

THERAPI CELF

ART THERAPY



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Therapydd Celf / Art Therapist

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Noder mai llyfryn dwyieithog yw hwn
(Cymraeg a Saesneg) Linciau allanol i wybodaeth Saesneg.

*Please note that this is a bilingual booklet
(Welsh & English) External links to English information.*

THERAPI Celf ART THERAPY



Mae therapi celf, math o seicotherapi, yn cynnig cefnogaeth emosiynol a seicolegol yn ystod cyfnodau anoddaf bywyd. Yma byddwn yn dysgu ychydig am hanes y proffesiwn a sut i hyfforddi yn y maes. Byddwn hefyd yn esbonio beth yw therapi celf a'r broses therapiwtig, a ble mae therapyddion celf yn gweithio. Bydd therapydd celf yn trafod ychydig am eu profiadau a sut beth ydy gweithio fel therapydd celf. Mae'r llyfryn hwn yn cynnig cyflwyniad byr gyda dolenni i ragor o wybodaeth os hoffech ddysgu ac ymchwilio ymhellach.

Art therapy, a form of psychotherapy, offers emotional and psychological support during the most difficult times in life. Here we'll learn a little about the profession's history and how to train in the field. We will also explain what art therapy and the therapeutic process are, and where art therapists work. An art therapist will discuss a little about their experiences and what it's like to work as an art therapist. This booklet offers a brief introduction with links to more information if you would like to learn and research further.

HANES THERAPI CELF

ARTTHERAPY HISTORY

Ers canrifoedd, mae pobl wedi defnyddio mynegiant artistig fel modd o gyfathrebu straeon, syniadau a chofnodi digwyddiadau pwysig. Wrth i gelf ddod yn nodwedd bwysig mewn diwylliant a hanes, derbyniwyd a dathlwyd yn eang fod celf a mynegiant emosiynol yn gyfystyr â'i gilydd.

Dechreuodd therapi celf fel proffesiwn yng nghanol yr 20fed ganrif. Yr arlunydd Prydeinig Adrian Hill ddyfeisiodd y term 'therapi celf' yn 1942.

Pan oedd Hill yn sâl yn yr ysbyty gyda'r diciâu (TB), gwelodd bod arlunio a phaentio yn therapiwtig. Helpodd gleifion eraill i ddefnyddio celf yn ogystal, a dyma gychwyn gwaith therapi celf. Ysgrifennodd am hyn yn ei yn ei lyfr, *Art Versus Illness*, yn 1945.

Ymunodd yr artist Edward Adamson, 'tad therapi celf' ym Mhrydain gyda Adrian Hill ar ôl yr Ail Ryfel Byd, i ymestyn gwaith Hill i faes iechyd meddwl.

Cychwynnodd hyfforddiant ffurfiol ar gyfer therapyddion celf yn y 1960au, a chaniatawyd i therapyddion celf gael eu cofrestru ym mis Mawrth 1997 'dan y *Professions Supplementary to Medicine* (CPSM), sydd erbyn hyn yn dwyn y teitl Cyngor Proffesiynau Iechyd a Gofal.

Os yr hoffech ddysgu mwy am gefndir a gwreiddiau'r proffesiwn mae'r llyfr *Becoming A Profession: The History of Art Therapy in Britain 1940-82* gan Diane Waller yn darparu cyfrif hanesyddol cynhwysfawr.



For centuries, people have used artistic expression as a means of communicating stories, ideas and recording important events. As art became an important feature of culture and history, it was widely accepted and celebrated that art and emotional expression are synonymous.

Art therapy, as a profession, began in the mid-20th century. British artist Adrian Hill first coined the term 'art therapy' in 1942. When Hill was ill in hospital with TB, he found drawing and painting to be therapeutic. He helped other patients use art as well, and this was the start of art therapy work. He wrote about this in his book, *Art Versus Illness*, in 1945.

Artist Edward Adamson, the 'father of art therapy' in Britain, joined Adrian Hill after World War II, to extend Hill's work into the field of mental health.

Formal training for art therapists began in the 1960s, and art therapists were allowed to be registered in March 1997 under the Professions Supplementary to Medicine (CPSM), now known as the Health and Care Professions Council.

