

**Course Outcomes**

- Focus on the three building blocks of Gestalt art therapy: reflection, safety and play (connecting), exploring barriers and blockages to creativity (exploring) and finding authentic expression and integrating learning (integration).
- Work with materials including collage, Indian ink, graphite and mixed media to explore different aspects of selfhood in a safe and supportive space.
- Make your own mark-making tools, brushes and pens.
- Take part in meditations, journaling and exercises inspired by Taoist philosophy's reverence for nature.
- Embrace the art of making mistakes, exploring colour theory to create abstract 'mistaken' landscapes.
- Engage with conscious and unconscious belief systems to find your unique visual language and overcome creative block.

**How the Course Works**

Live online classes will take place on Zoom and include real-time exercises, tutorials, demonstrations, group discussion and feedback.

We use Padlet for our courses, where all course materials will be held, including recordings from each class and a student gallery for uploading your artwork between sessions. Recordings remain available to participants until two weeks after the last session.

Participants will receive handouts a week before the course start date and login details the day before – these will be sent to the email address linked to your Paypal account so please email [education@houseofillustration.org.uk](mailto:education@houseofillustration.org.uk) as soon as possible from your contact email address if this is different to the one linked to your Paypal account.

## Materials You Will Need

- A4 cartridge paper
- Sketchbook or scrapbook (optional)
- Scrap paper (optional)
- Coloured paper (optional)
- Dotted, lined and/or graph paper (optional)
- Black 0.5mm fine liner
- Black 0.2mm and 0.7mm fine liners (optional)
- HB and 2B pencils
- Charcoal pencils or sticks
- Conte (optional)
- Coloured crayons (optional)
- Indian ink
- Bamboo kebab sticks, chopsticks or sticks from the garden/park
- Small set of cheap paintbrushes in 3-4 sizes
- Collage materials, e.g. newspapers, magazines or recycling
- Scissors
- Glue stick
- Masking tape
- Fixative or hairspray for setting charcoal (optional)