art process."

THE SPEISER'S ART AND SOCIAL CHANGE WORKSHOP

KAMAL'S SOCIAL DREAMING REFLECTION

Social dreaming



Our 2020 cohort of students

FADA welcomed its first cohort of seven highly committed art therapy students, each bringing a wealth of experience in community and arts counselling, setting an incredibly high standard from the outset. Most have professional degrees behind them and bring many years of experience in the mental health field, or with our community partner, Lefika La Phodiso ([click here to read more](#)), an established NGO offering training, counselling and support to children and adults.

FROM RIGHT TO LEFT - JANE, ALISA, KAMAL, KATE, SANDRA, GUGU, CHAD



Forging a unique path



We asked Janee Caboz, part of the art therapy cohort, why a qualified psychologist with a fine arts degree would start another degree in art therapy and what she has learnt in the process.

My first degree was a four-year fine art degree. During this time, I forgot how to play, to create freely, and to embrace the inherent beauty of different art materials. I shifted to psychology because I wanted to understand more about why we think, feel and behave the way that we do. My hope was to pursue a path in psychology where I could incorporate my existing art skills in some way. Art therapy? But art therapy was not an option in South Africa as not a single university or institution of higher learning offered a qualification in the field. I did the next best thing and started studying psychology.

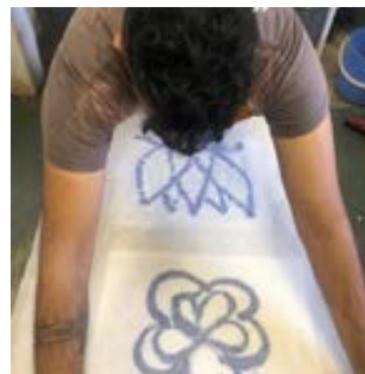
Just after I had written my final board exam to register as a qualified psychologist I heard about the new art therapy honours course being offered at UJ. I applied and was accepted. I had reached the end of nine years of tertiary education with a degree in art and a degree in psychology – did I really need to study further? But I took the plunge and accepted the offer. It is undoubtedly one of the best decisions I have ever made.

In my mind I understood it as a combination of both disciplines (psychology and art) blended together like black and white makes grey. But now, I understand art therapy as a whole new and vibrant colour on its own that has so much potential for growth and can forge its own unique path in our country. Gaining knowledge in art therapy has opened up the possibility of working with an entirely new method of expression, independent of 'talking' and language. As such, it's opened up the possibility of working with so many more people who tend to fall through the cracks in our current mental health system.

"EMBRACING THE PROCESS OF THE ART MAKING ACTIVITY AND ALL OF OUR HUMANITY THAT GOES INTO THAT" SAYS JANE ABOUT ART THERAPY

Making paper

A papermaking workshop was one of the highlights of semester one. The students had the opportunity to learn how to make paper at FADA's Phumani paper mill. "It was very inspiring to think that we were using the same pulp to make our paper as is used to make paper for the well-known artist, William Kentridge" said one of the students.



Community partnerships and social action

The art therapy cohort partnered with community organisations to provide practical placement experience. Students participated in a participatory research and social action module to support effective and ethical engagements using arts-based approaches to identify needs within community. Current partners include the Alex Arts Academy (you can find them on Facebook) in Alexandra and Trevor Huddleston Memorial Centre ([click here to read more](#)) in Sophiatown.

IMAGES FROM TOP TO BOTTOM:

A WALKABOUT IN SOPHIATOWN

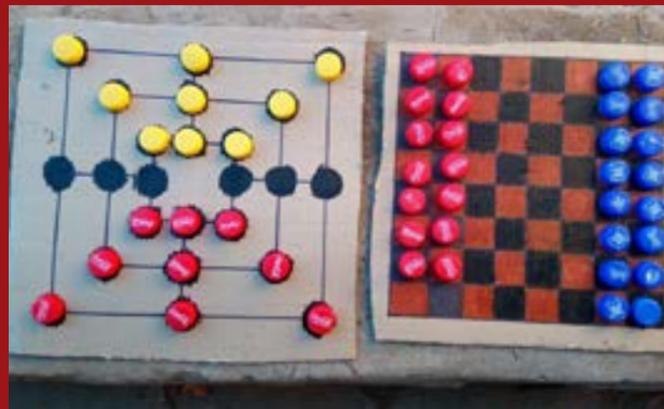
PARTICIPATING IN A DRAMA EXERCISE AT THE ALEX ARTS ACADEMY

VISITING THE ALEX ARTS ACADEMY



Arts resources handbook

Due to lockdown, instead of the usual art skills sessions, the students were tasked with developing innovative arts-based activities and processes using found and available materials. These activities and processes are currently being compiled into a 'how to' manual. The exciting range of art skills include a puppet theatre, board games, making your own art materials, papermaking and many others. Rozanne Myburgh, convener of the art therapy reading group and community/professional practice, is responsible for putting the handbook together and she explains "Due to limitations of lockdown we were forced to adapt our teaching and learning strategy. The lockdown community arts resources handbook will be published soon". It is intended as a multi-modal resource to teach children, teachers and guardians for stimulating arts activities at home.



