



The Arts College

Art Psychology Tutor Course

Application & Booking Form

Hi, thanks for contacting the College.

Please be aware that there are various stages that you need to go through when applying for the Art Psychology course and these are noted below:

Step 1: Complete, sign and submit the following forms included in this document:

- Application Form (pages 2-15)
- Childhood Patterns in Adults Survey (pages 16-21)
- Declaration of Emotional Support (page 22)
- Course & Payment Preferences (page 23-24)

Step 2: Telephone conversation with the course Tutor

Step 3: Attend Introduction Day 1

Step 4: Attend Introduction Day 2

Step 5: Await confirmation of acceptance to start the Childhood Patterns in Adults course (if you are not accepted feedback will be given through the College and possible options available will be suggested)

Step 6: Start Childhood Patterns in Adults course (distant learning or workshop based)

Step 7: Interview for Stage 1 training

Step 8: Attend Stage 1 training of Art Psychology Course

Please note:

- If you are doing this course via distant learning, you would schedule telephone conversations every four weeks
- Proof of external counselling would need to be organised
- We will need to know, at application stage, whether you plan to do the course via distant learning or our workshops



Childhood Patterns in Adults course

This course is an introduction for you to understand how far you can sometimes be pushed emotionally. As a human being you are growing and learning about yourself every day. From slight irritations, overwhelming situations to acknowledging you have grown into a healthier state of mind. It gives you a demonstration as to how people you work with have an impact on your emotions. No matter how much you have learnt and know, in everyday life hidden and surprising emotions can surface, this is clearly reflected in your artwork.

In this course you would learn how to self-reflect, simple understanding of your emotional needs. This helps you to use your current qualifications or seek support and develop life-long skills.

How is the course delivered?

- ✓ There are a total of twelve sessions which are scheduled every four weeks (if doing via distant learning or workshop based)
- ✓ The four weeks gives you time to process each session and practise the techniques
- ✓ With each session there is exploration with mixed medium art materials and colour with an hour of theory/practical support/guidance. Please be aware technical drawing is introduced in Stage 1 of the Art Psychology Teaching Course.
- ✓ You are asked to read 1 chapter before each session from a book called The Breakthrough Experience 'Dr John Demartini'. This is extra mental and emotional support for your development. (You are not tutored about this book)
- ✓ The theory gives you tips, techniques and skills to apply to your current experiences. You receive clarity to understand how your childhood patterns can cause your current emotional triggers to situations, and why they appear to be overwhelming. The techniques are to give you control over your emotional mindset as well as change what you currently sabotage.
- ✓ This course can be accessed one-to-one or online as a distant learning program.

Emotional Support

Please be aware that when undertaking the 'Childhood Patterns in Adults' course, you will be expected to supply proof that you have external support* in place to help you deal with any emotions that may surface during the course, if you are not taking up support offered by us. You will be expected to provide proof that this support is in place and also to sign a declaration confirming that you take full responsibility for setting up your own support. If you do not currently have any support in place, please contact the College for advice.

* Support, eg. counselling, solution-focused therapy

Questions

You will have the opportunity to raise any questions during the telephone conversation, but if you have any questions prior to the application stage, please do not hesitate to contact the College.



Application Form – Childhood Patterns In Adults

Family Name: First Name(s):

Male Female Title: Mr Mrs Miss Ms Other

Home Address:,.....
.....
..... Postcode :

Home Phone No: Mobile:

Email: Date of Birth:

Extra information about yourself

Please state your nationality/dual nationality
.....

In which country do you normally live?
.....

In what country have you lived for the past 3 years?
.....

Is English your first language? Yes No

Have you recently left care? Yes No

Are you in care/foster family accommodation? Yes No

Are you a permanent resident in the UK or other EU/EEA country?

Yes

No Date of entry into the UK?

If yes, please state your leave (visa) type
.....

