

ART-1610: ART THERAPY II: METHODS AND MEDIA

Cuyahoga Community College

Viewing: ART-1610 : Art Therapy II: Methods and Media

Board of Trustees:

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Academic Term:

Fall 2020

Subject Code

ART - Art

Course Number:

1610

Title:

Art Therapy II: Methods and Media

Catalog Description:

Explore psychological theories used in art therapy and their effect on the delivery of art therapy services. Art therapy methods and media explored experientially in student groups. Explore personal goals and expectations for entering the art therapy profession. Deepen understanding of the creative process as it relates to healing, growth and inner self. Connect the student with their creative potential through studio experiences.

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

Credit Hour(s):

3

Lecture Hour(s):

2

Lab Hour(s):

2

Requisites

Prerequisite and Corequisite

ART-1600 Introduction to Art Therapy, or concurrent enrollment; and PSY-1010 General Psychology or concurrent enrollment, or PSY-101H Honors General Psychology or concurrent enrollment

Outcomes

Course Outcome(s):

Create and apply therapeutic methods in individual and group settings for different client populations.

Objective(s):

1. Explain methods of art therapy.
2. Explain the use of symbolism and be able to apply in art therapy.
3. Discuss and understand theories and concepts of psychology and art therapy.
4. Explore methods of art therapy and learn how to apply them to different client populations.
5. Begin developing active listening, reflection and empathy skills.
6. Demonstrate beginning therapeutic communicative skills.
7. Develop skills and apply in planning and delivering a group art experience.
8. Utilize various art materials to meet the needs of specific populations.
9. Describe appropriate settings and conditions for successful art therapy.
10. Explain the role of the image in art therapy and its relationship to the process of creativity and healing.
11. Demonstrate an ability to engage in art experiences that reflect different philosophy in the field of art therapy.
12. Discuss creativity throughout history as it applies to art therapy.

Course Outcome(s):

Develop an increased awareness of one's own personality through continued in-depth self-study of theory and the creative process.

Objective(s):

1. Integrate understanding of the creative process by doing art work and assessing, analyzing and discussing the piece created.
2. Increase understanding and further develop a personal philosophical and therapeutic style while developing a greater understanding of developmental, psychological, emotional, cognitive, spiritual, and cultural aspects of the art work produced during the therapeutic session.

Course Outcome(s):

Describe the contributions of individual artists and their unique expressions of their art forms.

Objective(s):

1. Describe Kathy and Bruce Moon studio art theory, existentialism.
2. Discuss the early human origins of art therapy, including cave drawings, Shaman's rituals, and Native American drawings.
3. Describe the beginnings of art therapy and identify art therapy pioneers.
4. Describe the historical perspective of art therapy.

Methods of Evaluation:

1. Class participation
2. Group participation in art therapy methods
3. Written response to visual exhibitions
4. Graphic and written journaling
5. Site visits
6. Paper written in response to field observations
7. Class presentations

Course Content Outline:

1. Theories and concepts of art therapy
 - a. Edith Kramer art therapy theories
 - b. Shawn McNiff art therapy theory
 - c. Harriet Wadeson Family art therapy
 - d. Janie Ryne art therapy theory
 - e. Kathy Moon and studio art theory
2. Contributions of individual artists and expressions of their art forms
 - a. Done Jones" technique
 - b. Bob Ault
 - c. Margaret Naumberg
3. Creative process
 - a. Verbalization of growth, change and healing
 - b. Assessment
 - c. Techniques
 - d. Conflict resolution
4. Early Human Origins
 - a. Cave drawings
 - b. Shaman"s rituals
 - c. Indian drawings
5. Beginnings of Art Therapy/Pioneer Review
 - a. American pioneers
 - b. European pioneers
 - c. Margaret Naumberg
 - d. Edith Kramer
 - e. Shawn McNiff
 - f. Florence Cane
6. Art Therapy Methods

- a. Drawing
 - b. Painting
 - c. Clay
 - d. Mixed media
 - e. Collage work
 - f. Weaving
 - g. Spiritual
7. Working with diverse populations and settings
- a. Rehabilitation settings
 - b. Geriatrics
 - c. Rape crisis centers
 - d. Children
 - e. Hospice
 - f. Nursing homes

Resources

Furth, Gregg M. *Secret World of Drawing: A Jungian Approach to Healing Through Art*. London: MacMillan London Ltd, 2000.

Barbara Ganim. *Art and Healing: Using Expressive Art to Heal Your Body, Mind and Spirit*. 2nd. Princeton, ND: Princeton University Press, 2013.

Gilroy, A McNeilly, G. *The Changing Shape of Art Therapy: New Developments in Theory and Practice*. 4th. New York: Watson-Guption Publications, 2000.

Cattanach, Ann. *Process in Art Therapies*. 2nd. Springfield, Illinois: CC.Thomas, 1999.

Blum, Elsa. *Psychoanalysis and Art: The Artist Representation*. New York, DoubleDay, 2004.

Cameron, Julie. *The Artist's Way: A Spiritual Path to Higher Creativity*. 3rd. New York, Basic Books, 2002.

Gombrich, E. H. *Art and Illusion: A Study in the Psychology of Pictorial Representation*. 1st. New York, Norton, 2000.

Henley, David. *Clayworks in Art Therapy: Plying the Sacred circle*. 1st. New York, Harper Row, 2002.

Kramer, E. *In Art as Therapy with Children*. 2nd. Chicago: Magnolia Street Publishers, 1998.

Lewis Taylor. "Pictures Tell Stories of Young Witnesses to Violence at Home" 1. 2004-09-19 00:00:00.0.

Maxine Junge. "Feminine Imagery and a Young Woman's Search for Identity" 14. 1987-04-20 00:00:00.0.

Kramer, E. "Reflections on the evolution of human perception: Implications from the understanding of the visual arts and of the visual products of art therapy." 30. 1992-10-03 00:00:00.0.

Mitchell S. ""The therapeutic action"" 33. 1997-01-05 00:00:00.0.

Wilson, L. ""Alberto Giscometti's woman with her throat cut' multiple meanings and methodology"" 23. 1999-10-20 00:00:00.0.

Francis, D, Kaiser, D, Deaver, S. ""Representations of attachment security in the bird's nest drawings of clients with substance abuse disorders"" 20. 2003-03-10 00:00:00.0.

Johnson, D. "The role of creative arts therapies in the diagnosis and treatment of psychological trauma" 14. 1987-07-14 00:00:00.0.

Cobb, Rebecca. "Altered Book Making as a Form of Art Therapy: A Narrative Approach" Volume 21 - Issue 1. Journal of Family Psychotherapy, 2010.

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