

**Justice Institute of British Columbia**  
**COURSE OUTLINE**

**Course Code:** COUNS285  
**Course Title:** Mindfulness-Based Art Therapy – Level 1  
**Prerequisite Courses:**  
**School:** School of Community and Social Justice  
**Division/Academy/Centre:** Centre of Counseling and Community Safety  
**Previous Course Code & Title:**  
**Course First Offered:** 2012

<b># of Credits:</b>	<b>1.0</b>
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**Course Description:**

In this 2-day course you will learn how to cultivate positive social/emotional health and self-management skills through mindfulness awareness within the creative process. Through seeing and experiencing our images, thoughts, emotions, and sensations as a continuous, ever changing stream of events, new perspectives and insights are generated and empathy, resilience, confidence, and the courage to express our natural creative intelligence arise. Participants will learn to apply these skills to pain management, trauma issues, anxiety, addiction recovery, stress management and work place issues. This course emphasizes Mindfulness of Body and developing personal presence in the counseling dynamic.

**Course Goal(s):**

Learners will gain an understanding of how the core principles of Mindfulness-Based Art Therapy expressed in contemplative art forms impact the social and emotional health of clients.

**Learning Outcomes:**

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

1. Identify the 3 stages of Mindfulness-Based Art Therapy (MBAT)
2. Explain contemplative art practices and their applications
3. Discuss the core principles of Mindfulness-Based art therapy
4. Apply specific contemplations and contemplative art exercises to specific therapeutic issues
5. Apply mindfulness in day-to-day situations and in the counseling relationship

**Course Topics/Content:**

1. The theoretical foundations of Mindfulness-Based Art Therapy
2. The three stages of MBAT
3. Mindfulness as a practice
4. Current Neuroscience research and it's application within MBAT
5. The four principles of mindfulness in contemplative art

6. Mindfulness of Body
7. Relating specific art exercises to specific therapeutic issues such as addictive behaviour, working with pain management, anxiety, depression, stress management, and relationship issues

**Text and Resource Materials:**

N/A

**Required:**

**Recommended:**

**Course Level:**

	First Year	x	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			
<b>Total Class Hours</b>	14.0			

**Comments on Delivery Methods:**

**Course Grading System:**

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

<b>Passing Grade:</b>	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%

**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.

**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.