

## SUBJECT OUTLINE FOR CROSS-INSTITUTIONAL STUDIES

<b>Subject code and name</b>	<b>HSW715 Arts Therapy</b>		
<b>Program</b>	Health and Social Wellbeing	<b>Credit points</b>	6
<b>Subject coordinator</b>	TBA	<b>Duration</b>	5 weeks
<b>Level</b>	AQF 7 - Bachelor		
<b>Prerequisites</b>	Nil		
<b>Equivalent subject</b>	Nil		
<b>Student workload</b>	No of timetabled hours:	40 hours	
	No of personal study hours:	120 hours	
	Total workload hours:	160 hours	
<b>Mode of delivery</b>	<input checked="" type="checkbox"/> Face to face The subject is delivered over 5 weeks of full-time study. <ul style="list-style-type: none"> <li>- Week 1 is preliminary reading.</li> <li>- Week 2 is face-to-face classes – interactive lectures, group work and discussion, practice meditation and contemplation.</li> <li>- Weeks 3 – 5 are independent self-study - research and preparation of assignments supported by the subject lecturer through email and consultation as required and access to online teaching resources. Includes observation of a community project involving arts therapy.</li> </ul> Total hours of face-to-face classes exceed the standard scheduled teaching hours of a typical semester-length subject offered in this discipline by universities.		

### 2.1 Subject Description

Art is a form of psychotherapy for individuals, families and groups in which the participants engage in artistic processes within a therapeutic relationship. It is a valuable therapeutic approach to a wide range of psychological, social and physical conditions. This subject examines the diversity of art therapy models and methods.

Through focusing on unconscious processes and how they can be utilised in combination with evidence-based practices, participants are exposed to experiences that stimulate emotion and provide opportunity for reflection.

The contemplative component (mindfulness, equanimity and compassion), accessing the individual's inner wisdom and creative intelligence are also core goals of this course.

## 2.2 Learning Outcomes

- 1) Discuss the history, philosophy and practice of art-based therapies in health care
- 2) Evaluate the application of arts therapy in the context of health care
- 3) Design a therapeutic experience
- 4) Understand the role of mindfulness and equanimity within arts therapy
- 5) Understand the relationship between arts therapy and wisdom and compassion

## 2.3 Subject topics

- A range of verbal and non-verbal art therapy approaches in a highly experiential, academically rigorous and practice-oriented context
- Therapeutic interventions used in different educational and clinical settings
- The contemplative component – focus on mindfulness, inner peace and compassion, individual's inner wisdom and creative intelligence

Topics include:

- Theories and Techniques in Arts Therapy
- Assessment Techniques in Arts Therapy
- Clinical Art Therapy
- Psychopathology
- Child and Family Arts Therapy
- Positive and Strength based Arts Therapy
- Art Therapy and Spiritual Growth

## 2.4 Assessment

Assessment tasks			
Type	Due	Weighting	Learning outcomes
Case study presentation	Week 2	20%	1, 2
Reflective journal based on a community study approach (1,500 words)	Week 3	30%	2, 3
Essay - practical application of art therapy (2,000 words)	Week 5	50%	1, 2, 3