IMAGES FROM TOP TO BOTTOM:

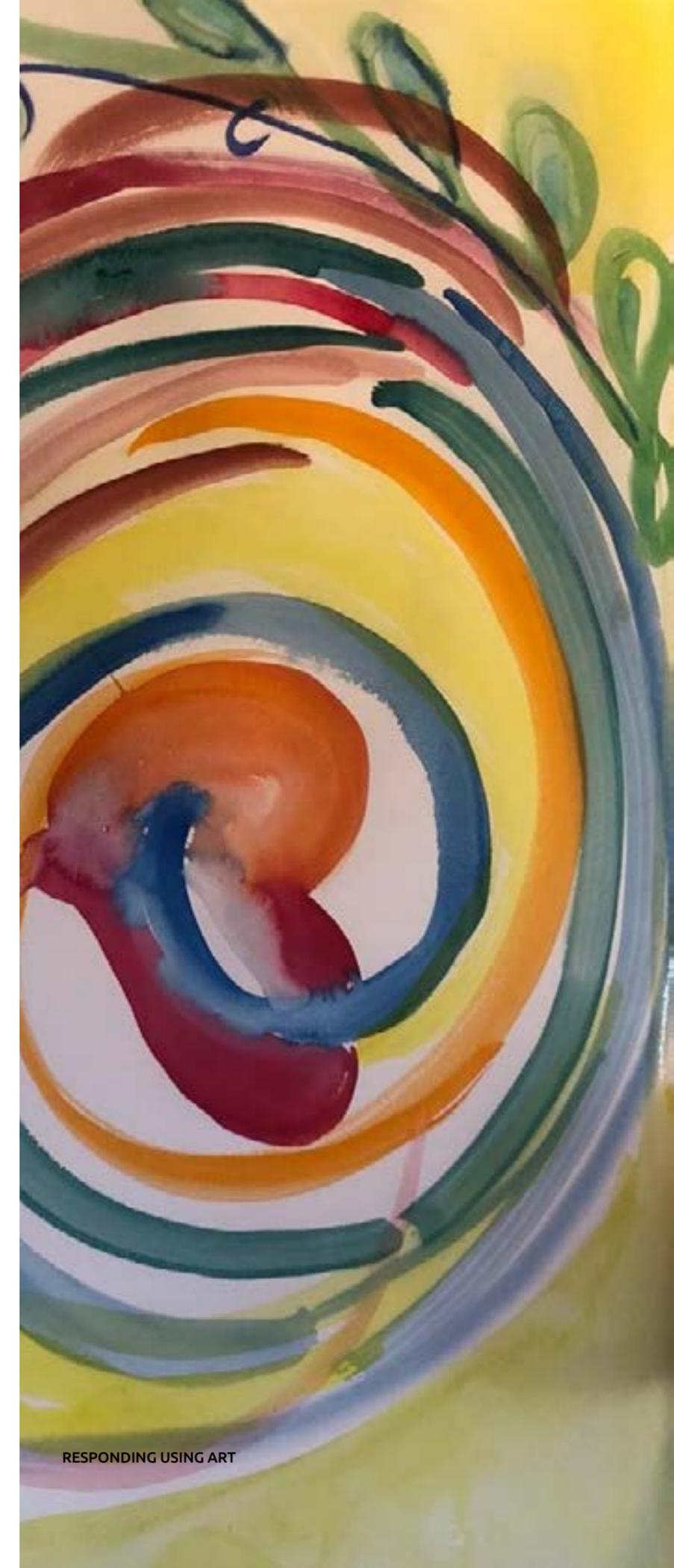
CREATING MANDALAS FROM FOUND OBJECTS

BOARD GAMES MADE FROM RECYCLED MATERIALS

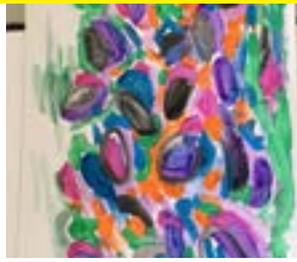
PUPPETS AND A THEATRE MADE FROM WASTE MATERIALS

Way forward for the MA art therapy

The BA Honours Art Therapy provides entry to the MA art therapy qualification. The University of Johannesburg has been working closely with HPCSA and HEQC to register the MA qualification by 2021. We anticipate that our current cohort, each of whom have developed relevant and cutting-edge research proposals, will continue their studies towards qualifying as the pioneering group of the first qualified professional art therapists in South Africa. This profession is desperately needed to step in and support an already stretched mental health services with this proven modality for supporting trauma and wellbeing in our communities. The Faculty of Art Design and Architecture is looking forward to growing the art therapy programme to be a much-needed front-runner in establishing the field of art therapy for community psychosocial support in South Africa.



RESPONDING USING ART



Applications for 2021 are now open

Click [here](#) if you want to find out more about applying for next year's art therapy honours programme.

Sandra Greeff, art therapy student and art teacher, says "In a time of confusion and fear around the future, this course shines a light on a workable, practical way of dealing with loss, trauma and uncertainty. So desperately needed in times like these..."

Contact information

Email enquiries can be sent to Professor Kim Berman @ kimb@uj.ac.za or the Departmental Administrator Mrs Elda Majola @ eldam@uj.ac.za

Our team of lecturers

The BA Honours Art Therapy programme, has a core team headed by Professor Kim Berman, Professor in the Department of Visual Art at FADA. The programme coordinator is Amalia Beagle, MAFA graduate, community arts counsellor and lecturer in the UJ access programme. Rozanne Myburgh, drama therapist and managing director of Lefika La Phodiso, convenes the reading group and community/professional practice. Sharon Benatar, registered clinical psychologist, facilitates the open creative studio practice. Our team of highly regarded lecturers are drawn from some of the most experienced professionals in the field, both in South Africa and internationally:

- Dr Hayley Berman is the founder of Lefika La Phodiso and programme leader for the MA in art therapy at Hertfordshire University in the UK
- Dr Nataly Woollett is an art therapist and research fellow at Wits
- Professor Vivien Marcow Speiser is a professor and director at Lesley University in the US and Dr Phillip Speiser is an expressive arts educator/therapist, drama and music therapist, and psychodramatist