

Welcome to our site!

OUR VISION IS TO ENABLE INDIVIDUALS TO FULFILL THEIR DREAMS AND BECOME EFFECTIVE PEOPLE HELPERS

(Our focus is to enable you to be an effective Counsellor using ART as modality to work therapeutically as well as to equip people in the helping field including -but not limited to- social workers and psychologists to use ART as one of the modalities to do therapy.)

THE WONDERFUL NEWS IS THAT OUR TRAINING IS NOW AN ONLINE COURSE!!!!

We have 4 different subdivisions

This includes:

- Art techniques counselling training through short modules (spread over eight semesters) to be registered in SA (or in the country you live and work) as **Counsellor** to start your own practice or work at schools or other organizations as

'Art techniques Counsellor'

. (Art techniques Counselling is also referred to as Art Healing; Visual Therapy or Creative Therapy.)

- Our training in Art techniques Counselling is similar to courses referred to as Pre-Art Therapy courses in some overseas countries to enable and allow selection for a Masters program in Art Therapy in these countries for example the US as Art Therapy is a field that only starts at Masters-level.

- Work as Skills training facilitator in less fortunate areas integrating art techniques counselling practices.

Helios also offer a franchise opportunity for people trained through our courses in Art techniques Counselling, as Strepcoc Counsellor or as Steer facilitator. (for more info on this go to www.helios.co.za or contact our office at info@helios.co.za)

More info on Art techniques Counselling

(Info on Art techniques Counselling for individuals that hope to equip themselves in future as Art techniques Counsellors)

Expressing feelings through creative activities such as painting, drawing and sculpture can create an image of people's emotions. Viewed as a cathartic and non-threatening way of venting repressed feelings, art techniques counselling can help people gain confidence and bolster self-esteem. It is a particularly effective way of communicating for those with emotional challenges, or those with learning difficulties. Art techniques counselling has been shown to be highly beneficial for people battling with eating disorders, addictions and stress. It has also been known to help those coming to terms with bereavement, and those suffering from Alzheimer's and other terminal illnesses. Many hospitals, prisons and institutions employ art techniques counsellors.

What it is:

Art techniques counselling is based on the idea that the creative act can be healing. According to practitioners, called art techniques counsellors, it helps people express hidden emotions; reduces stress, fear, and anxiety; and provides a sense of freedom. Many art techniques counsellors also believe the act of creation influences brain wave patterns and the chemicals released by the brain.

What does it involve?

People involved in art techniques counselling are given the tools they need to produce paintings, drawings, sculptures, and many other types of artwork. Art techniques counsellors work with people individually or in groups. The job of the art techniques counsellor is to help people express themselves through their creations and to talk to people about their emotions and concerns as they relate to their art. For example, an art techniques counsellor may encourage a person with cancer to create an image of themselves with cancer, and in this way express feelings about the disease that may be hard to talk about or may be unconscious.

Benefits of art techniques counselling:

Art work may also be used as an assessment tool, particularly with children, who often have trouble talking about painful events or emotions. Art techniques counsellors say that often children can express difficult emotions or relay information about traumatic times in their lives more easily through drawings than through conventional counselling.

Art techniques counselling is useful whether the issue is a relationship challenge due to communication breakdown, or the effects of surviving severe trauma. Symptoms of anxiety, depression, grief, illness, and behavioural problems can all be reduced through the creative process. Art techniques counselling enhances any recovery program.

The free flowing expression derived from creating art opens the mind of youngsters and truly aids them in discovery and self awareness. Art expression is portrayed as its own language, speaking for itself when viewed bringing visual insight to behaviours and emotions. Children benefit greatly if they are experiencing developmental or communicational disorders such as autism, as well as grief, parental issues, anxiety, and even abuse.

Art techniques counselling is very effective to tap into the unconscious and suppressed thought and feelings of a person.

Source: AATA

Our training is for people interested in entry- and mid-level training in Art techniques counselling to be registered as **Counsellors** to work in different settings including at different organizations, working with individuals or groups as well as with groups of people that are less fortunate and can't afford counselling as well as with people from different Southern African countries as well as countries all over the world.

OUR COURSE IS NOW AVAILABLE AS AN ONLINE COURSE