



*For Painting Therapy and Artistic Painting  
According to the method of Liane Collot d'Herbois*

The Painting Therapy Training started in 2008 and is now in its 4<sup>th</sup> year. It is going from strength to strength with many specialist teachers becoming involved. These teachers bring their expertise in areas such as the anthroposophic medical understanding of the human being; music therapy; sacred geometry; early childhood development; spiritual psychology; eurythmy; rhythmical massage Goethean observation and counselling.

There is a group of 5 committed students, great pioneers, who have been there from the start and others who have joined more recently. All would agree that there has been a tremendous deepening of their connection to the whole world of light, darkness and colour and a growing understanding as to its healing and therapeutic potential.

The course begins again with Module 1 in April 2012 – now is the time to enrol if you are interested.

### **Overview of the Painting Therapy Training:**

There are 6 week modules twice a year for 4 years; 8 modules of training in all. The first week of each 6 week module is open to new students and is called the Foundation Course week. This Foundation Course week enables students to develop the artistic skills that are needed for the rest of the Painting Therapy Training. The 8 Foundation weeks can be taken separately as a course in their own right.

*The Painting Therapy Training unfolds in the following way.*

Module 1: The archetypal worlds of warmth, darkness and light out of which colour arises.

Module 2: Overview of 'All the Colours'

Module 3: Focus on the colour magenta -a fundamentally healing colour.

*Thereafter 2 main colours are studied each time.*

Module 4: Carmine Red/Cobalt Blue

Module 5: Vermilion/Green

Module 6: Orange/ Turquoise

Module 7: Yellow/Indigo

Module 8: Yellow-Green/Violet

### **Practical subjects include:**

- Using charcoal to explore 12 therapeutic light and darkness exercises.
- Exploring 12 corresponding colour worlds in moist-on-moist and veil painting techniques.
- Observation exercises using charcoal, coloured pencils and pastels.
- Other modalities: eurythmy; speech; sculpture; music; projective geometry

### **Theoretical Subjects include:**

- Light and darkness in relationship to health and illness
- The healthy and not so healthy working of each colour
- Medical studies
- Life phases and biography
- Training the senses
- Understanding the process of illness
- Observation and analysis of client's pictures
- Communication with parents, doctors and therapists

The course has a profound and serious aspect but each module is also a festival of colour, a festival of learning and a warm social event. It is moving to witness how the students become more inwardly flexible, healthier and wiser as they take up this path of learning. There is an international flavour to the training with students coming from Japan, New Zealand and many different part of Australia.

*In the words of two of the students:*

*"I am part of a group of students being trained in the beautiful environment of Mapleton on the edge of the Blackall Range in S.E. Queensland by Sally Martin, herself a graduate of the Emerald Foundation in Holland. Throughout the training we are guided step-by-step in a rigorous course of self-development and to a new understanding and experience of colour.*

*In each six week therapy module we have a large array of experiences relating to the relevant colours to be studied. Each day starts at 9am with a verse and a lecture from Sally or a visiting speaker. Mid-morning is for observation work, artistic exercises, client studies and practicing diagnostic skills. After lunch we work on charcoal drawing, moist on moist painting or veil painting until 4.30pm when we close with the verse. A medical doctor joins us for two weeks of every module to lecture on relevant medical topics. For example: the 12 senses; the 7 life processes; embryology; the function of the organs; the glandular system; the working of the 'invisible man'.*

*We are fortunate to have in our main teacher, someone who has worked in the Camphill movement; is deeply grounded in Anthroposophy; who has trained in the Liane Collot d'Herbois method and is a practicing therapist. With her great strengths of commitment, follow through and dedication to the successful working of the course, we are indeed in capable hands.*

*Sally is forever reviewing herself and the daily workings of the course ensuring that all the content and experiences are relevant and fulfilling." (Fran)*

*"At the beginning of the course I was afraid to begin painting – that first brush stroke, that first disaster! As the weeks (years) progressed, it felt as if colour understanding was unfolding in my soul, as if the colours began speaking to me by my first gesture towards them; as if they could now talk because I was listening. Somehow the approach opened windows that had remained shut through other explorations. On another level, I felt as if I had worked really hard each week of the course. How can a painting seem so exhausting?! This only emphasizes how much inner work is going on. Apart from this there was the opportunity of meeting fantastic people, forging new friendships and of course having a laugh!!! "(Lyn)*

For more comments of appreciation please take a look at the website:

[www.siennaacademy.com.au](http://www.siennaacademy.com.au)

Students nearing the end of their training have begun to work with clients under close supervision. It is an important part of the journey for students to begin the practical application of what they have learnt and to experience the positive difference it makes to people's lives.

If you feel yourself warming towards the possibility of joining the Painting therapy Training please do contact me. I look forward very much to hearing from you.

*Sally Martin*

Enquiries: Sally Martin  
Phone: + 61 (0) 7 5478 6260  
Email: [sallymartin@aanet.com.au](mailto:sallymartin@aanet.com.au)  
Website: [www.siennaacademy.com.au](http://www.siennaacademy.com.au)