

ART-1600: INTRODUCTION TO ART THERAPY

Cuyahoga Community College

Viewing: ART-1600 : Introduction to Art Therapy

Board of Trustees:

May 2020

Academic Term:

Fall 2020

Subject Code

ART - Art

Course Number:

1600

Title:

Introduction to Art Therapy

Catalog Description:

Introduces basic concepts of art as therapy and provides an overview of the origins, theories, and foundations of art therapy. Covers 2-D art techniques as it applies to art therapy. Students will be exposed to a variety of art media, major readings regarding utilizing art as a means of communication, as well as, understanding the healing properties of utilizing art therapy techniques. Artistic talent is not required for this course.

Professional level certification in Art Therapy requires appropriate work experience and a master's degree from an approved program. Course meets AATA prerequisites for entering a master's program in Art Therapy.

Credit Hour(s):

3

Lecture Hour(s):

3

Requisites

Prerequisite and Corequisite

None.

Outcomes

Course Outcome(s):

Synthesize knowledge from various sources: readings, discussion, films, guest lectures, and participate in observations on site.

Objective(s):

1. Differentiate between art as therapy and art psychotherapy.
2. Define art therapy and psychotherapy and discuss the similarities and differences between the two.
3. Recognize possible applications and benefits of art therapy with various populations
4. Trace the historical origins of art used therapeutically from prehistoric times to the present.
5. Recognize the major pioneers and theorists and identify their contribution to the field of art therapy.
6. Discuss the images of other art therapists and summarize the contributions they make.

Course Outcome(s):

View and discuss creativity as a process, not only as a product.

Objective(s):

1. Demonstrate and discuss the universal nature of the creative process as it applies to image making.
2. Utilize and explore different art materials and use this knowledge to discover therapeutic qualities and techniques of art.
3. Recognize and express how various artists and art therapists have used the creative process and their own art expression as a means of personal growth.
4. Demonstrate through image work a broadened perception of the creative process.

5. Discuss and evaluate the creativity potential of human beings.
6. Discuss and evaluate the creativity potential of human being.

Course Outcome(s):

Explain the healing power of art and its contribution to wellness.

Objective(s):

1. Complete journal entries to reflect upon their personal physical/emotional state and how various art media helps them cope/ manage stress.
2. Explore healing techniques through films, speakers, readings, and self-exploration of various art media.
3. Explore healing and how it relates to various physical and emotional aspects of clients, self, and other people in one's life.

Methods of Evaluation:

1. Journal
2. Research Paper
3. Written evaluations of 5 professional journal/articles developing the idea of art used therapeutically
4. Class presentation of a chosen topic and selected observations
5. Notebook/log of class notes and readings
6. Oral discussion and reading of selected books and articles from the art therapy collection
7. Completion of final paper/project

Course Content Outline:

1. Introduction to the course
 - a. The meaning of the creative process
 - b. Contrast between art as therapy and art education
2. History of the therapeutic use of art
 - a. Origins in prehistoric times
 - b. Healing qualities of art in various cultures
 - i. Healing symbols found in Native American motifs
 - ii. Healing symbols in various cultures
3. Pioneers of art therapy in Europe and in the United States
 - a. Current practitioners who emphasize the therapeutic use of art and who stress the healing power of the creative process
 - i. Robert Ault
 - ii. Don Jones
 - iii. Shaun McNiff
 - iv. Judith Rubin
 - v. Edward Admason
 - vi. Harriet Wadeson
4. Selected artists who used their own art as therapy
 - a. Van Gogh
 - b. Matisse
 - c. Roualt
 - d. Others
5. Therapeutic use of art in times of
 - a. Tragedy/Trauma
 - b. Healing
 - c. Bereavement
 - d. Human development
 - e. Change
6. Therapeutic use of art with different populations in various settings
 - a. Clinical (medical)
 - b. Rehabilitative
 - c. Educational settings
 - d. Child art therapy
 - e. Adolescent and adult art therapy
 - f. Special needs (the elderly, the disabled, the chemically dependent, psychiatric)
7. Integration and personal therapeutic use of art

- a. Reflective journaling
 - b. Therapeutic techniques of art media
 - c. Therapeutic effect of viewing others works of art
8. Overview of the field of Art Therapy Professional issues and current trends
- a. Ethics
 - b. Educational requirements
 - c. Licensure/Certifications
 - d. Buckeye Art Therapy Association
 - e. American Art Therapy Association

Resources

Adamson, E. *Art as Healing: London*. Coventure, Ltd, and York Beach, ME: Nicolas-Hays, 1984.

Cane, Florence. *The Artist in Each of Us*. Craftsbury Common, Vermon: Art Therapy Publications, 1983.

Gardner, Howard. *The Arts and Human Development: A Psychological Study of the Atistic Process*. New York: John Wiley Sons, 1973.

Gorski, Berni. *Beyond Limitations: The Creative At of the mentally Retarded*. Springfield, Illinois: Charles C. Thomas, Publisher, 1979.

Heline, Corinne. *Healing and Regeneration through Color*. 17th. Marina del Rey, CA: DeVoras and Company, Publishers, 1980.

Keyes, Margaret Fings. *The Inward Journey: Art as Therapy for You*. Millbrae, California: Celestial Arts, 1974.

Gree, Gerald. *The Artists of Terezin*. New York: Schocken Books, 1957.

Pickvance, Ronald. Van Gogh in Arles. New York. *The Metropolitan Museum of Art*. Henry Abrams, Inc. Publishers, 1984.

Rhynne, Janie. *The Gestalt Experience: Creative Process Expressive Therapy*. Chicago, Ill: Magnolia Street Publishers, 1984.

Rubin, Judith. *Art Therapy, Introduction*. 2nd ed. Taylor and Francis, 2009.

Schaefer-Simmer, Henry. *The Unfolding of Artistic Activity: Its Basis, Processes, and Implications*. Berkeley and Los Angeles: University of California Press, 1970.

Ford, Debbie. *The Dark Side of the Light Chasers: Reclaiming Your Power, Creativity, Brilliance, and Dreams*. New York: Riverhead Books, 1999.

Cornell, Judith. *Mandala: Luminous Symbols for Healing*. Wheaton, Il: Questbooks, 1999.

Ganim, Barbara. *Art and Healing: Using Expressive Art to Heal Your Body, Mind, and Spirit*. New York: Three Rivers Press, 2013.

London, Peter. *Step Outside: Community Based Art Education*. 1st edition. New York and London: Plenum Press, 2003.

Lawlor, Melony. *The Heart Talks Manual: A Guide to Utilizing Art Therapy Techniques with Transracially/Transculturally Adopted Children*. 1st. Buffalo, New York: Creative Education Foundation, Inc., 2002.

Nagera, Humberto, M.D. "Vincent Van Gogh: A Psychological Study" 1967-01-03 00:00:00.0.

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