Visa expiry date



Ethnic Group

Please choose one option which best describes your ethnic group or background:

White

- English/Welsh/Scottish/Northern Irish/British
- Irish
- Gypsy or Irish Traveller
- Any other White background

Asian/Asian British

- Indian
- Pakistani
- Bangladeshi
- Chinese
- Any other Asian background

Mixed/Multiple ethnic groups

- White and Black Caribbean
- White and Black African
- White and Asian
- Any other Mixed/Multiple ethnic background
- Arab

Black/African/Caribbean/Black British

- African
- Caribbean
- Any other Black/African/Caribbean background
- Any other ethnic group

Disability/Learning Disability

The College will endeavour to provide as much support as we can, but please be aware we cannot currently offer provision for all students with special needs. The information you provide here will be kept confidential.

(Please tick the box(es) which describes your disability/learning difficulty)

- | | | |
|---|---|---|
| <input type="checkbox"/> Visual impairment | <input type="checkbox"/> Mental health difficulty | <input type="checkbox"/> Severe learning difficulty |
| <input type="checkbox"/> Hearing impairment | <input type="checkbox"/> Temporary disability | <input type="checkbox"/> Dyslexia |
| <input type="checkbox"/> Disability affecting mobility | <input type="checkbox"/> Profound complex disability | <input type="checkbox"/> Dyscalculia |
| <input type="checkbox"/> Other physical disability | <input type="checkbox"/> Aspergers syndrome | <input type="checkbox"/> Autism spectrum disorder |
| <input type="checkbox"/> Other medical condition | <input type="checkbox"/> Multiple disabilities | <input type="checkbox"/> Multiple learning difficulties |
| <input type="checkbox"/> Emotional/behavioural difficulties | <input type="checkbox"/> Moderate learning difficulty | |

A disability or learning difficulty not listed above. Please specify

For your interview, will you require a Communication Support Worker? Yes No

What prompted your interest in The Arts College?

- | | |
|--|---|
| <input type="checkbox"/> Recommendation | <input type="checkbox"/> Facebook |
| <input type="checkbox"/> Internet Search | <input type="checkbox"/> Introduction Workshop |
| <input type="checkbox"/> Leaflet | <input type="checkbox"/> Other (please specify) |



Criminal Convictions:

Do you have any relevant unspent criminal convictions? Yes No

If you are applying for a course in health, social work, childcare, education or involving work with children or vulnerable adults, any previous criminal convictions may affect your ability to attend work placements and possibly achieve your course.

Additional Information about you:

Have you ever done art before? Yes No (Please give detail below)

What does art mean to you?

Is this course for your own personal development or are you wanting to introduce it into your practice, and if so, why?

How do you assume you would be introducing art into your practice?



Do you believe anyone can be taught art or is it a talent?

Why do you feel this way?

What are your fears about art?

Is there any type of creativity you currently do?

Have you been taught technical art? Yes No (*If yes, how do you understand it?*)

What are your favourite mediums? (*e.g. clay, watercolour, etc.*)



Are you prepared to go back to basics to learn art and drawing skills?

Do you think emotions show through your artwork, if yes how do you think they show?

Do you feel the facilitator has to constantly self-reflect and practice what they teach? Are you prepared to do this?

Below are some example scenarios, please write down the FIRST TWO WORDS that come immediately into your mind when you consider how these situations would make you feel:

(please be as honest as possible)

- Someone shouting at you in public because you jumped the queue
- Someone paying you a compliment with the way you dress
- Someone criticising a piece of work you have invested time in and feel proud of
- A family member giving you a hug on your birthday



- Someone refusing to speak to you and you have no idea why?
- A birthday surprise
- Someone telling you that you are bossy
- Someone offering help by paying for a drink or a meal and not expecting you to pay back
- Someone telling you that you are aggressive
- Someone telling you they love you
- Someone telling you they hate you

Write down how you would deal with (or have dealt with) the particular situations noted below:

- When you make a mistake
- When you hurt someone's feelings
- How do you deal with people who can't relate to you?



- How do you deal with gossip? Do you speak about other people?
- How do you deal with stress, do you speak to others about it and if so, how often?
- How do you deal with death or the birth of a child?
- How do you deal with being let down by a close friend?
- How do you handle someone speaking behind your back?
- How have you coped through financial constraints, loss, change of job or career?



- How honest are you with yourself and others?

