ERASMUS+ KA1 · TEACHER TRAINING COURSE

Art Therapy Education

7 Days • Heraklion, Crete • OID: E10020547

About the course

Art helps students express feelings and ideas that are too emotionally charged for words, and encourages empathy, self-awareness, self-control, self-esteem and self-expression. The course is for educators who want to grow personally, professionally and in their relationship with their students.

Through hands-on practice with painting, doll creation, music, mixed media and theatre, it shows the therapeutic value of the arts and cooperative learning through art-making.

Course at a glance

Duration: 7 training days

Location: ErasmusLearn Training Center, Heraklion, Crete

Language: English (minimum CEFR B2)

Who it's for: Primary, secondary, vocational, adult and special needs teachers, teacher trainers, school leaders

Level: Introductory, open to all

Certificate: Certificate of Attendance

Funding: Eligible for Erasmus+ KA1 (course fees)

OID: E10020547

What you will learn

- Understand the importance of creativity in education
- Discover ways of developing students' creativity and self-confidence
- Create active learning that emphasises personal experience and expression
- Use art's therapeutic abilities to foster wellbeing, empathy and growth
- Learn how art fosters mental and emotional development, including in special needs schools
- Use art as a form of communication and a tool for student integration
- Try artistic methods that support a positive teacher-student relationship

How you will learn

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

Course language

English. Participants must have at least a CEFR level B2 knowledge of English in order to participate actively.

What's included

- Full training programme and all course materials
- Certificate of Attendance
- Session on Erasmus+ applications, dissemination and follow-up
- Guided tour of the historical centre of Heraklion
- Dinner at a traditional Cretan restaurant

Course Agenda

DAY 1 · Welcome & Orientation

- Welcome, practical arrangements and course timetable
- Presentation of participating organisations
- Icebreakers and introduction to the course

DAY 2 · Art & Wellbeing

- How the arts support mental and emotional health
- Art and personal development: self-awareness and self-control
- Self-expression, empathy and acceptance through art

DAY 3 · Emotional Dolls & Social Stories

- Making a glove puppet and creating social stories
- The four basic emotions: understanding emotional change
- Puppet theatre to resolve classroom conflicts
- Included: guided cultural tour of the historical centre of Heraklion
- Included: dinner at a traditional Cretan restaurant

DAY 4 · Visual Art & Emotions

- Paintings and emotional intelligence
- Group painting for cooperation and acceptance
- Light and shadow games: creativity and self-design
- My portrait: our attitude to life, teaching and learning

DAY 5 · Rhythm, Sound & Movement

- Percussion and movement for rhythm and focus
- Group music games for teacher and student wellbeing
- Natural and musical sounds as a stimulus for action
- Linking the activities to your teaching subjects

DAY 6 · Drama in the Classroom

- The classroom environment and the desire to learn
- Introduction to psychodrama
- Theatre games and role play for positive relationships
- Exercises for mental focus and relaxation

DAY 7 · Next Steps & Certification

- Erasmus+: priorities, actions, budget and application tips
- Planning follow-up and dissemination of learning outcomes
- Course evaluation and certificate ceremony

ErasmusLearn

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Ready to join? Book your place at www.erasmuslearn.eu

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