

ART-2310: ART THERAPY STUDIO: BASIC THERAPEUTIC SKILLS

Cuyahoga Community College

Viewing: ART-2310 : Art Therapy Studio: Basic Therapeutic Skills

Board of Trustees:

June 2020

Academic Term:

Fall 2020

Subject Code

ART - Art

Course Number:

2310

Title:

Art Therapy Studio: Basic Therapeutic Skills

Catalog Description:

Provides a directed self-study process and fosters development of professional helping skills through observation, participation and research. Emphasis on creating a safe, therapeutic environment involving emotional, physical, spiritual and cultural aspects of clients. Covers theoretical and clinical dimensions of art therapy and interventions. Includes 2D and 3D techniques and how the process effects self and client. Requires 20-30 volunteer hours at an approved clinical site.

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-2300 Art Therapy III: Approaches and Technique; PSY-1010 General Psychology or PSY-101H Honors General Psychology; and PSY-2080 Abnormal Psychology or concurrent enrollment; or departmental approval.

Outcomes

Course Outcome(s):

Develop a personal process of observation, reflections and introspection using art therapy and creative process methods.

Objective(s):

1. Develop a deeper understanding of art making through the use of a variety of art techniques and the process.
2. Develop the ability follow the creative process and using the process for personal self-growth.
3. Increase one's facility to engage self and others in the creative process.
4. Discuss and reflect upon human development and individual learner characteristics.
5. Understand and apply the creative process to self and others and increase knowledge in the art therapy program.

Course Outcome(s):

Gain greater proficiency in drawing, painting, sculpture, ink, collage, watercolor, sand tray and other forms of media with sample material.

Objective(s):

1. Understand and develop fluency and confidence in using various art media.
 2. Strengthen the art components of the art therapy approach.
 3. Demonstrate use of painting and drawing techniques.
 4. Demonstrate use of clay techniques
 5. Demonstrate use of mixed media techniques
 6. Demonstrate use of various watercolor techniques.
 7. Demonstrate use of sand-tray techniques.
 8. Discuss use of color theory as it relates to art therapy techniques and process.
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Course Outcome(s):

Use characteristics of varied art media skillfully to evoke feeling and response for a diverse group of clients.

Objective(s):

1. Explore the potential of the creative process as a source of integration.
 2. Apply skill preparing and directing a group art therapy activity.
 3. Design an art project to demonstrate one's ability to provide art therapy to others.
 4. Design and facilitate appropriate art therapy activity to individual clients.
 5. Gain information and exposure to art therapy techniques that are appropriate for diverse populations.
 6. Identify effective art therapy goals and interventions for a wide variety of clients.
 7. Complete an initial assessment for a client utilizing a variety of techniques.
 8. Recommend appropriate support systems/activity plan for a client based on initial assessment.
 9. 8. Integrate the creative process into an art therapy activity.
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Course Outcome(s):

Identify the therapeutic use of other expressive arts such as: music, poetry, drama, dance, and others.

Objective(s):

1. Discuss music therapy and how it relates and can be integrated into art therapy activities.
 2. Discuss poetry/creative writing and how it relates and can be integrated into an art therapy activities.
 3. Discuss drama and how it relates and can be integrated into art therapy activities.
 4. Discuss dance and how it relates and can be integrated into art therapy activities.
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Methods of Evaluation:

1. Class art expressions
2. Creative log
3. A series of studio problems
4. Readings
5. Class presentation integrating the creative process and the art therapy process
6. Discussion participation
7. Final project

Course Content Outline:

1. Therapeutic encounters as found in non-clinical and clinical settings
 - a. Individual issues
 - b. Group issues
 - c. Systems issues
2. Phases of treatment
 - a. Different phases of treatment
 - i. Short-term/long-term
 - ii. With different populations
3. Develop a therapeutic alliance
 - a. Steps/techniques
 - b. Assessment techniques

