Erasmus+ KA1 Course

Art Therapy Education

ErasmusLearn Training Center
www.erasmuslearn.eu
Heraklion, Crete, Greece
Organisation ID: E10020547

Summary

Since psychologists and educators understood the potential of creative thinking as a teaching tool, education and creativity have gone hand in hand. Art therapy can be defined as cognitive therapy carried out through the creative process. It is a relatively new discipline that keeps changing and defining itself as new uses for it are found and as the times change. The broad and dynamic needs of pupils have been successfully met by art therapy services in schools. Students have benefited from the ability of art-making to reestablish healthy functioning and provide mastery in the midst of feelings of powerlessness.

Purpose

Young kids and people of all ages can benefit greatly from engaging in activities related to art. The healing power of art is significant. It encourages empathy, self-awareness, self-control, and time and space management abilities. It also encourages self-esteem and self-expression. Students are able to express sentiments and ideas about psychological difficulties and life events that are too emotionally charged for spoken communication, thanks to the symbolic images that are produced. There are frequently more serious difficulties lurking behind the manifestations being seen in the school setting when these issues are investigated in the early stages of treatment. Students are frequently found dealing silently with melancholy, anxiety, social issues, and low self-esteem. The disorder of pupils' inner selves and their frequently unfavorable realities can be organized via the use of art.

Pupils can receive constant and ongoing treatment since they are a "captive" audience. Additionally, the art therapist can act as a liaison between parents and educators, encouraging a more thorough and inclusive view of development and existing barriers. With the help of the smooth integration of art therapy services into other school services, families, teachers, and kids can overcome challenges and regain functioning.

The course "Art Therapy Education" is designed for educators who want to grow personally, professionally, and in their relationship with their students by adopting an optimistic, imaginative, and creative outlook, a teaching strategy that emphasizes cooperative learning through practical art-making processes. Its objective is to demonstrate the therapeutic value of visual arts via hands-on practice using a variety of artistic media, including painting, doll creation, music, mixed media, and theatre.

Objectives

- Understand the importance of creativity in education.
- Discover ways of developing students' creativity and self-confidence.
- Create a process for active learning that emphasizes personal experience and expression.
- Make use of art's potent therapeutic abilities to foster wellbeing, empathy, and the advancement of one's own and one's career.
- Learn how creating art in special needs school and generally fosters mental and emotional development.
- know how to use art as a specific kind of communication and as a tool to encourage student integration
- Try out several artistic methods to determine how art might best facilitate a productive and happy teacher-student interaction.

Course Language

- English
- Note: Participants must have at least a CEFR level B2 knowledge of English in order to be able to participate actively.

Target Groups

- Teachers: primary, secondary, vocational, adult, special needs; Teacher trainers; Head teachers; Principals; Managers of schools.

Methods & Tools

- Lectures, workshops, discussions, teamwork, role-playing.

Course Agenda

Day 1

- Introductory meeting, explanation of practical arrangements.
- Presentation of timetable.
- Presentations of participating Organizations.
- Icebreakers, Introduction to the Course.

Day 2

- Art and health.
- How the arts can improve our mental and spiritual health.
- Art and personal development.
- Self-awareness, self-control, and time and space management abilities.
- Self-expression, empathy, and acceptance of the other as viewed through the lens of art.

Day 3

- Emotional dolls and the creation of social stories - Improvisations.
- Making a glove-doll with simple supplies.
- The four basic emotions: teaching scenarios for understanding emotion switching.
- Representations of crises in the classroom and their resolution through improvised puppet theater actions.
- Doll items.
- Kinetic and literary improvisations to develop team spirit and resolve conflicts.
- Ancient dolls and their symbolic meaning.
- Cultural Activities: Guided tour to the Historical Center of Heraklion.
- Dinner in a traditional restaurant of the town.

Day 4

- Paintings (video projections) and their connection to emotional intelligence, expression and management of emotions.
- Visual representations with stimuli from works of art. Connection with teaching subjects and with the aim of promoting environmental awareness.
- Interactive painting. Group visual activities aimed at cooperative learning and acceptance of ourselves and the others. Managing unexpected events in our daily lives.
- Games with light and shadow-Creativity-Self-design – Visual impression.
- My portrait – We create our portrait and express our attitude to life, teaching and learning.

Day 5

- Percussion and psychokinetic. Activities to acquire rhythm and coordinate movements. Playing rhythmic patterns to improve concentration and mental alertness.
- Group games with musical stimuli to promote the mental health of teachers and students.
- Natural sounds, unstructured sounds and musical sounds. Sound as a stimulus for action.
- Connecting activities with teaching subjects.

Day 6

- Classroom's educational environment and its role in fostering internal desire for learning.
- Theoretical approaches to psychodrama.
- Using theatrical games as a teaching strategy to enhance stimuli and foster positive student teacher relationship.
- Role-playing and improvisational exercises designed to foster creativity and encourage adaptability of thought.
- Exercises for mental acuity and relaxation.

Day 7

- Erasmus+ program : objectives, priorities, actions, forms, budget, tips for applicants.
- Planning follow up activities, dissemination and exploitation of learning outcomes.
- Course Evaluation.
- Certifications.

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