

PSYM17-CH-114:24 Art therapy and research

Aim of the course

Aim of the course:

The Arts and Research Course (E) gives a brief introduction to visual, expressive art therapy's theory, practice and research approaches. This non-verbal therapy method has gone through great development in the last decades especially related to PTSD and trauma therapy, and supplementary treatment in many psychiatric diseases. Positive and health psychology also use to facilitate imaginary work, creativity, experience of flow, mood repair, emotional awareness through the process of artwork. What makes artmaking a therapeutic tool, what modalities are used often? Which psychological schools and in what way had contributions to the field? What are the difficulties and challenges of an evidence based art therapy research?

Participants shall get basic knowledge in art therapy theories and also an experience of art therapy research through supportive online tasks and personal group processes.

Learning outcome, competences

knowledge: Basic knowledge on art therapy theories and methods. Hands on experience on new innovative online art therapy tasks and research method.

attitude: openness, empathy and ready to explore

skills: self-awareness, creativity, self-expressiveness and deeper understanding non-verbal processes.

Content of the course

Topics of the course:

1. History of Art therapy
2. Brain and Art
3. Art therapy methods
4. Art making
5. Reflection on outcomes
6. Research in art therapy
7. Evaluation of research design
8. Evaluation of art making process
9. Creating own design

Learning activities, learning methods:

1. Self-experience in art making in the art-therapy context
2. Online or offline lecture
3. Online or offline Group discussion
4. Using knowledge to create own task

Evaluation of outcomes

Learning requirements, mode of evaluation, criteria of evaluation

requirements:

1. Completing the online art therapy tasks (40%) OR completing art therapy tasks offline in group including psychophysiological measurements on participating students (40%)
2. Writing an essay (max 5 pages) including reflections, feedback and evaluation table on the tasks (20%)
3. Participating in a 3-hour group discussion focusing on art therapy theories and methods (online and/or offline) (20%)
4. Designing participants' own task (20%)

mode of evaluation: *1-5 grades*

criteria of evaluation: Missing out completely any of the 4 requirements is no pass.

Reading list

Compulsory reading list:

MALCHIODI (edit): **Handbook of art therapy**. PART I. The Art and Science of Art Therapy 1- 37 p.
2003 Guildford.

Recommended reading list:

MALCHIODI (edit): **Handbook of art therapy**. PART II and PART III. 2003 Guildford