- i. House-Tree-Man
 - ii. Myra Levrick Assessment art therapy tool/House-Tree-Person
 - iii. Scribble art
 - iv. Free association
 - v. Others
- c. Hemispheric consideration
 - i. Right brain-left brain meshing
 - ii. Application to Art Therapy
- 4. Therapeutic techniques and interventions
 - a. Short term treatment
 - b. Long term treatment
 - c. Use of the healing qualities of art in various culture
 - i. healing symbols found in Indian motifs
 - ii. mandalas
 - iii. others
 - d. Structured/non-structured
 - e. Therapeutic use of art in times of tragedy
 - i. Hurricane Katrina
 - ii. September 11th
 - iii. Wildfires
 - iv. Tsunami
 - v. Earthquake
- 5. Integraton and personal therapeutic use of art
 - a. Holistic approaches to health and creativity that include the spiritual path
 - b. Mystical approaches from various culture and world views and how they empower self
 - c. Carl Jung principles archetypes
- 6. Advanced art techniques
 - a. Drawing techniques
 - b. Painting techniques
 - c. Sculpture techniques
 - d. Mix medias
 - e. Watercolor techniques
 - f. Sand-tray techniques
 - g. Other art form techniques
- 7. Integrating other expressive arts
 - a. Music therapy
 - b. Poetry used as therapy
 - c. Drama therapy
 - d. Dance therapy
 - e. Others

Resources

Jung, C. *Man and his symbols*. 3rd. Dell Publishing Co., 1994.

Rothschild, B. *The Body Remembers*. 1st. W.W. Norton Company, 2000.

Schaverian, J. *The Revealing Image*. 1st. Jessica Kingsley Publishers, London, 1999.

Cane, Florence. *The Artist in Each of Us*. 4th. Washington, DC; Baker-Webster Prining, 1983.

Eldon, K. *The Journey is the Destination; the journals of Dan Eldon*. 1st. San Franscico, Chronicle Book, 1997.

Furth, Gregg M. *The Secret World of Drawings*. 4th. Boston, MA; Sigo Press, 1994.

Frank F. *The Zen of Seeing: Seeing/Drawing as Meditation*. 1st. Vintage Books, div. of Random House, NY, 1993.

Frank, F. *The Awakened Eye*. 2nd. Vintage Books, div. of Random House, NY, 1998.

C.J.Jung. *The Earth Has a Soul*. 1st. Dell Publishing Co., 2000.

Suzanne F. Fincher. *Coloring Mandalas: For Insight, Healing, and Self-expression*. 2nd. Shambhla, Boston London, 2000.

Bruce L. Moon. *Existential Art Therapy*. 2nd. Springfield, Illinois, Charles C. Thomas Publisher, 1995.

Holly Harrison and Paula Grasdahl. *collage for the Soul*. 3rd. Shambhla, Boston London, 1993.

Shaun McNiff. *Art as Medicine, Creating a Therapy of the Imagination*. 1s. Shambhla, Boston London, 1992.

Adriana Diaz. *Freeing the Creative Spirit, Drawing on the Power of Art*. 1st. Harper Collins/Harper San Francisco, 1998.

Rachel Lev-Wiesel and Shir Daphna-Tekoha. "The Self-Revelation through Color Techniques: Understanding clients' Relations with; Significant Others, Silent Language, and Defense Mechanisms Through the Use of color" 39. 2000-11-01 00:00:00.0.

Michael J. Hanes. "Catharsis in Art Therapy: A Case Study of a Sexually Abused Adolescent" 38. 2000-02-01 00:00:00.0.

Rachael Farrell-Kirk. "Secrets, Symbols, and Safety" 39. 2001-02-01 00:00:00.0.

Lucille Proulx. "Strengthening Ties, Parent-Child Dyad: Group Art Therapy with Toddlers and Their Parents" 40. 2002-05-01 00:00:00.0.

Kramer, E. "The art therapist's third hand: Reflection on art, art therapy, and society at large." 20. 1989-11-01 00:00:00.0.

Ulman, E. Levy. "Art Therapists as diagnosticians" 30. 1992-11-01 00:00:00.0.

Cohen, B. Hammer, J., and Singer, S. "The diagnostic drawing series. A systematic approach in art therapy evaluation and research" 15. 1988-01-06 00:00:00.0.

Miller, Gretchen M. *The Art Therapist's Guide to Social Media: Connection, Community and Creativity*. Routledge, 2018.

Moon, Catherine Hyland. *Studio Art Therapy: Cultivating the Artist Identity in Art Therapist*. 2008.

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