If you would like to learn more about the background and origins of the profession the book *Becoming A Profession: The History of Art Therapy in Britain 1940-82* by Diane Waller provides a comprehensive historical account.



BETH YW THERAPI CELF

WHAT IS ART THERAPY



Mae therapi celf, math o seicotherapi, yn cynnig cefnogaeth emosiynol a seicolegol yn ystod cyfnodau anoddaf bywyd. Mae gweithio â therapydd celf cymwys yn helpu pobl i ddefnyddio deunyddiau celf, darganfod y broses greadigol a'u cefnogi wrth iddynt archwilio eu meddyliau a'u teimladau drwy'r delweddau maent yn eu creu.

Mae'r broses o wneud delweddau a thrafod mewn therapi celf yn galluogi pobl i ystyried a rhannu profiadau mewn man diogel a chyfrinachol. Gall gefnogi pobl i leihau pryder a'u helpu i ddeall a delio gyda problemau emosiynol, yn ogystal â'u hannog i ddod i adnabod eu hunain yn well a datblygu hunan-ymwybyddiaeth.

Nid oes rhaid i gleientiaid fod yn 'dda mewn celf' ac nid oes angen unrhyw brofiad blaenorol. Gall therapi celf gefnogi pobl sy'n wynebu amrywiaeth o faterion, megis problemau emosiynol neu iechyd meddwl, anableddau dysgu neu gorfforol, cyflyrau sy'n cyfyngu ar fywyd, cyflyrau niwrolegol, neu salwch corfforol a llawer mwy. Mae'n cynnig dewis amgen gwerthfawr i therapïau siarad i bobl sy'n ei chael hi'n rhy anodd, neu'n boenus, i siarad am eu hemosiynau neu brofiadau. Mae hyn oherwydd bod therapi celf yn defnyddio celf fel y brif ffurf o fynegiant a chyfathrebu.

Mae llawer o lyfrau, erthyglau a fideos am therapi celf ar gael, ac mae'r llyfr [The Handbook of Art Therapy](#) gan [Caroline Case & Tessa Dalley](#) yn sylfaen da os yr hoffech ddysgu mwy am y maes.

Art therapy, a form of psychotherapy, offers emotional and psychological support during the most difficult times of life. Working with a qualified art therapist helps people access art materials, discover the creative process and support them as they explore their thoughts and feelings through the images they create.

The process of image making and discussion in art therapy enables people to reflect and share experiences in a safe and confidential place. It can support people to reduce anxiety and help them understand and deal with emotional problems, as well as encouraging them to get to know themselves better and develop self-awareness.

Clients do not have to be 'good at art' and no previous experience is required. Art therapy can support people who face a variety of issues, such as emotional or mental health problems, learning or physical disabilities, life-limiting conditions, neurological conditions, or physical illness and much more. It offers a valuable alternative to talking therapies for people who find it too difficult, or too painful, to talk about their emotions or experiences. This is because art therapy uses art as the main form of expression and communication.

There are many books, articles and videos about art therapy, and [The Handbook of Art Therapy by Caroline Case & Tessa Dalley](#) is a good foundation if you would like to learn more about the profession.



HYFFORDDIANT THERAPI CELF

ARTTHERAPY TRAINING

I gymhwyso fel therapydd celf mae angen astudio cwrs MA Therapi Celf gan raglen hyfforddi sydd wedi ei gymeradwyo gan Y Cyngor Proffesiynau Iechyd a Gofal. Dylai ymgeiswyr am hyfforddiant therapi celf fel arfer fod yn raddedigion mewn celf a dylunio, ond rhoddir ystyriaeth i athrawon cymwysedig, gweithwyr cymdeithasol, seicolegwyr a gweithwyr proffesiynol eraill sydd ag ymrwymiad i'r celfyddydau gweledol yn ogystal. Mae'r hyfforddiant ar gael yn rhan amser dros gyfnod o dair blynedd ac ar sail llawn amser am ddwy flynedd.



