



What is Talitha Arts?

Talitha Arts is an arts charity which delivers transformative, therapeutic arts workshops and programmes to vulnerable groups to support their mental health and well-being, using the Talitha Approach.

What is the Talitha Approach?

Founded in 2010 by Actress Amanda Root, The Talitha Approach is a unique, person-centred approach to therapeutic arts workshops. Our workshop programmes are short-term and community focused. Talitha workshops are facilitated in a co-led setting by both professional artists and therapists. Each Talitha workshop is planned in advance, directed, and tailored to each specific group and to the individuals we serve.

What does the Talitha Practitioner Training Involve?

Becoming a Talitha Practitioner is a combination of training sessions, workshop shadowing and self-directed learning. We will equip you with training before you participate in projects, but more importantly you will learn from shadowing and participating in existing Talitha workshops.

Practitioner training includes:

- 1) Attending two online training sessions and two full training days in London.
- 2) Workshop shadowing (you must shadow a complete workshop programme of 6 weeks)

After you have completed your training, if Talitha feels that you are ready, you will become a qualified Talitha practitioner. In some instances, it may be felt by the Talitha Team that more training or shadowing is needed. All projects and workshops are co-led and designed progressively week by week.

We provide ongoing support for our therapeutic arts practitioners through our Talitha community, training days and debrief sessions after workshops. It is the responsibility of each and every practitioner to undertake professional development opportunities and participate in ongoing learning.

Is this a paid role?

Yes. Our practitioners work for us on a freelance and ad hoc basis. Once qualified as a Talitha practitioner the fee is £50 per session (plus travel expenses from London zones 1-9, 50% travel cover for outside zone 9)

The fee for shadowing practitioners is £25 per session plus travel cover as stated above.

What is the Talitha Practitioner Community Like?

Talitha fosters a culture of continuous learning and development in line with our creative ethos. We want our practitioners to flourish in the same way we want those we work with to flourish. We encourage a supportive and collaborative approach within our teams. While we do not provide certified training for practitioners, we do offer a supportive network of professional artists and arts therapists, team building pre-session warm-ups, and post-session debriefs.

Would I be Considered a Therapist?

No. Our sessions are therapeutic but are not considered therapy. While we strongly believe in the therapeutic benefits of participating in Talitha workshops, the boundaries are very different. We facilitate one-off programmes, co-led sessions and do not provide one-to-one or ongoing clinical therapy support.

However, many of the organisations we work with do invite us to return year after year, allowing us to maintain long term relationships and continuity with the organisations we work with.

Who Can Become A Talitha Practitioner?

The Talitha Practitioner community is made up of both professional artists (from all fields, including, but not limited to: drama, dance, visual art, and music) and professional therapists. Professional creative artists, arts therapists and licensed therapists are welcome to apply. While we do not believe in a hierarchical structure between our creative practitioners and our therapeutic practitioners in regards to planning our sessions, we do require a level of

understanding and experience in working with those who have experienced trauma from all of our practitioners.

Once trained, will I be able to facilitate workshops on my own?

No. Workshops are always organised by Talitha and facilitated in a co-led environment.

Can I volunteer for a one-off workshop or short-term project? Do I have to be continuously involved?

We are looking for committed practitioners and discourage the 'one-off' mentality. For most of our programmes, because our participants are vulnerable, it is important to have practitioner continuity throughout the entirety of a Talitha programme. Joining the Talitha team means working with the organisation on a long-term, ongoing basis. We expect all practitioners to commit to at least two 4-6 week programs annually. As well as co-leading workshops we expect our practitioners to assist in the planning and evaluating of sessions.

Do I have to travel to be involved?

We often work with populations that have accessibility barriers and we try our best to accommodate any need. This often means travelling to the communities and organisations that we serve.

You will be responsible for arranging travel to the workshops you have committed to attend. Most of our workshops are within the London area. Talitha covers the cost of travel expenses.

I read on your website that Talitha is founded on Christian values. Is Talitha a Christian Organisation? Do I need to be of the Christian Faith to be a practitioner?

No, Talitha is not a Christian organisation. The organisation was founded on the Christian values of love, hope, restoration, and serving. Talitha is made up of practitioners of all faiths and none, reflecting the diversity of those we serve through our programmes.