

Course Code

ART.1.THERA

**Course Location – course code** Barcelona (Spain)

**Language of the course** – English

**Objectives of the course**

Art related activities are powerful means of personal development, among young students and across their life span. Art has a strong therapeutic power and is strictly connected to our body: art activities can influence blood pressure and breathing. Art also promotes self-esteem and self-expression, empathy, self-knowledge and self-regulation, time and space management skills. Art facilitates mental and emotional growth. As a matter of fact, it can be a great tool to promote integration and communication among students, especially the ones affected by autism, attention deficit disorders, learning disabilities etc.

The course aims to present the therapeutic power of Visual Arts through first-hand experimentation of various art techniques such as painting, 3D, collage, mixed media, photography. In addition, teachers will be involved in group and role-playing activities related to the important role of art in the case of students with special needs. We will not delve fully into the real therapeutic context, but we will definitely create a secure environment where you can experiment the therapeutic power of art and learn how to properly respond to your students' needs and requests.

Participants will be involved in an active learning process, focusing on personal experience and self-expression, combining cognitive and emotional elements to ensure long-lasting retention of new knowledge.

Guided city tours and a one-day excursion (usually on Saturday) will also be part of the program.

### **Learning Outcome**

1. Utilize the strong therapeutic power of art to promote wellbeing, empathy, as well as personal and professional development;
2. Learn how art therapy can promote mental and emotional growth through art making in special needs education and in general.
3. Understand how to use art as a tool to promote integration among students and serve as a special means of communication.

4. Experiment with art techniques to find the relevant role of art for a positive/effective teacher-student relationship.

### **Target Audience**

Teachers (Pre-school, primary, secondary, vocational, adult, special needs); Teacher trainers; Careers officers, educational guides and counselors; Head teachers/principals/managers of schools;

### **Duration of training**

Weeks: 1 Hours: 30 (01/10/2018 – 06/10/2018)

Proposed course program (Day by Day) \*

\*The detailed course content will be agreed upon before each session according to the needs and requests of the participants.

MONDAY Fundamentals in Art Therapy: history and core values. Slides presentation, case studies and individual practical activities “My approach to art”

TUESDAY Art and Health. How art can enhance our emotional and spiritual wellbeing. Body-related evidence of art therapeutic power. Individual and group practical activities: intuitive drawing

WEDNESDAY Art and personal growth. Self-knowledge and self-regulation, time and space management skills. Individual and group practical activities: intuitive painting

THURSDAY Art as a perspective: self-expression, empathy and acceptance of the other. Individual practical activities: photography and 3D

FRIDAY Art therapy in education: students with special needs. Slides presentation and focus group. Conclusions, discussion course evaluation and certificates;

SATURDAY Excursion, Certifications, Evaluation.