

Justice Institute of British Columbia COURSE OUTLINE

Course Code: AD210

Course Title: Art Therapy in Early Stages of Addiction Recovery

Prerequisite Courses:

School: School of Community and Social Justice

Division/Academy/Centre: Centre for Counselling and Community Safety – Community and Capacity Building

Previous Course Code & Title:

Course First Offered:

# of Credits:	1.0
----------------------	------------

Course Description:

Art therapy is increasingly recognized in the addictions treatment communities as a potentially effective clinical intervention. The art therapeutic process is generally uniquely suited to meet the therapeutic needs of the client in early recovery in terms of emphasizing a strength-based perspective. Topics in this course include art therapeutic principles of practice; issues in art therapeutic clinical dynamics and interventions in early recovery; potential benefits and contraindications of art therapy in general; and specific media and techniques, interventions, and directives. No art-making experience is required.

Course Goal(s):

On completion of this two day, fourteen hour course, participants will be able to integrate theoretical knowledge of art therapy described in the previous section with practical applications.

Learning Outcomes:

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

1. Understand the significance of art therapeutic media and interventions for addictions recovery.
2. Understand potential benefits and contra-indications of using art therapeutic interventions in recovery.
3. Review of relationship between needs, stressors, and goals and art therapeutic praxis in recovery.
4. Understand the transtheoretical model of change and its implications for art therapeutic praxis
5. Understand the language of art therapy and its implications for recovery
6. Understand diverse approaches to working art therapeutically with people in recovery

7. Understand transference / countertransference as an issue in art therapeutic praxis in recovery
8. Understand trauma / vicarious trauma in art therapy and addictions recovery
9. Understand over / under identification
10. Understand dependency / codependency in the helping relationship
11. Understand ethics and therapeutic considerations
12. Understand art therapy as a process to support individuation, psychoeducation, social and emotional support, and self-acceptance.

Course Topics/Content:

- Understand the significance of art therapeutic media and interventions for addictions recovery.
- Understand potential benefits and contra-indications of using art therapeutic interventions in recovery.
- Review of relationship between needs, stressors, and goals and art therapeutic praxis in recovery.
- Understand the transtheoretical model of change and its implications for art therapeutic praxis
- Understand the language of art therapy and its implications for recovery
- Understand diverse approaches to working art therapeutically with people in recovery
- Understand transference / countertransference as an issue in art therapeutic praxis in recovery
- Understand trauma / vicarious trauma in art therapy and addictions recovery
- Understand over / under identification
- Understand dependency / codependency in the helping relationship
- Understand ethics and therapeutic considerations
- Understand art therapy as a process to support individuation, psychoeducation, social and emotional support, and self-acceptance.

Text and Resource Materials: Use APA style; specify chapters where applicable. ([Style](#))

Required:

Recommended:

Course Level:

x	First Year		Second Year		Third Year		Fourth Year
	Graduate		Other (describe):				

Equivalent Course(s) within the JIBC:
Class Delivery Methods:

Delivery Methods	Class Option A (Hours)	Class Option B (Hours)	Class Option C (Hours)	Class Option D (Hours)
Classroom/Lecture/Discussion	14.0			
Simulation/Lab	N/A			
Practicum/Fieldwork	N/A			
Online	N/A			
Correspondence	N/A			
Total Class Hours	14.0			

Comments on Delivery Methods:
Course Grading System:

	Letter Grades		Percentage	x	Pass/Fail
	Complete/Incomplete		Attendance Only		

Passing Grade:	Pass
-----------------------	------

Evaluation Activities and Weighting:

Final Exam	%	Assignments	%	Project	%	Capstone Project	%
Midterm Exam	%	Portfolio	%	Participation	100%	Other	%
Quizzes/Test	%	Simulations	%	Practicum	%	TOTAL	100%

Comments on Evaluation Activities and Weighting:

100% attendance in class.

Active contribution in large and small group discussions and activities.

Successful completion of written assignment for Substance Use Certificate.

Other Course Guidelines, Procedures and Comments:

This course is an elective credit.

View the Justice Institute of BC Policies listed below at:

[://www.jibc.bc.ca/studentServices/main/AcademicServices/policies](http://www.jibc.bc.ca/studentServices/main/AcademicServices/policies).

Access Policy
Harassment Policy
Prior Learning Assessment Policy
Student Code of Conduct

Academic Appeals Policy
Intellectual Property Rights Policy
Research on Human Subjects: Ethics
Student Records

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:

[://www.jibc.ca/programs-courses/jibc-calendar/academic](http://www.jibc.ca/programs-courses/jibc-calendar/academic)

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

Student Policies:

[://www.jibc.ca/programs-courses/jibc-calendar/student](http://www.jibc.ca/programs-courses/jibc-calendar/student)

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.

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 oneself; recognize and acknowledge the needs and emotions of others including those with diverse backgrounds and capabilities.

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.

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.