Mae ymarfer fel therapydd celf yn gallu bod yn waith heriol a sensitif, felly mae gofyn i ymgeiswyr fod yn bobl aeddfed a hyblyg. Yn arferol mae'r hyfforddiant yn cynnwys gwaith theori, lleoliadau clinigol, arolygaeth, ymchwil, gwaith celf a mynychu therapi celf personol. I ddarlennu mwy am sut i hyfforddi ac ym mhle mae'r cyrsiau yn cael eu cynnig cliciwch ymwelwch a gwefan www.baart.org.

Mae *The British Association of Art Therapists* yn cynnig cyrsiau cyflwyno (un diwrnod) a chysiau sylfaen (5 diwrnod) yn y maes, mae mynychu'r rhain yn gallu bod o gymorth i ddysgu mwy am y maes cyn ymrwymo i gwrs MA llawn. Ymwelwch â gwefan www.baart.org i ddarganfod mwy am y cyrsiau byrion yma.

To qualify as an art therapist, you need to study an MA Art Therapy course on a training programme approved by the Health and Care Professions Council. Applicants for art therapy training should normally be graduates of art and design, but consideration will also be given to qualified teachers, social workers, psychologists and other professionals with a commitment to the visual arts. The training is available on a part-time basis over a three-year period, and on a full-time basis for two years.

Practicing as an art therapist can be challenging and sensitive work, so applicants need to be mature and flexible. Training usually includes theory work, clinical placements, supervision, research, artwork and attending personal art therapy. To read more about how to train visit this website www.baat.org.

The British Association of Art Therapists offers introductory courses (one day) and foundation courses (5 days) in art therapy, attending can help people learn more about the subject before committing to a full MA course, visit this website for the details www.baat.org.



BLE MAE THERAPYDDION CEL FYN GWEITHIO

WHERE ART THERAPISTS WORK



Mae therapyddion celf yn gweithio mewn amrywiaeth o leoliadau e.e. ysbytai, ysgolion a cholegau, canolfannau byw â chymorth, canolfannau adsefydlu, a chyfleusterau seiciatrïg, canolfannau lles, sefydliadau fforensig, cyfleusterau ymchwil clinigol, canolfannau argyfwng, llochesi digartrefedd a llochesi trais domestig, ac asiantaethau iechyd meddwl.

Mewn llawer o achosion, gallant fod yn hunangyflogedig neu fod â phractis preifat oherwydd natur unigryw'r swydd. Mae hyn yn golygu y gallant weithio gyda chleientiaid un i un neu mewn lleoliad grŵp yn ôl y galw. Gall therapyddion celf hefyd arbenigo mewn achosion penodol fel plant, pobl hŷn, neu oedolion â rhai mathau o drawma, neu â rhai mathau o afiechydon neu anabledau.

Un peth sy'n sicr mae'n faes difyr sy'n gallu cynnig llawer o amrywiaeth.

Art therapists work in a variety of settings e.g. hospitals, schools and colleges, supported living centres, rehab centres, and psychiatric facilities, wellness centres, forensic institutions, clinical research facilities, crisis centres, homeless shelters and domestic violence refuges, and mental health agencies, and many other settings.

In many cases, they may be self-employed or have a private practice because of the unique nature of the job. This means they can work with clients one to one or in a group setting as needed. Art therapists may also specialize in specific cases such as children, older people, or adults with certain types of trauma, or with certain types of illnesses or disabilities.

One thing is certain it is an interesting field that can offer a lot of variety.



GAIR GAN GWAWR, THERAPYDD CELF

A WORD FROM GWAWR, ART THERAPIST

'Rwy'n therapydd celf cymwys ers 2014. Mi dwi'n credu'n gryf bod creu yn angen ynom i gyd a bod celf yn llesol. Dwi'n teimlo bod cael gweithio fel therapydd celf y fraint, ac mae cael bod yno i bobl ar adegau anodd yn eu bywydau yn rôl arbennig ac unigryw.

Fel therapydd dwi'n ceisio cynnig gofod ac amgylchedd diogel i bobl fynegi eu hunain drwy ddelweddu a thrafodaeth. Mae cyfleu teimladau, meddyliau ac emosiynau ar lafar weithiau'n anodd iawn, dyma ble mae celf yn gallu bod o gymorth.

