



ART/PSYC 250: Art Therapy

Course Syllabus

Fall Semester 2019

Instructor: Philippa Stannard, MFA, Art Therapist

Credits: 3

Contact Hours: 45

Prerequisites: None

Office Hours: TBA

Course Type: Standard Course

Course Meetings: TBA

Lab Fee: TBA

Course Description

Art therapy uses different forms of creative expression to help people explore and transform feelings, thoughts, and ideas. It can help to process and cope with emotional issues as well as facilitate self-awareness, understanding, healing, and well-being. Art therapy can be especially useful for people who find it difficult to talk about their thoughts and emotions.

In this course, students will examine theories and models of art therapy from an international and cross-cultural perspective. Through discussion of readings, sharing of experiences, group work, and art therapy activities, students will increase their understanding of the history, theory, practice, and applications of art therapy in various settings.

This course is of particular interest for students majoring in Psychology, Communications, Art, Human Development, Special Education, Disability Studies, and Occupational Therapy. Students who commit to this course should keep an open mind, be motivated to actively learn, and be flexible. No artistic aptitude or background is expected or necessary.

Learning Outcomes	Assessment Measures
Students will have a deeper understanding and recognition of non-verbal communication	Class discussion, art therapy activities, written reflections, journal, exams
Critically think of personal beliefs, values, and judgements about health and wellness	Class discussion, journal, written reflections, exams
Improve communication skills	Oral report and written paper, class discussion, exams, journal
Explore the history, theories, and applications of art therapy	Readings, lectures, and art therapy activities, exams, written paper and oral report

Gain hands-on experience with the creative process as an approach to therapy and healing	Art therapy activities
Describe, analyze, reflect, and evaluate their experiences of art therapy	Journal, exam, class discussion, written reflections

Course Materials

Readings

Malchiodi, C. (2007). *Art Therapy Sourcebook*. McGraw Hill Professional.

Assessment

Participation	5%
Journal	5%
Quizzes and Exams	70%
Oral Report	5%
Written Paper	5%
Quiz	5%
Art Therapy Activity	5%

Grading

Letter grades for student work are based on the following percentage scale:

Letter Grade Range	Numerical Score Equivalent	Student Performance
A	93% - 100%	Exceptional
A-	90% - 92%	Excellent
B+	87% - 89%	Superior
B	83% - 86%	
B-	80% - 82%	
C+	77% - 79%	Satisfactory
C	73% - 76%	
C-	70% - 72%	
D+	67% - 69%	Low Pass
D	63% - 66%	
D-	60% - 62%	
F	59% or less	Fail (no credit)

Course Requirements

Grades are based on the following learning activities: readings and class discussions that provide students with a theoretical framework, written reflections and exams, and oral and written presentation on an application, a method, or a project in which art therapy is used.

Participation (5%)

Class participation grades are based on oral contributions to the collective learning experience. Participation means active engagement in the course: being prepared for class by having carefully read that day's

assignments, asking questions, responding to questions, and attentively listening to others during activities and theoretical discussions.

Journal (5%)

Journal reflections help students solidify their understanding of the course materials and offer them an opportunity to explore the in-class activities further. Students will utilize a creative journal throughout the course to facilitate self-reflection and the art therapy activities. They will be provided at the beginning of the semester. The journal will include individual pieces, drawing, painting, collage, photos as well as written reflections on each project, the readings, and hands-on exercises. Students will not be graded on their artistic skill, but rather on the thought process and effort invested in their artwork and writings. Students are expected to work on their journal daily. The professor will periodically look at the journals to assure that students are fulfilling the assignments. However, as journals may be quite personal, the professor will not be reading them word for word. The provided Journals have 50 pages. They should be completed by the end of the semester.

Quizzes and Exams 70%

You will have quizzes and exams based on readings, class discussions, and material covered in class.

Oral Report, Written Paper, Quiz, and Art Therapy Activity (5% + 5% + 5% + 5% = 20%)

Each student will research an application, method, or project in which art therapy is used or research a well-known art therapist and write about their methods and applications. Students will choose an article for the class to read, prepare a quiz on the article for their classmates, and lead a discussion on their chosen topic. The article will be shared with the class the week before the oral report and quiz on the subject. Students will then give an oral report, and prepare a written paper and a quiz on their chosen subject. Students will be assigned presentation and art therapy activity due dates based on their chosen subject, in order to group similar themes on the same day.

The *oral report* will be given to the class as a presentation accompanied by a PowerPoint slideshow. Students should explain why they chose the application, method, or project, as well as provide a critical analysis of the presented information based on our readings, discussions, and hands-on exercises. The oral report should last about 15 minutes.

