



Introduction to Art Therapy Undergraduate Course Information Guide

Course Number: CCA 396, 4 credits, 10 Weeks
Delivery Formats: Online: Sync, Hybrid

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Course Description

This experiential class in will introduce students to concepts of art therapy and other expressive arts. It will address the therapeutic use of art making by people who experience illness, trauma, or challenges in living, as well as by people who seek personal development and general well being. By participating in expressive arts activities and reflecting on the products and processes, students will learn how art therapy can help people increase awareness of self and others, cope with symptoms, stress, and traumatic experiences; enhance cognitive abilities; and enjoy the life-affirming pleasures of making art.

Learning Outcomes

After completing this course, you will be able to:

- Identify the value and applications of different therapeutic art modalities.
- Apply two or more theories of art therapy directly in personal class art activities and articulate its value for self or others.
- Research the scientific application, value, and results of a specific art modality with an individual and/or in the community.
- Deepen skills in self-reflection, creativity, and personal wellness.

Learning Strategies and Resources

Through direct experience at home students will engage in the creative process using various arts including collage, mask making, mandalas, painting, journal writing, and clay. Through reflection and discussion you will then analyze its personal value and by extension, its value as a therapeutic tool with diverse populations. You will review case

studies, and keep a journal of all work completed in class. One guest speaker will present on the psychology of color.

Required Readings

Books and learning materials are available at the DePaul bookstore, at <http://depaul-loop.bncollege.com>, or through alternative sources.

There is no required text for the course. Students will need a variety of art supplies to engage in the creative activities.

Readings will be available on Electronic Reserve, at the [DePaul Library](#). Login to Ares Course Reserves and select the course. Log in using your Campus Connect User ID and password. You will then get a page listing the courses in which you're enrolled that have readings posted in Ares. Click on the title of this course and the list of our electronic reserve readings will be displayed.

Learning Deliverables

Attendance and participation in five required Zoom sessions address of all the learning outcomes.

Module Art and Journal Assignments: This work meets the learning outcomes of 1) Identify different clinical applications of art therapy modalities, 2) use and apply two or more theories of art therapy directly in class art projects and, 3) deepen personal cognitive skills, self-reflection, and creative exploration.

Research Paper: This paper meets the learning outcome: Research the application, value, and results of a specific art modality with an individual and/or in the community.

Assessment of Student Learning

Distribution of Grade Points

Graded Assignment	Percentage of Final Grade
Participation in 5 Zoom Sessions	15%
Weekly Module Art Projects and Journal Assignments	70%
Research Paper	15%

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Grading Scale

A = 95 to 100	A- = 91 to 94	B+ = 88 to 90
B = 85 to 87	B- = 81 to 84	C+ = 77 to 80
C = 73 to 76	C- = 69 to 72	D+ = 65 to 68
D = 61 to 64	F = 60 or below	INC

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Course Schedule

Week or Module Title or Theme	Readings / Learning Activities	Graded Assignments
Week 1, Module 1: Introduction, Art Therapy: What is it, where is it used, what are its benefits.	<p>Read: Chapter one "What is Art Therapy" from Art Therapy Source Book-Cathy Malchiodi, ATR</p> <p>Requirements of art therapy profession article from American Art Therapy Association</p> <p>Why art therapy is good for the brain article (pdf)</p> <p>Watch: Video of student creative expression during the Covid pandemic</p> <p>How art therapy is used in 3 different situations from American Art therapy Association.</p>	<p>Required Zoom group participation in class</p> <p>Feelings art activity and reflection</p>
Week 2, Module 2: Art and the Body	Read: Chapter 8 Art Therapy Source Book	Body scan meditation, artwork part 1, part 2