Are you currently struggling with/or have experienced any of the following:

(Please tick as appropriate)

- Wanting to understand why you frequently feel sad, irritated or angry?
- Wanting to stop yourself from doing things from childhood fears
- Have childhood fears or patterns you would like to understand
- Feel you can't say no to certain people
- Feel pushed into a corner when you try to say how you feel to certain people
- Feel people don't listen to you
- Feel OK, but have outbursts of frustration
- Hold on to past pain, hurt or childhood trauma
- Feel tired of giving too much
- Feel tired of people's actions when they are angry
- Do you trust easily?
- Do you find you are repeating the same actions, but are not sure why?
- Do you feel you always need to be in control?

Please write a few words to explain the following:

- Do you want to know what triggers your frustrations?



- Are you willing to understand this? (*Please explain*)
- Do you feel it is possible to deal with past hurt and trauma?
- Do you believe you can get to a place where you never have to work on yourself again?
- Do you have an awareness of how you have an affect on situations in your life?
- Do you acknowledge them? (*Please give examples*)
- Are you willing to re-visit possible painful childhood experiences, enabling you to learn and grow more?



All information that the College holds concerning you as an individual will be held and processed by The Arts College in accordance with the provisions of the Data Protection Act 1998. Such data will be used by The Arts College to administer our relationship with you as a valued client. By signing this document, consent is given to pass information to any third party where such transfer is a necessary part of our activities or we are required to do so by operation of law. Should you have any queries concerning the above please contact the College.

If you do not wish to be contacted by the College for marketing purposes please tick here

Reference Requests:

Please supply details of two people who can provide a character reference for you:

Name: Name:

Email: Email:

Contact No: Contact No:

Personal Statement

Please explain why you want to study on your chosen course:

Relevant previous experience:



Long term aims:

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www.theartscollege.com

01903 529 633

07540 999 875



Survey for Childhood Patterns in Adults Course

Name: _____

Question 1	Upon completion of this program, what one element would you want to specifically learn from me that if you got would make the biggest difference for you in your life?
Answer	

Question 2	What's most important to help you grow and be emotionally confident right now?
Answer	



Survey for Childhood Patterns in Adults Course

Name: _____

Question 3 How important are each of the following to you, and what would you want to learn the most? (Please pick only ONE for each category *most, *somewhat, *not important

	<u>Most</u>	<u>Somewhat</u>	<u>Least</u>
a) Be confident and kind to myself	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b) Be in control of my situations	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
c) Be at peace with myself and my mistakes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
d) Know how to help myself	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
e) Not have high and low days	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
f) Not feel like I am a failure sometimes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
g) Understand what makes me tick	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
h) Criticize myself less & say no confidently	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
i) Not feel guilty when I do things I shouldn't	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Question 4 What is your biggest challenge or struggle with your life, where you are and where you want to be right now?

Answer	
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Survey for Childhood Patterns in Adults Course

Name: _____

Question 5	What is your current biggest constraint around working through personal challenges or inner struggle when emotional situations trigger hurt?
Answer	

Question 6	What do you want to learn most from me and what do you need help with specifically?
Answer	



Survey for Childhood Patterns in Adults Course

Name: _____

Question 7	What are 3 things that if you accomplished this year, would allow you to feel free or confident in yourself or burdensome situations?
Answer	

Question 8	Where do you find you keep repeating the same mistakes? Are you hard on yourself when you do?
Answer	



Survey for Childhood Patterns in Adults Course

Name: _____

Question 9	What has been your biggest challenge when working with other specialists?
Answer	

Question 10	What do you feel has helped when working with other specialists? Do you feel you have regressed or just need another way to face certain emotions surfacing? How long did it take with your last specialist?
Answer	



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Survey for Childhood Patterns in Adults Course

Name: _____

	<u>Most</u>	<u>Somewhat</u>	<u>Least</u>
a) Be confident in setting my boundaries	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b) Know when my parent's influence holds me back	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
c) Know what to do when I feel frustrated	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
d) Feel like I am in control & can change my moods	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
e) Know when I am living my parent's illusions/fears	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
f) Heal relationships with family and people	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
g) Know how to identify when I am sabotaging myself	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
h) How to cope through extreme changes in my life	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
i) Not have up and down days	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



Declaration of Emotional Support

Family Name: First Name(s):

Male Female Title: Mr Mrs Miss Ms Other

Home Address:

.....

