**Facilitating Reflective Practice Groups for Artists and Creative Health Practitioners (3-day training)**

**Are you an arts practitioner interested in extending your skillset by training as a Reflective Practice Facilitator?**

***“A totally nourishing, inspiring and invigorating few days. Alison created a welcoming, non-judgemental, fully inclusive environment which allowed everyone the space and time to express themselves safely and confidently.  I will use the energy I now feel, and the knowledge I have gained to forge ahead and help inform reflective practice within my organisation to help both staff and the artists we support.” Participant, 2024***

The training course is aimed at artists, creative practitioners and arts in health professionals who are already experienced facilitators. This 3-day experiential training course will introduce you to the concept of Reflective Practice and equip you with the skills to begin running Reflective Practice groups within your organisation or externally.

Reflective Practice has been proven to reduce burnout and support wellbeing and vitality across the helping professions. Research suggests that artists and creative practitioners may be at increased risk of burnout due to the precarious and sometimes isolating nature of their work. There is a growing expectation across the UK arts and health commissioning landscape for artist wellbeing to be integrated into all projects. The evaluation of a two- year programme of reflective support for artists, commissioned by Wales Arts Health and Wellbeing Network, and supported by The Baring Foundation, confirmed the benefits of training artists to become Reflective Practice facilitators.

*“The Reflective Practice Training built a new community of practice. The training fostered connection, confidence, and new facilitation skills, with reflective practice increasingly integrated into staff meetings, project debriefs, and creative sessions. Participants valued the experiential, well-held nature of the training and described becoming more reflective and less reactive in their work and daily lives.” How Ya Doing* Evaluation Report, Jane Willis, 2025.

**Day 1:**

* Introduction to Reflective Practice for creative practitioners.
* Experiencing a Reflective Practice session as a participant: reflecting and learning from this.
* Introduction to Reflective Group Dynamics.
* Facilitation styles and skills required.

**Day 2:**

* Practising in small groups with feedback.
* Designing your first programme.
* Framing a Reflective Practice session: time, objectives, group agreement.
* Key considerations: Supervision and self-care; safeguarding; roles and responsibilities, common challenges and concerns.

**Day 3**

This consists of two half-day sessions, 1 month and 3 months after the initial training, in which the group come back together and reflect on their emerging experiences as Reflective Practice facilitators. This will be a space to reflect on your emerging practice and your professional growth.

**What you will gain:**

* New skills to facilitate a Reflective Practice group with feedback on your facilitation skills from the course leader and peers.
* Enhanced capacity to reflect, which can be applied to your own personal and professional wellbeing.
* An understanding of how to plan, deliver and evaluate the effectiveness of Reflective Practice sessions.
* Increased confidence to articulate the benefits of Reflective Practice to senior managers, colleagues and commissioners.

**Dates:** 18th and 19th Nov 2025 10am-4.30pm

 17th Dec 2025 10am-12.30pm

 25th Feb 2025 10am-12.30pm

**Cost:** £350

**Only 12 places so early booking recommended. You can book via Eventbrite or reach out for a chat if you need more info.**[**https://lnkd.in/exGV-nSw**](https://lnkd.in/exGV-nSw)

**Trainer:** Alison is a consultative supervisor with 30 years’ experience of applied theatre and therapeutic practice. She has been privileged to work in diverse settings, including prisons, Romanian orphanages, in substance misuse, with older adults, military veterans and survivors of complex trauma. She worked for several years as Lecturer and Senior Lecturer in Counselling and Psychotherapy at University of South Wales.

She is Co-Founder and Company Supervisor of Re-Live, an Arts and Health charity, co-creating Life Story Theatre with older adults and people affected by trauma and adversity. Alison and Re-Live Co-founder, Karin Diamond, received an Arts and Health Practice Award from the Royal Society of Public Health for creative work with military families. They also received an award for International Leadership in Arts and Health from Arts and Health Australia. They recently co-authored *Creating Life Story Theatre: A Guide for Applied Theatre Practitioners*, with Clark Baim which was published by Methuen Drama in 2025.