<p>Intro to nondominant hand artwork and the science behind mind/body exercises.</p>	<p>Watch: Taped lecture from instructor: overview of popular art therapy techniques, what and wh</p>	<p>reflection and part 3, care plan</p> <p>Post two questions for week three guest speaker on discussion board</p>
<p>Week 3, Module 3: Scientific nature of color, its affects and how to use them in health.</p>	<p>Read: Three handouts from guest speaker</p> <p>Review speakers slides.</p> <p>Prepare two questions about color and psychology</p>	<p>Required Zoom attendance</p> <p>Participation in class design project and participations with guest speaker</p> <p>Post images from class, reflection, and quiz in D2L</p>
<p>Week 4, Module 4: Spiritual and historical use of mandalas and its value in art therapy.</p>	<p>Read: Pages 122-132 from posted textbook reading. Art therapy source book</p> <p>Case study from AATA</p> <p>Watch: Taped mandala talk from instructor</p> <p>Stress relief slide show</p>	<p>Create four types of mandalas listed in D2L</p>
<p>Week 5, Module 5: How imagery is used in art and medicine.</p>	<p>Read: Article and case study on using imagery for goal setting</p> <p>Watch: Examples of art therapy applications using imagery</p>	<p>Required Zoom Session: review and summarize key learnings and present case studies</p> <p>Art activity: Vision imagery board assignment, post photo and reflection in D2L</p>
<p>Week 6, Module 6: Psychological value and use of dolls in human</p>	<p>Read: Article on using dolls with dementia</p>	<p>Make the dolls and post journal directed</p>

<p>development and treatment practices.</p>	<p>How to care for your vulnerable inner child gains and rewards</p> <p>Directions for making dolls</p> <p>Taking the pain away. Guatemalan worry dolls</p> <p>Voice Dialogue articles</p> <p>Watch Videos: Worry Dolls-in art therapy, Wish dolls use in art therapy</p>	<p>journal responses to D2L</p>
<p>Week 7, Module 7: Art and Music, the intermodal use of arts to promote healing responses.</p>	<p>Read: Chapter 6 Art therapy source book on Scribble drawing in art therapy. Posted in D2L</p> <p>Watch: Case study from intern on expressive drawing</p> <p>Two handed scribbling vide</p> <p>Scribble for self-care video</p>	<p>Required Zoom Session: Bring favorite song for use in class discussion and class zoom activity</p> <p>Post the remaining work for music and therapy drawings and reflection in D2L</p>
<p>Week 8, Module 8: The use of masks throughout time to heal and their modern value in art therapy.</p>	<p>Read articles from a variety of academic sources on D2L.</p> <p>Cool art therapy intervention</p> <p>Working behind the mask</p> <p>Case study</p> <p>Watch: Mask making slides</p>	<p>Mask making exercise. Make it, take a picture, and post journal exercises and question responses in D2L</p>
<p>Week 9, Module 9: The science of Psychoneuroimmunology (PNI) case studies and interventions to help express emotions.</p>	<p>Read: How to turn anger into creativity</p> <p>Art therapy and anger</p> <p>Therapeutic qualities of clay work in art therapy case study from AAAT.</p>	<p>Required Zoom Session: Discuss Q &A from previous work</p> <p>Do anger and clay homework exercises plus reflections- journal work post in D2L</p>

	Effects of using clay in art therapy Watch: Video clay for anger	
Week 10, Module 10: The health value of doodling and its role in art therapy.	Read: Power point on Zen Tangle use for relaxation. Watch: How to doodle. Why it is good for our brains. Step by Step drawing instructions Zen Tangle patterns Video on ecotherapy	Zen Tangle and doodling work and reflection post in D2L Journal and care plan on ecotherapy intervention
Week 11: Finals Week		Research Paper

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Course Policies

For access to all SCPS and DePaul University academic policies, refer to the following links:

[SCPS Student Resources Website](#)

[DePaul Student Handbook](#)

The [D2L Course Website](#) for this course.

Course Syllabus

The official syllabus for this course that includes course dates, instructor information and quarter specific details will be provided by the course instructor by the start of the course and available on the course D2L website.

Course Registration

To find out when this course will be offered next, you can go to the [SCPS Registration website](#) for details on how to register for the course.

For information on how this course can apply to your program, contact your academic advisor.

School of Continuing and Professional Studies

Suite 1400, Daley Building, 14 E. Jackson Blvd., Chicago
Website: <https://scps.depaul.edu/>

Office hours: 9:00 am - 5:00 pm, Monday-Friday.
Telephone: 312-362-8001. General Email: scps@depaul.edu
For Advising Assistance, call (312) 362-5445 or email scpsadvising@depaul.edu

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