..... Postcode :

Home Phone No: Mobile:

Email: Date of Birth:

Course(s) Applied For

Course Title	Course Code

The Arts College takes your personal health and safety very seriously, therefore prior to being accepted on any of our therapy courses it is a mandatory requirement that you confirm you have arranged, or are in the process of arranging, for your own emotional support (ie. counselling, solution-focused therapy etc). Please be aware certain therapies will not be classed as acceptable for emotional support due to the complexity of understanding the emotions in this process. Not all holistic therapies will be accepted. If you have any confusion about this please ask the College.

Please advise what type of support you will be putting in place for the training:

Therapy (e.g. Counselling, solution-focused therapy, psychotherapy, EFT)	Detail (Practice name & details, therapy start date)



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Please confirm this by signing and returning this declaration to the Arts College at your earliest convenience, along with proof of support (proof can be a letter, booking form or receipt for emotional support services).

I hereby acknowledge that I am personally responsible for setting up my own emotional support both during and after the training I am proposing to undertake with The Arts College.

Signature (Applicant)		Date	
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Course Preference

Workshop based <input type="checkbox"/>	Preferred location:	Worthing <input type="checkbox"/>	Ardingly (W Sussex) <input type="checkbox"/>
Distant Learning <input type="checkbox"/>	Preferred session time:	Morning <input type="checkbox"/>	Afternoon <input type="checkbox"/>

PAYMENTS & PAY-OFF SCHEME DISCOUNTS:

Payment options				
- <i>Workshop based training</i>	Mandatory Deposit	Payment scheme £/Cost	Total Course £/cost	Total Course £/cost saving
Option 1: Pay in 12 instalments	£500	£208.33 / month	£3,000	£0
Option 2: Pay in 3 instalments	£500	£766.66 / month	£2,300	£200
Option 3: Pay in 2 instalments	£500	£1,100.00 / month	£2,000	£300
Option 4: Full payment in advance	£500		£2,100	£400



Please be aware the deposit (non-refundable) needs to be paid 4 weeks prior to the start date of the course to secure your booking.

Instalments need to be made on the 1st of every month, commencing from the start date of the course. If you are taking advantage of our pay-off schemes, your instalments will need to be paid on the first 2 or 3 consecutive months from the start date of the course (depending on which pay-off scheme you choose).

Pay-off Scheme options:

If you miss one of the payments from the instalment plan, you will lose your discount and will have to pay the full price, you will then revert to the monthly instalment plan.

If you miss one of the payments from the monthly plan, you will have 7 days to ensure the missed payment reaches the account, after which time you will not be allowed to attend the course and your distant learning access will be frozen. For insurance purposes, your name will be noted and you will be unable to use the work you have learnt with clients.

If you choose to leave the course at any stage, no refund will be granted.

Payment options				
- <i>Distant Learning</i>	Mandatory Deposit	Payment scheme £/Cost	Total Course £/cost	Total Course £/cost saving
Option 1: Pay in 12 instalments	£350	£150.83 / month	£2,160	£0
Option 2: Pay in 3 instalments	£350	£586.66 / month	£2,110	£50
Option 3: Pay in 2 instalments	£350	£867.50 / month	£2,085	£75
Option 4: Full payment in advance	£350		£2,000	£160

Payment

Please advise how you prefer to make payment:

- Online banking (Account details below)
- Paypal (If you have a Paypal account you can arrange payment via our website, we will send you the link)
- In person (You may pay the right amount of cash on the day of meeting the tutor prior to class start)
- Cheque (Made payable to Justine van de Weg)
- Gift voucher (Original voucher must be posted to the College prior to commencement of class)



Payment Terms:

Workshop based: Option 1 Option 2 Option 3
Distant learning based: Option 1 Option 2 Option 3

Bank Details:

Bank account name: Justine van de Weg
Bank: Lloyds
Sort code: 309277
Account No: 01508680
Reference: Student surname and initial

**Please be aware you will not have access to your course until payment has cleared*

Note:

Materials: all paints & paper are included in the price quoted

Refunds: are granted only if the class is cancelled or the class you register for is full. Refunds are not granted if classes are missed.

If you have any additional questions you would like to ask that you did not have answered in the handbook, please note them below:

Questions: