

## OFFICIAL COURSE OUTLINE

|                                   |  |
|-----------------------------------|--|
| <b>Course Code:</b>               | COUN-1017  |
| <b>Short Title:</b>               | Intro to Art Therapy   |
| <b>Long Title:</b>                | Introduction to Art Therapy for Counsellors and Therapists         |
| <b>Prerequisites:</b>             | None   |
| <b>Co-requisites:</b>             | None   |
| <b>School:</b>                    | School of Health, Community & Social Justice                       |
| <b>Division/Academy/Centre:</b>   | Centre for Counselling & Community Safety                          |
| <b>Previous Code &amp; Title:</b> | CY250 – Introduction to Art Therapy for Counsellors and Therapists |
| <b>Course First Offered:</b>      |  |

|                 |     |
|-----------------|-----|
| <b>Credits:</b> | 1.0 |
|-----------------|-----|

### Course Description

This course is for therapists, counsellors, and other mental health professionals who integrate some form of art making into their clinical work but who are not formally trained art therapists. The course will provide introductory information on the theory and practice of art therapy, enabling participants to use their powerful therapeutic medium with effectiveness, skill, and ethical integrity. Areas covered include the therapeutic benefits and contraindications of art therapy, ethical and liability issues, creating and maintaining an art therapeutic environment, vicarious traumatization, and boundary management. Opportunities will be provided for experiential practice and discussions.

### Course Goals

At the end of this 2 day, 14 hour course, the participant will be able to discuss and apply the theories that inform art therapy and their practical applications.

### Learning Outcomes

Upon successful completion of this course, the learner will be able to:

1. Describe and apply the theoretical paradigms informing art therapy.
2. Describe and apply the nature of the art therapeutic dynamic.
3. Discuss and apply the uses of art therapy with specific client populations.
4. Discuss the benefits and contra-indications of art therapy.
5. Describe art therapeutic environments and materials.
6. Discuss the nature of art expression: process and product.
7. Facilitate exploration and insight in the art therapeutic process.
8. Discuss the ethical and legal issues pertaining to the use of art therapy.
9. Describe the subjective experience of art therapist: counter-transference, cumulative and vicarious trauma.

### Course Topics/Content

- Theoretical paradigms informing art therapy
- The nature of the art therapeutic dynamic
- Use of art therapy with specific client populations
- Benefits and contraindications of art therapy
- Art therapeutic environments and materials
- Understanding the nature of art expression: process and product
- Facilitation exploration and insight
- Ethical and legal issues pertaining to the use of art therapy
- Subjective experience of the art therapy: counter-transference, cumulative and vicarious trauma
- Experiential practice of art therapeutic medic

### Text & Resource Materials

Use APA style; specify chapters where applicable. ([APA Style Guidelines](#))

### Equivalent JIBC Courses

None

| Instructional Method(s)*<br><i>(select all that apply)</i>   | Hours |
|--|-------|
| <input checked="" type="checkbox"/> Direct Instruction (lecture, seminar, role plays, independent study, etc.) | 14    |
| <input type="checkbox"/> Supervised Practice (includes simulations & labs)                                     |       |
| <input type="checkbox"/> Practice Education, Field Placement, Internship or Co-op                              |       |
| <b>Totals</b>  | 14    |

### Course Evaluation

The evaluation criteria used for this course are represented below. Specific course evaluation information will be provided by the instructor at the start of the course.

| Criterion  | % of Final Grade<br><i>(may be represented as a range)</i> |
|--|--|
| Course work (activities, assignments, essays, reports, etc.) |  |
| Quizzes and exams  |  |
| Simulations/Labs   |  |
| Attendance/Participation (in class or online)                | 100%   |
| Practice Education/Internships                               |  |
| <b>Total</b>   | <b>100%</b>  |

#### Comments on Evaluation

100% attendance in all classes.

Active contribution to small and large group discussions and activities.

### Course Grading Scheme\*

- JIBC1 (A to F)       JIBC2 (MAS/NMA)       JIBC3(CM/IN)       JIBC4 (P/F)

(\* <http://www.jibc.ca/policy/3304> Grading policy)

### Other Course Guidelines, Procedures and Comments

View official versions of related JIBC academic regulations and student policies in the JIBC Calendar on the following pages of the JIBC website:

#### Academic Regulations:

<http://www.jibc.ca/programs-courses/jibc-calendar/academic-regulations>

Student Academic Integrity Policy  
Academic Progression Policy  
Admissions Policy  
Academic Appeals Policy  
Evaluation Policy  
Grading Policy

#### Student Policies:

<http://www.jibc.ca/about-jibc/governance/policies>

Access Policy  
Harassment Policy – Students  
Student Records Policy  
Student Code of Conduct Policy

### JIBC Core Competencies

The JIBC promotes the development of core and specialized competencies in its programs. Graduates of our programs will demonstrate high levels of competence in the following areas:

- Critical thinking:** Identify and examine issues and ideas; analyze and evaluate options in a variety of fields with differing assumptions, contents and methods.
- Communication, Oral and written:** Demonstrate effective communication skills by selecting the appropriate style, language and form of communication suitable for different audiences and mediums.
- Leadership:** Inspire individuals and teams to reach their potential by embracing innovation through strategic thinking and shared responsibility.
- Independent learning:** Show initiative by acting independently in choosing effective, efficient and appropriate applied learning, research and problem solving strategies.
- Globally minded:** Self-aware of own identity and culture, recognize the interconnectedness of world events and
- Problem solving:** State problems clearly; effectively and efficiently evaluate alternative solutions; choose solutions that maximize positive and minimize negative outcomes.
- Interpersonal relations:** Know and manage ourselves; recognize and acknowledge the needs and emotions of others including those with diverse cultures, backgrounds and capabilities.
- Inter-professional teamwork:** Understand and work productively within and between groups, respect others' perspectives and provide constructive feedback with special attention to inter-professional relationships.
- Information literacy:** Recognize and analyze the extent and nature of an information need; efficiently locate and retrieve information; evaluate it and its sources critically, and use information effectively and ethically.

issues; interact respectfully and authentically across cultures; value multiple perspectives; utilize curiosity to learn with and from others.