

Justice Institute of British Columbia COURSE OUTLINE

Course Code: COUNS 169

Course Title: Using Expressive Arts Therapy in Harm-Reduction Based Work

Prerequisite Courses:

Sponsoring Division: Community and Social Justice Division, Centre for Counselling and Community Safety

Previous Course Code & Title:

# of Credits:	1.0
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Course Description:

This course is for practitioners who are interested in using the versatile and resource-based tools of Expressive Arts Therapy – including movement, visual arts, music, writing and theatre - to foster connection and engagement in their work with adults living with active addiction. Engagement and supportive relationships are increasingly recognized as primary contributors to positive change. This course is grounded in a Harm Reduction perspective, which while still controversial, offers us principles like acceptance of clients current drug use as the foundation of our work. You will develop an enhanced understanding of art interventions that are focused on meeting clients where they are at and can make positive contributions within challenging circumstances. This course is interactive and will include large experiential components utilizing the mentioned art modalities.

Course Goal(s):

The goal of this course is to provide participants with a theoretical framework and arts-based practical approaches to work with adult clients living with active addiction.

Course Learning Objectives:

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

1. Discuss and reflect on
 - aspects of Expressive Arts Therapy as a resource-based approach
 - principles and values underlying harm-reduction based therapy
 - the importance of therapeutic engagement during active addiction
 - contra-indications of arts-based interventions
2. Develop an understanding of arts-based interventions through their own experience
3. Apply their knowledge and experience to help identify and discuss opportunities for arts-based interventions within their own work environments

Course Topics/Content:

- An introduction to essential concepts and principles of Expressive Arts Therapy
- A review of the guiding principles of the harm reduction approach relevant to therapeutic work
- The importance and challenges of therapeutic engagement during active addiction
- Various participatory art-based experiences with different art forms
- The multiple obstacles, challenges, and possible contra-indications of arts-based interventions
- Opportunities for arts-based interventions in participants' work environments

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

Required:

Recommended:

Course Level:

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

Equivalent Course(s) within the JIBC:

Class Delivery Methods:

Some courses are delivered using a range of methods within one class (course section) or alternative methods in different classes. Please outline the most common delivery options used for this course. The total class hours should be the same for each option.

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:

Participatory course with discussions, case studies and a large aspect of art-based exercises and experiences.

Related Program(s): (where applicable)

Credit Transfer exists at: (List Institutions with official transfer agreements and name equivalent courses)

Course Grading System:

Check the system that applies to this course:

<input type="checkbox"/>	Letter Grades	<input type="checkbox"/>	Percentage	<input checked="" type="checkbox"/>	Pass/Fail	<input type="checkbox"/>	Credit/No Credit
<input type="checkbox"/>	Complete/Incomplete	<input type="checkbox"/>	Attendance Only	<input type="checkbox"/>	Not Applicable		

Passing Grade:	Pass
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JIBC Standard Grading Scale for Letter, Grade Point and % Grades:

Letter Grade	Grade Points	% Range	Letter Grade	Grade Points	% Range
A+	4.33	90-100	C+	2.33	64-67
A	4.00	85-89	C	2.00	60-63
A-	3.67	80-84			
B+	3.33	76-79	C-	1.67	56-59
B	3.00	72-75	D	1.00	50-55
B-	2.67	68-71	F	0.00	0-49

Evaluation Activities and Weighing: (complete the %'s which apply – total must equal 100%)

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

Comments on Evaluation:

100% attendance in the class

Other Course Guidelines, Procedures and Comments:

View the Justice Institute of BC Policies listed below at:

<http://www.jibc.bc.ca/studentServices/main/AcademicServices/policies.htm>

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