

WINTER 2019



In God's Name now our tale begins.
From Orient came the Holy Kings.
They ride with speed on distant ways,
Four hundred miles in thirteen days.
They ride by Herod's palace-walls
As Herod from his window calls:
Whither go ye, relax your speed!
To Bethlehem our journey does lead.
Ye Holy Three Kings be guests of mine,
I will draw plenty of beer and wine,
I will serve venison roast and fish;
To know of the newborn king is my wish.
In truth, we cannot tell just where;
We have to follow the star we bear:
Over the house the star will shine bright.
Over the mountains the holy men ride.
There found they Jesus Christ, our Lord,
Who is the Saviour of all the world.

From "Deutsche Weihnachtspiele aus Ungarn", described and communicated by Karl Julius Schröer, Vienna, 1862.

Celebrating 40 years of transforming lives through Art

At the end of July we celebrated a landmark birthday with guests and alumni from our forty-year history. There was tea, lots of cake and a fun time was had by all!

We reflected that in these thought provoking times the work of Tobias School of Art and Therapy, in producing professional arts counsellors and therapists, becomes more and more needed in an increasingly complex and uncertain world.



When the School started in 1979, the range of client groups was narrower and the training reflected that. Since then the range of client groups that our graduates work with continues to expand into new areas such as trafficked women, street workers, birthing trauma, trans-identity and homelessness.

We promote the development of artistic skills and aesthetic awareness in such a way that artistic processes become gateways into nature's life-giving secrets. Our contemporary holistic eco-therapy approach reflects much of this outlook.

Catriona Alderton one of our graduates and now trustee recently interviewed by the online magazine Artbreath about her work with Street Talk and the Princes Trust. She describes art as a tool for empathy. (This is an edited version of her article).

I believe that art therapy should be experienced by everyone. It can really make a difference, from a well-being perspective, it can relieve stress and be nurturing, through to aiding trauma recovery and supporting life-limiting conditions.

Our world is high-octane and very left-brained. Huge emphasis is placed on the importance of analytical thinking and problem solving. The pace of life is relentless and it is increasingly difficult to find time to recuperate and switch off due to the constant bombardment of noise, advertising and the omnipresent mobile phone. We are constantly available. All of this can eventually lead to burnout and mental health issues, all of which as we know are on the rise.

Most of my clients have mental health issues and complex physical needs. Depending on their condition when we meet, we work with whatever they can manage at the time or what has come up for them between sessions. In some cases, if they're physically unwell and unable to

do much, simply working with certain colours and themes can distract them and ease their discomfort. Art therapy can be very beneficial to people who speak little English, or clients who have suffered childhood abuse. Vocalizing their issues can be difficult and incredibly painful. Creating art in a therapy session can be a great way of making these issues 'safe' and working with them from a distance. If an issue is overwhelming, the artwork can be moved away or covered up, while you support the client to work out how to change it, in order to move forward.

For example, if a client chooses to work with black or red that doesn't necessarily mean they're angry, or in a dark place. It may simply mean that they like red and black. One of my clients (who has given me permission to talk about her work) portrayed a horrific experience as a garden of colourful flowers. The image was pretty and appeared non-threatening, until she explained what the flowers and colours signified for her.

Sometimes certain colours or combinations may offer clues to what is going on, especially when several works



are viewed together. Then you can see if any patterns are emerging.

Colours can also affect our emotions and feelings, so in the appropriate context they can be very powerful.

Because art therapy connects with emotions and the unconscious, I've often found that even if people have long avoided an issue or have no idea of how to begin working with it, something will happen which begins the process. The therapeutic alliance between client and therapist is crucial, since the therapist is not only supporting them throughout the process but ensuring they feel safe while they explore their issues and emotional responses.

Catriona's whole article can be found at <http://www.artbreath.org/interviews/catriona-alderton>

"Tobias taught me to become a healthy, balanced human being and their training helps me to go out and help support other people do the same. It is not easy to take the plunge, it is quite a challenge and deeply humbling, you are taken apart in a beautiful way and then gently put it together again to reach a higher potential."

Nisha- Alumni

Christmas around the world

As we have an international graduate base we enjoy looking at Christmas traditions in other countries. An Icelandic Christmas looks a lot of fun:



In the 13 days leading up to Christmas, 13 tricky troll-like characters come out to play in Iceland. The Yule Lads (jólasveinarnir or jólasveinar in Icelandic) visit the children across the country over the 13 nights leading up to Christmas. For each night of Yuletide, children place their best shoes by the window and a different Yule Lad visits leaving gifts for nice girls and boys and rotting potatoes for the naughty ones. Clad in traditional Icelandic costume, these fellas are pretty mischievous, and their names hint at the type of trouble they like to cause:

Stekkjastaur (Sheep-Cote Clod), Giljagaur (Gully Gawk), Stúfur (Stubby), Þvörusleikir (Spoon-Licker), Pottaskefill (Pot-Scraper), Askasleikir (Bowl-Licker), Hurðaskellir (Door-Slammer), Skyrgámur (Skyr-Gobbler), Bjúgnakrækir (Sausage-Swiper), Gluggagægir (Window-Peeper), Gáttapefur (Doorway-Sniffer), Ketkrókur (Meat-Hook) and Kertasníkir (Candle-Stealer).

