

ART-2300: ART THERAPY III: APPROACHES AND TECHNIQUES

Cuyahoga Community College

Viewing: ART-2300 : Art Therapy III: Approaches and Techniques

Board of Trustees:

May 2020

Academic Term:

Fall 2020

Subject Code

ART - Art

Course Number:

2300

Title:

Art Therapy III: Approaches and Techniques

Catalog Description:

An examination of various techniques used by therapists. Studio exposure work is used as a tool to understand and cultivate the discipline of self-awareness. Students must participate in site visits for observation and interviewing of a professional art therapist. 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-1610 Art Therapy II: Methods and Medias; and PSY-1010 General Psychology or PSY-101H Honors General Psychology, and PSY-2050 Psychology of Personality.

Outcomes

Course Outcome(s):

Apply the creative process to themselves and others to use and interpret art as a healing technique, a vehicle for change, and for human development and growth.

Objective(s):

1. Create and teach an art therapy product to the class that demonstrates the creative process.
2. Increase personal creativity by direct involvement with the creative process and will be able to apply to others.
3. Interpret the creative process in the arts: dance, music, drama, poetry, painting, and various other alternative techniques.
4. Explain the relationships among varied creative therapies and how they are similar and different.
5. Discuss evidence-based research of right brain capacities through the creative process and art product.
6. Understand and use aesthetic sensitivity and their intuitive powers to guide and direct the process with self and others.
7. Describe art therapy and art therapy theories.
8. Articulate the art therapist's role with clients.
9. Demonstrate an ability to engage in personal reflection relative to the healing role and growth of art therapy in one's own life.
10. Compare and contrast right brain and left brain thinking.

Course Outcome(s):

Synthesize the contributions of individual artists and their unique expressions of their art forms

Objective(s):

1. Trace the evolution of creativity through history.
 2. Expand theories of creativity.
 3. Compare and contrast various theories of creativity.
 4. Use techniques that utilize right brain thinking.
 5. Recognize the individual creativity of each person when providing feedback.
 6. List and describe at least five prominent figures in the field of art therapy.
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Methods of Evaluation:

Evaluations based on:

1. Site visits
2. Field work
3. Research paper
4. Art projects
5. Journals
6. In-class assignments
7. Lesson/Activity Presentation

Course Content Outline:

1. General considerations on creativity, as expressed by:
 - a. Slivono Arieti
 - b. Rudolf Arnheim
 - c. Viktor Lowenfeld
 - d. Rollo May
 - e. Albert Rothenberg
2. Creativity through history
 - a. Early human origins in art therapy
 - b. Therapeutic advances in primitive art
3. Creating beauty while meeting basic human needs
 - a. Expressions of beauty:
 - i. Leonardo de Vinci
 - ii. El Greco
 - iii. Vincent Van Gogh
 - iv. Paul Klee
 - v. Salvatore Dali
 - vi. Joseph Albers
 - b. Contemporary creativity as expressed in the arts:
 - i. Dance
 - ii. Drama
 - iii. Music
 - iv. Painting
 - v. Poetry and allegories
 - vi. Contribution of Shawn McNiff
 - vii. Judith Rubin - creativity and art process
 - c. Rediscovery of one's own creative potential
4. Direct involvement with the creative process through studio experience
 - a. Creating various projects
 - b. Reflecting upon the process
 - c. Personal commitment of the creative process
 - d. The therapeutic use of art for self-growth
 - e. Janic Rhyne-Art therapy theories
5. Contribution of Pioneer Art Therapist
 - a. Bob Ault studio
 - b. Shawn McNiff - art as medicine
 - c. Judith Rubin - art assessments
 - d. Harriet Wadeson

- e. Georgette Seagram
- f. Margaret Naumburg
- g. Don Jones

Resources

Anderson, Walt. *Therapy and the Arts: Tools of Consciousness*. 2nd. Harper Colophon Books, New York: Harper and Row, 1977.

Arieti, Slivano. *Creativity: The Magic Synthesis*. 2nd. New York: Basic Book, Inc., 1076.

Arnheim, Rudolf. *Toward a Psychology of Art: Collected Essays*. 3rd. Berkeley: University of California Press, 1066.

Arnheim, R. *Art and Visual Perception*. first. Berkeley Los Angeles, London, Univeristy of California Press, 1974.

Briggs, J. *Fire in the Crucible. The Alchemy of Creative Genius*. 2nd. New York, New York. St. Martins Press, 1968.

Ghiselin, B. *The Creative Process*. 1st. New York, New York, New American Library, 1952.

Lusebrink, V.B. *Imagery and Visual Expression in Therapy*. 2nd. New York and London: Plenum Press, 1990.

Robbins, A. Sibley, L. *Creative Art Therapy*. 3rd. New York, New York: Brunner/Mazel, 1976.

Rothenberg, A Hausnan, R.R. *The Creative Question*. first. Durham, North Caroline: Duke University Press, 1976.

Curan, Ellen. *Guided Imagery for Healing Children:Wellness Through Visualization*. 3rd. New York, New York: Brunner/Mazel, 3001.

Safran, Diane Stein. *Art Therapy and AD/HD: Diagnostic Therapeutic*. 1st edition. New York: Basic Book, Inc., 2002.

Kellman, Julia. *Autism, Art, and Children*. 3rd. Berkeley Los Angeles, London, Univeristy of California Press, 2001.

Rothenberg, A. "The Creative Process in Adults" 3. 1996-02-01 00:00:00.0.

Rubin, J. "Children and Imagery" 12. 1991-03-14 00:00:00.0.

Durbin, J. "Masking the Behavior" 10th. 1994-06-10 00:00:00.0.

Rubin, Judith. *Approaches to Art Therapy*. 3rd ed. New York: Routledge, 2-16.

Malchiadi, Cathy. *Handbook of Art Therapy*. 2nd ed. The Guilford Press, 2012.

Kelly, Shona, Davies Larissa, Harrop, Deborah, McClimens, Alex, Peplow, David and Pollard, Nicholas. *Reviewing Art Therapy Research: A Constructive Critique*. Project Report. Sheffield Hallum University, 2015.

Buchalter, Susan I. *250 Brief, Creative and Practical Art Therapy Techniques: A Guide for Clinicians and Clients*. PESI Publishing and Media, 2017.