Mi dwi wedi gweithio gydag oedolion mewn uned seiciatryddol, gyda plant a phobl ifanc gydag anableddau ac mewn ysgolion cynradd, uwchradd ac arbennig yn ogystal a myfyrwyr yn addysg uwch. Mae pob person yn unigryw ac mae pob perthynas therapiwtig yn wahanol, sy'n gwneud therapi celf yn faes difyr i weithio ynddo. Dwi wrth fy modd gweithio fel therapydd celf, mi dwi'n hwyluso cyfleoedd i helpu pobl ddod i adnabod eu hunan yn well, i ddatblygu ac i wella drwy greu.

Mae cael cyfarfod pobl wrth weithio fel therapydd wedi dysgu cymaint i mi'n bersonol, am yr angen am ofod i adlewyrchu ar ein emosiynau ac am garedigrwydd. Mewn byd sydd mor gymhleth a phoenus, mae cael cynnig gofod i gleientiaid gael bod y nhw'u hunain, i rannu a mynegi heb feirniadaeth, a chael eu derbyn yn ddiamod yn rôl wobrwyl dros ben.



I am a qualified art therapist since 2014. I firmly believe that creativity is a need in us all and that art is good for us. I feel that working as an art therapist is a privilege, and being there for people at difficult times in their lives is a special and unique role. As a therapist I try to offer a safe environment and space for people to express themselves through images and discussion. Communicating feelings, thoughts and emotions verbally is sometimes very difficult, this is where art can help.

I have worked with adults in a psychiatric unit, with children and young people with disabilities and in primary, secondary and special schools as well as with students in higher education. Each person is unique and each therapeutic relationship is different, which makes art therapy a very interesting field to work in. I love working as an art therapist, I facilitate opportunities to help people get to know themselves better, develop and improve through creativity.

Meeting people while working as a therapist has taught me so much about the need for space to reflect on our emotions and for kindness. In such a complex and painful world, offering clients the space to be themselves, to share and express without criticism, and to receive them unconditionally, is a very rewarding role.



FURTHER INFORMATION



Efallai bod y llyfryn hwn wedi eich ysbrydoli i fynychu therapi celf am gefnogaeth, neu efallai ystyried hyfforddi yn y maes? Mae therapi celf yn faes difyr, dim ond cynnig blas mae'r llyfryn hwn, felly dyma restr o ddolenni cyswllt sy'n darparu rhagor o wybodaeth rhag ofn bod gennych ddiddordeb mewn dysgu mwy am therapi celf...

- [*Art as Empowerment: The Virtue of Art Therapy, Ann Lawton*](#)
- [Gwrandewch ar ddefnyddwyr gwasanaethau therapi celf yn siarad am eu profiadau](#)
- [Eisiau mynychu therapi? dyma gofrestr cenedlaethol o therapyddion celf](#)
- [Ystyried cyflogi therapydd celf yn eich sefydliad? dysgwch fwy am y manteision](#)
- [Fideo am yrfa mewn therapi celf yn y GIG](#)
- [*The British Association of Art Therapists*](#)
- [Gwybodaeth therapi celf ar wefan y GIG](#)
- [Therapi celf, Gwasanaeth Lles, Prifysgol Bangor](#)



Perhaps this booklet has inspired you to attend art therapy for support, or to perhaps consider training in the field? Art therapy is an interesting and fascinating area, and we have only been able to share a little taster here on our website, so here is a list of links for further information in case you are interested in learning more about art therapy...

- [Art as Empowerment: The Virtue of Art Therapy, Ann Lawton](#)
- [Listen to art therapy service users speak about their experiences in therapy](#)
- [Looking for an art therapist? search this national register -](#)
- [Thinking of employing an art therapist in your organisation? learn more about the benefits here –](#)
- [Video about a career in art therapy in the NHS](#)
- [The British Association of Art Therapists](#)
- [Art therapy info on the NHS website](#)
- [Art Therapy, Wellbeing Service, Bangor University](#)



DIOLCH AM
DDARLLEN

THANK YOU
FOR READING