"At Tobias you find yourself in a world of wonder. You will find gifts that money cannot buy, as you dive into self discovery and creativity. The opportunities for growth are profound"

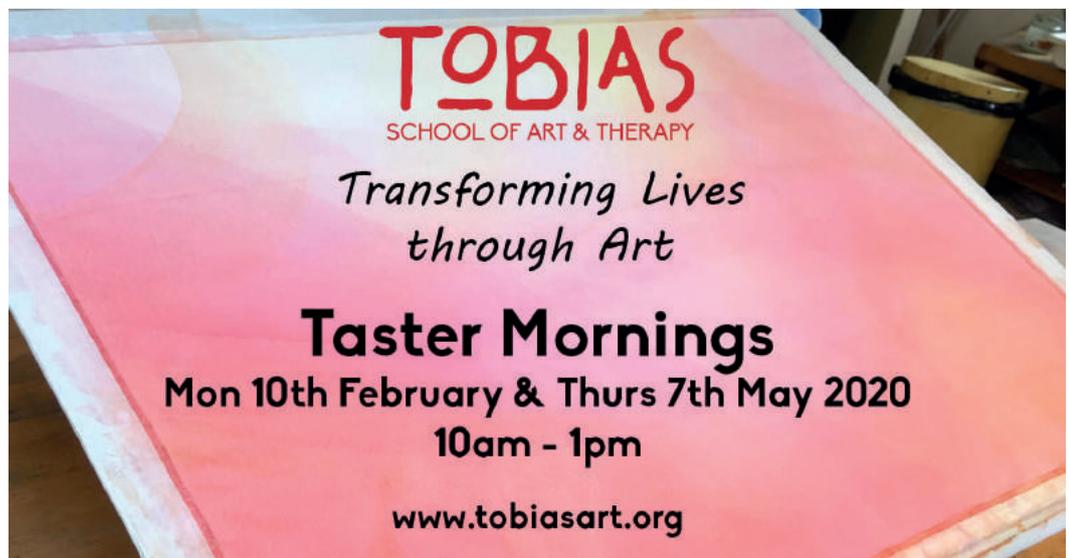
Sheila - Alumni



Thinking of training to be an Arts Counsellor?

Starting a new vocation can be quite daunting so we are giving prospective students the chance to join us for a taster morning to find out what Tobias is all about, experience and learn more about our training and to ask any questions.

Email info@tobiasart.org to book your place.



TOBIAS
SCHOOL OF ART & THERAPY

*Transforming Lives
through Art*

Taster Mornings
Mon 10th February & Thurs 7th May 2020
10am - 1pm

www.tobiasart.org

Tobias through the Seasons



We are very fortunate that Tobias is situated in one of the most beautiful parts of the UK. We see the seasons change in glorious colour.

Embracing nature is an important part of Tobias' curriculum and students are actively encouraged to take inspiration from the natural world in their studies.

In a world consumed by technology and consumerism we take the time to stop and work outside.

By studying and caring for our natural environment we learn to take care of ourselves and transfer these skills when we are counselling others.

Published Work

We are very proud that our Training Director Gillian David has contributed a chapter in the recently published book 'Art and Soul: Rudolf Steiner, Interdisciplinary Art and Education'. Her chapter is entitled 'Expressionism or Impressionism? A Split Syzygy'. It reflects upon a therapeutic process involving one of nature's life cycles.

The book can be purchased via Springer.com or Amazon as a hard copy or an e-book.

Mailing list

Have you joined our digital mailing list yet? Find out about our courses as soon as they are announced and receive an email version of this newsletter which you can share with friends. Visit our website tobiasart.org to sign up!

The Staff and Students at Tobias School of Art & Therapy wish you a wonderful & blessed Christmas and New Year

EVENTS

SPRING TERM AND BEYOND

Visit our website tobiasart.org for details about our courses and to make a booking.

TASTER MORNINGS

Mon 10th Feb & Thu 7th May

A chance to experience our school and find out more about our signature courses.

TWILIGHT LECTURES

For those local to East Grinstead we offer Twilight Lectures between 5.30-6.45pm on some Monday evenings. Dates and details can be found on our website.

SUMMER COURSES JULY 2020

Stone Carving Course – revealing the beauty within the stone

With Maria Albiez
13 - 16 July 2020

Exploring the Senses Through Art – when we don't need to talk

With Michelle Redgrave-Moore
18 - 19 July 2020

Painting Poetry – exploring the Poetic Continent

With Richard Heys
20 - 23 July 2020

Expressive Portrait Painting – who is behind the face?

With Helen Vallantine
24 - 26 July 2020

'Whose Story Is It Anyway?'

- How to work with Story Therapeutically CPD

With Asta Jakobsdottir
27 - 29 July 2020

For more details about our courses please see our website or contact us for a leaflet.