The *written paper* on the chosen application, method, or project in which art therapy is used. The paper should be between 1500 - 2000 words, typed, and double spaced. The written paper should be printed, stapled, and handed in at the time of the presentation.

The *quiz* should have 4 multiple choice questions with 5 possible choices in each question as well as 2 open ended questions based on the assigned reading. The quiz will be taken by all members of the class. The quiz will be graded on the quality and relevance of the multiple choice questions and open ended questions in relation to the article given to the class. The quiz is due the same day as the oral report. It should be printed for each student, and ready to hand out at the beginning of class.

The *art therapy activity* will be carried out the class following the oral presentation. Students will be placed in groups according to subject. Each group will work together and propose an art therapy activity based on the subject and themes presented in the previous class.

Attendance Policy

Class attendance is **mandatory**. Students are allowed **two "free" absences**, which do not need to be justified. **It is the students' responsibility to keep them in case of real necessity (sickness or any other unforeseen inconvenience that may prevent students from being in class)**. Each additional absence, unless for a very serious reason, will lower the students' grade by one grade level (i.e., a final grade of a B+ would be lowered to a B).

If students miss class, they are responsible for obtaining class notes from other students and/or for meeting the professor during office hours. It is also the policy of the Institute that any student who has eight or more absences automatically fails the class.

Except in the case of medical emergencies, absences are not accepted when tests are scheduled; tests cannot be made up. **Furthermore, scheduled times and dates indicated for exams, quizzes, oral presentations, and any other graded assignments cannot be changed for any reason.** Even if more sections of the same class are activated, students may only take exams during the scheduled times and dates for the section they are enrolled in.

Presence during mandatory field trips is especially important for student performance in class. Missing a mandatory field trip, unless for a very serious reason that is communicated to the professor and Umbra Academic Director in a timely manner, will lower students' final grade by one grade level (i.e., a final grade of a B+ would be lowered to a B).

Academic Integrity

All forms of **cheating** (i.e., copying during exam either from a fellow student or making unauthorized use of notes) and **plagiarism** (i.e., presenting the ideas or words of another person for academic evaluation without acknowledging the source) will be handled according to the Institute Academic Policy, which can be found in the Umbra Institute Academic Policies and Conduct Guidelines.

Classroom Policy

Students are expected to follow the policy of the Institute and demonstrate the appropriate **respect** for the historical premises that the school occupies. Please note that **cell phones** must be turned off before the beginning of each class. **Computers and other electronic devices** cannot be used during class lectures and discussions.

Schedule of Topics, Readings, and Assignments

WEEK 1

What is Art Therapy?

- Introduction in pairs
- Introduce partner
- Ball name game
- Go over syllabus
- Discussion: What is Art?
- Art + Therapy = ?
- What is mental illness?
- Art and diagnosis
- Art and psychology
- Artists, creativity, and madness
- Arts in health care

To do before next class:

- Bring journal to next class. Write any reflections you have about your first impressions of art therapy.
- Research a subject that you may be interested in doing your report on.

Reading

Cathy Malchiodi, Chapter 1 *What is Art Therapy?*

Journal

Write any reflections you have about your first impressions of art therapy

Laboratory: Name and Symbol

- Name game
- Name and symbol
- Create folder to hold our work

To do before next class:

- Research a subject that you might be interested in doing your report on.

Reading

Cathy Malchiodi, Chapter 2 *Art Therapy: Drawing on the Past and the Present*

Journal

Written reflection in your journal on laboratory

WEEK 2

Process Not Product, Art Therapy Past and Present

- Name game
- Sign up for subject and report dates
- Quiz on Chapters 1-2
- Check journals
- Discussion and reflection on Chapters 1-2

Laboratory: Music and Mood

- Working with drawing materials and music

Reading

Cathy Malchiodi, Chapter 3 *Getting Started: Drawing from Within*, 2007

Journal

Written reflection on art therapy activity

Complete your Personal Art History Questionnaire in your journal

Complete Image Awareness Activity in your journal

WEEK 3

Drawing from Within

- Quiz on reading
- Check journals
- Discussion and reflection on Chapter 3

Laboratory: Collage

Reading

Cathy Malchiodi, Chapter 4 *Creativity: Drawing on Process*

Chapter 5 *Setting Up: Drawing on Environment and Materials*

Journal

Written reflection on art therapy activity

Complete Creativity Questionnaire from your reading in your journal

WEEK 4

What is Creativity? Environment and Materials

- Quiz on reading
- Check journals
- Discussion and reflection on Chapter 4&5
- Supplies and materials
- Media choices
- Applications

