Art therapy: An Introduction

Dr Lisa Kay, ATR-BC

Fulbright Scholar to Hungary, 2011-2012

 Moholy-Nagy University of Art and Design

October 24 – 26, 2011

 9 a.m. – 4 p.m.

Using a mixture of didactic and experiential teaching methods including lectures, videos, visual presentations of client art work, individual/group art making, small discussions, collaborative learning, the class will cover the following: history of art therapy, an overview of the field, art in therapy/art as therapy, the art therapy process, the art product, benefits of art therapy, settings where art therapy can be utilized, art supplies/media, introducing art into the therapy setting, engaging others in therapeutic art making, using art in assessment, art as medicine, art as self care for therapists, counselors, and ethical considerations.

**Come prepared to play with ideas, images, and personal symbols and engage in the art making process. Although personal issues, thoughts, feelings and emotions may surface in the context of this course, keep in mind that this is *not* therapy. Use your sketch book journal to critically reflect upon your experiences and the imagery viewed and/or created in class.**

**Pre-class assignments:**

**Read:** Vick, Ch. 1: A Brief History of Art Therapy**;** Rubin, Ch 1: Framework for Freedom, Ch 2: Conditions for Creative Growth; Rubin, Art Therapy, What it is and what it is not; Arnheim, The Artist as Healer

Other articles will be assigned each day and handouts will be given out in class.

**Write:** 1) A two-page response paper to the reading assignment

2) A two - three page art autobiography. This self-reflective essay is on your personal art history. Include any positive/negative art experiences in your life. Start with the earliest art experience you can recall. Write about art in schools and out of schools, family artists, and any experiences with using art as healing personally.

**Please Note:** Written assignments are to be double spaced, 11 pt, Times Roman. Do not be concerned with perfect English or grammar. I am more interested in your thoughts and ideas.

**What to bring to class:** 1) an image, an object or artifact, a photograph or a piece of artwork you created 2) art supplies 3) a sketchbook or journal

**Art Supply List:**

A blank journal or sketchbook (size of your choice)

Colored pencils

Fine line/thick markers

Oil pastels

Scissors

Glue stick and/or white glue

1 package of modeling clay

Mixed media to share with others in class (yarn, scraps of paper, wrapping paper, fabric, ribbon, old cards, postcards, miscellaneous found objects, recycled materials, cardboard, few magazines etc.)

**PLUS ANY OTHER ART SUPPLIES YOU WOULD LIKE TO USE!**

**Course Requirements:**

Prompt attendance, be prepared for class, actively participate in discussions, art experiences, and class exercises, turn in assignments on time (response to readings, art autobiography, final art work and reflective essay)

**Assessment:**

Attendance /participation (35%), responses papers to readings (15%), art autobiography (15%), final art work and essay (35%)

**Final Exam**

(To be emailed to lisakay12803@gmail.com by November 10, 2011)

Given the ideas, information, and knowledge gained from the reading, videos, handouts, imagery, artwork, lectures, discussion, and the group process during the duration of this course, create a final piece of response art work (materials, media, size of your choice). Write a brief reflective paper (in no more than two pages) that describes your art work, how it reflects what you have learned in this course, and how you may apply new knowledge in the future.