

Justice Institute of British Columbia
COURSE OUTLINE

Course Code:	COUNS260
Course Title:	Creativity and Trauma
Prerequisite Courses:	Trauma Basics course and/or Introduction to Art Therapy for non Art therapists, or by permission of coordinator and instructor.
School:	School of Community and Social Justice
Division/Academy/Centre:	Centre for Counselling and Community Safety
Previous Course Code & Title:	
Course First Offered:	2011

# of Credits:	1.0
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Course Description:

This two day experiential course will present current research on the impact of mindfulness developmentally and its effects in treating trauma. The cultivation of social and emotional intelligence can interrupt traumatic patterning and generate new internal resources. You will explore how the creative process offers a stable and nurturing container for working through emotional conflict and trauma through lecture and experiential creative activities. A variety of mediums will be offered, including brush work, collage, and circle stories. We will discuss specific topics related to trauma including developmental issues, identity, the dynamics of shame, neuroplasticity and healing, and affect theory.

Course Goal(s):

The goal of this course is that learners will gain an understanding of how social and emotional intelligence can affect traumatic patterning and how the creative process offers a safe container to explore emotional conflict and trauma.

Learning Outcomes:

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

1. Apply the three stages of mindfulness to the creative process
2. Describe the three stages of mindfulness in relation to trauma
3. Explore developmental issues related to trauma and creative expression
4. Assess the contra-indications of using art therapy with trauma clients
5. Evaluate affect theory by Silvan Thomkins and show the relation of this theory to mindfulness and creative expression

Course Topics/Content:

1. Mindfulness in the creative process
2. Mindfulness awareness practice.
3. Three stages of mindfulness based trauma counselling in the creative process

- 4. Developmental basis of traumatic patterns and creative expression
- 5. Contra-indications of art therapy with trauma clients
- 7. Affect Theory

Text and Resource Materials:

Required:

Recommended:

Course Level:

<input type="checkbox"/>	First Year	<input checked="" type="checkbox"/>	Second Year	<input type="checkbox"/>	Third Year	<input type="checkbox"/>	Fourth Year
<input type="checkbox"/>	Graduate	<input type="checkbox"/>	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:

Lecture, meditation, group work, individual participation.

Course Grading System:

<input type="checkbox"/>	Letter Grades	<input type="checkbox"/>	Percentage	<input checked="" type="checkbox"/>	Pass/Fail
<input type="checkbox"/>	Complete/Incomplete	<input type="checkbox"/>	Attendance Only	<input type="checkbox"/>	

Passing Grade:	Pass
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Evaluation Activities and Weighting:

Final Exam	%	Assignments	%	Project	%	Capstone Project	%
Midterm Exam	%	Portfolio	%	Participation	100%	Other	%

Quizzes/Test	%	Simulations	%	Practicum	%	TOTAL	100%
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Comments on Evaluation Activities and Weighing:

Active participation is expected. You must attend the full course to receive credit.

Other Course Guidelines, Procedures and Comments:

Instructional strategies will include: Small group work and discussion, experiential learning Exercises, short lectures, individual design work.

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/programs-courses/jibc-calendar/student-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.

Problem solving

State problems clearly; effectively and efficiently evaluate alternative solutions; choose solutions that maximize positive and minimize negative outcomes.

Communication, oral and written

Demonstrate effective communication skills by selecting the appropriate style, language and form of communication suitable for different audiences and mediums.

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.

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.



Independent learning

Show initiative by acting independently in choosing effective, efficient and appropriate applied learning, research and problem solving strategies.

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.