Laboratory: Ink and String Scribbles

Reading

Cathy Malchiodi, Chapter 6 *Spontaneous Art: Drawing Out Imagery*, 2007

Journal

Written reflection on art therapy activity

Choose an art therapy activity from your reading to do in your journal

WEEK 5

Spontaneous Imagery

- Quiz on reading
- Check journals
- Discussion and reflection on Chapter 6
- Directive vs. non-directive approaches in Art Therapy
- Applications

Laboratory: Color and Emotion

Reading

Cathy Malchiodi, Chapter 7 *Using Art to Express Feelings: Drawing on Loss*, 2007

Journal

Written reflection on art therapy activity

Choose an art therapy activity from your reading to do in your journal

WEEK 6

Art Therapy, Trauma, and Loss

- Quiz on reading
- Check journals
- Discussion and reflection on Chapter 7
- Art as emotional healing
- Applications

Art Therapy Activity: Map

Reading

Cathy Malchiodi, Chapter 8 *Art Making and Illness: Drawing a Picture of Health*, 2007

Journal

Written reflection on art therapy activity

Choose an art therapy activity from your reading to do in your journal

WEEK 7

Art Making, Health and Illness

- Quiz on reading
- Check journals
- Discussion and reflection on Chapter 8

Journal

Written reflection on art therapy activity

Choose an art therapy activity from your reading to do in your journal

Art Therapy Activity: Body Map

Reading

Cathy Malchiodi, Chapter 9 *Art Therapy Groups: Drawing Together*

Chapter 10 *Working with the Art Product: Drawing on Meaning*

SEMESTER BREAK

WEEK 8

Art Therapy Groups, Drawing on Meaning

- Quiz on reading
- Check journals
- Discussion and reflection on Chapter 9&10
- Required reading for Wednesday due today if you are giving your report next Monday

Art Therapy Activity: Clay

Readings and given by:

- 1) _____
- 2) _____
- 3) _____

Journal

Written reflection on art therapy activity

WEEK 9

Reports, Presentations, and Student-led Discussion

- Subjects: 1) _____
- 2) _____
 - 3) _____

- Quiz on reading given by:

- 1) _____
- 2) _____
- 3) _____

- Check journals
- Oral Reports & Discussion by:

- 1) _____
- 2) _____
- 3) _____

- Required reading for Wednesday due today if you are giving your report next Monday

Art Therapy Activity by 1,2,3

Readings and given by:

- 4) _____
- 5) _____

6) _____

WEEK 10

Reports, Presentations, and Student-led Discussion

Subjects: 4) _____

5) _____

6) _____

- Quiz on reading given by:

4) _____

5) _____

6) _____

- Check journals
- Oral Reports & Discussion by:

4) _____

5) _____

6) _____

- Required reading for Wednesday due today if you are giving your report next Monday

Art Therapy Activity by 4,5,6

Readings and given by:

7) _____

8) _____

9) _____

Journal

Written reflection on art therapy activity

WEEK 11

Reports, Presentations, and Student-led Discussion

Subjects: 7) _____

8) _____

9) _____

- Quiz on reading given by:

7) _____

8) _____

9) _____

- Check journals
- Oral Reports & Discussion by:

7) _____

8) _____

9) _____

- Required reading for Wednesday due today if you are giving your report next Monday

Art Therapy Activity by 7,8,9

Readings and given by:

10) _____
11) _____
12) _____

Journal

Written reflection on art therapy activity

WEEK 12

Reports, Presentations, and Student-led Discussion

Subjects: 10) _____
11) _____
12) _____

- Quiz on reading given by:

10) _____
11) _____
12) _____

- Check journals
- Oral Reports & Discussion by:

10) _____
11) _____
12) _____

- Required reading for Wednesday due today if you are giving your report next Monday

Art Therapy Activity 10,11,12

Readings and given by:

13) _____
14) _____
15) _____

Journal

Written reflection on art therapy activity

WEEK 13

Reports, Presentations, and Student-led Discussion

Subjects: 13) _____
14) _____
15) _____

- Quiz on reading given by:

13) _____
14) _____
15) _____

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- Check journals
- Oral Reports & Discussion by:

13) _____
14) _____
15) _____

Art Therapy Activity by 13,14,15

Final Journal Check

WEEK OF FINAL EXAMS AND SPECIAL ACADEMIC EVENTS

The Final Exam and Special Academic Events Calendar will be provided later in the semester.

Bibliography

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