Alison’s research study, *The Work Hurts*, explored practitioners’ perspectives on the emotional impact of working in arts and health, and the mitigating effects of supervision and reflective practice. The findings were published in the Journal of Applied Arts and Health.

Alison is passionate about enhancing practitioner wellbeing by co-creating restorative, reflective experiences that support fellow professionals to be well in the work they do.

**Hwyluso Grwpiau Arfer Adfyfyriol ar gyfer Artistiaid ac Arferwyr Iechyd Creadigol (Hyfforddiant 3-diwrnod)**

**Ydych chi'n Arferwr celfyddydau sydd â diddordeb mewn ehangu eich sgiliau trwy hyfforddi fel Hwylusydd Arfer Adfyfyriol?**

***"Ychydig ddyddiau llesol, ysbrydoledig ac egnïol. Fe grëodd Alison amgylchedd croesawgar, anfarnol a chwbl gynhwysol a oedd yn galluogi pawb i brofi gofod ac amser i fynegi eu hunain yn ddiogel ac yn hyderus. Byddaf yn defnyddio'r egni rwyf yn ei brofi nawr, a'r wybodaeth rwyf wedi'i hennill i fwrw ymlaen er mwyn helpu llywio arfer adfyfyriol o fewn fy sefydliad fydd yn gymorth i'r staff a'r artistiaid rydym yn cefnogi."  Cyfranogwr, 2024***

Mae'r cwrs hyfforddi wedi'i anelu at artistiaid, arferwyr creadigol a gweithwyr proffesiynol celfyddydau-mewn-iechyd sydd eisoes yn hwyluswyr profiadol. Bydd y cwrs hyfforddi-drwy-brofiad 3-diwrnod hwn yn eich cyflwyno i'r cysyniad o Arfer Adfyfyriol a rhoi i chi'r sgiliau i fedru cynnal grwpiau Arfer Adfyfyriol o fewn eich sefydliadau neu'n allanol.

Mae astudiaethau wedi profi bod Arfer Adfyfyriol yn medru lleihau sgil-effeithiau gorweithio a'i fod yn cefnogi lles a bywiogrwydd ar draws y proffesiynau cymorth. Mae ymchwil yn awgrymu y gallai artistiaid ac arferwyr creadigol fod o dan risg uwch o sgil-effeithiau gorweithio oherwydd natur ansicr ac, ar brydiau, ynysig eu gwaith. Mae disgwyliad cynyddol ar draws comisiynu celfyddydau ac iechyd y DU y dylai llesiant artistiaid gael ei integreiddio i bob prosiect. Roedd gwerthusiad o raglen ddwy flynedd o gefnogaeth adfyfyriol i artistiaid, a gomisiynwyd gan Rwydwaith Iechyd a Llesiant Celfyddydau Cymru, ac a gefnogwyd gan *The Baring Foundation*, wedi cadarnhau manteision hyfforddi artistiaid i ddod yn hwyluswyr Arfer Adfyfyriol.

“Adeiladodd yr Hyfforddiant Arfer Adfyfyriol gymuned o arfer newydd. Meithrinodd yr hyfforddiant gysylltiad, hyder, a sgiliau hwyluso newydd, gydag arfer adfyfyriol yn cael ei integreiddio fwyfwy i gyfarfodydd staff, sesiynau trafod prosiectau, a sesiynau creadigol. Roedd y cyfranogwyr yn gwerthfawrogi natur brofiadol yr hyfforddiant ac yn disgrifio dod yn fwy adfyfyriol ac yn llai adweithiol yn eu gwaith a'u bywydau o ddydd i ddydd.” Adroddiad Gwerthuso *How Ya Doing*, Jane Willis, 2025.

**Diwrnod 1:**

* Cyflwyniad i Arfer Adfyfyriol ar gyfer arferwyr creadigol.
* Profi sesiwn Arfer Adfyfyriol fel cyfranogwr: adfyfyrio a dysgu o hyn.
* Cyflwyniad i Ddynameg Grŵp Adfyfyriol.
* Dulliau a sgiliau hwyluso angenrheidiol.

**Diwrnod 2:**

* Arfer mewn grwpiau bach gydag adborth.
* Dylunio eich rhaglen gyntaf.
* Fframio sesiwn Arfer Adfyfyriol: amser, amcanion, cysyniad grŵp.
* Ystyriaethau allweddol: Goruchwyliaeth a hunanofal; diogelu; rolau a chyfrifoldebau, heriau a phryderon cyffredin.

**Diwrnod 3:**

Mae hwn yn cynnwys dwy sesiwn hanner-diwrnod, 1 mis a 3 mis ar ôl yr hyfforddiant cychwynnol, lle mae'r grŵp yn ail-ymgynnull i adfyfyrio ar eu profiadau fel hwyluswyr Arfer Adfyfyriol. Bydd hwn yn ofod ichi gael cyfle i adfyfyrio ar eich arfer a'ch twf proffesiynol.

**Sut fyddwch chi'n buddio:**

* Sgiliau newydd i hwyluso grŵp Arfer Adfyfyriol gydag adborth ar eich sgiliau hwyluso gan arweinydd y cwrs a chyfoedion.
* Gallu gwell i adfyfyrio, y gellir ei gymhwyso i'ch lles personol a phroffesiynol eich hun.
* Dealltwriaeth o sut i gynllunio, cyflwyno a gwerthuso effeithiolrwydd sesiynau Arfer Adfyfyriol.
* Hyder cynyddol i fynegi manteision Arfer Adfyfyriol i uwch reolwyr, cydweithwyr a chomisiynwyr.

**Dyddiadau:** 18fed a'r 19eg Tach 2025 10yb-4.30yp

             17eg Rhag 2025 10yb-12.30yp

             25ain Chwe 2025 10yb-12.30yp

**Cost:** £350

Dim ond 12 lle sydd ar gael, felly argymhellir archebu'n gynnar. Gallwch archebu drwy Eventbrite neu gysylltu am sgwrs os oes angen mwy o wybodaeth arnoch.

<https://lnkd.in/exGV-nSw>

**Hyfforddwr:** Mae Alison yn oruchwyliwr ymgynghorol â 30 mlynedd o brofiad mewn theatr gymhwysol ac arfer therapiwtig. Mae wedi cael y fraint o weithio mewn amryw o leoliadau gan gynnwys carchardai, cartrefi plant amddifad Romania, ym maes camddefnyddio sylweddau, gydag oedolion hŷn, cyn-filwyr a goroeswyr trawma cymhleth. Gweithiodd am sawl blwyddyn fel Darlithydd ac Uwch Ddarlithydd mewn Cwnsela a Seicotherapi ym Mhrifysgol De Cymru.

Mae Alison hefyd yn Gyd-sylfaenydd a Goruchwyliwr Cwmni Re-Live, elusen Celfyddydau ac Iechyd, sy'n cyd-greu Theatr Stori Bywyd gydag oedolion hŷn a phobl sydd wedi eu heffeithio gan drawma ac adfyd. Derbyniodd Alison a Chyd-sylfaenydd Re-Live, Karin Diamond, Wobr Arfer Celfyddydau ac Iechyd gan y Gymdeithas Frenhinol Iechyd Cyhoeddus am waith creadigol gyda theuluoedd milwrol. Fe dderbynion nhw hefyd gwobr *Arweinyddiaeth Ryngwladol* gan Arts and Health Australia. Yn ogystal, yn ddiweddar, fe wnaethant gyd-ysgrifennu *Creating Life Story Theatre: A Guide for Applied Theatre Practitioners*, gyda Clark Baim a gyhoeddwyd gan Methuen Drama yn 2025.

Yn astudiaeth ymchwil Alison, *The Work Hurts*, fe archwiliodd safbwyntiau arferwyr ar effaith emosiynol gweithio ym maes celfyddydau ac iechyd, ac effeithiau lliniarol goruchwylio ac arfer adfyfyriol. Cyhoeddwyd y canfyddiadau yn y *Journal of Applied Arts and Health*.

Mae Alison yn angerddol dros wella lles arferwyr drwy gyd-greu profiadau adferol ac adfyfyriol sy'n cefnogi cyd-weithwyr proffesiynol i fod yn iach yn eu gwaith.