

Justice Institute of British Columbia
COURSE OUTLINE

Course Code:	COUNS385
Course Title:	Mindfulness-Based Art Therapy – Level 2
Prerequisite Courses:	Mindfulness- Based Art Therapy – Level 1
School:	School of Community and Social Justice
Division/Academy/Centre:	Centre for Counselling and Community Safety
Previous Course Code & Title:	
Course First Offered:	2012

# of Credits:	1.0
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Course Description:

This 2-day course extends the creative exploration of therapeutic issues begun in Mindfulness-Based Art Therapy level I, to the principles of Mindfulness of Effort, Speech and Mind, and the wisdom arising from mindfulness. Through mindfulness exercises you will learn group composition, circle stories, brush practice, mask and mirror, and space awareness practices to address specific issues such as conflict, relationship issues, grief, shock, stress, anxiety and addiction. Regular meditation practice is encouraged to cultivate the natural expressive power of mind and positive qualities of inner strength.

Course Goal(s):

The learner will gain a deeper understanding of the core principles of Mindfulness- Based Art Therapy (MBAT) and how the theoretical basis of MBAT and contemplative art exercises relates to specific therapeutic issues.

Learning Outcomes:

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

1. Evaluate the theoretical basis of Mindfulness-Based Art Therapy and the core principles of MBAT
2. Interpret the four principles of mindfulness within the creative process and their application to therapeutic issues
3. Apply contemplative art exercises and their specific application to pain management, anxiety, grief, shock and addiction.

Course Topics/Content:

1. The theory of Mindfulness-Based Art Therapy and the three stages of MBAT
2. Neuroplasticity concepts related to Mindfulness and the creative process
3. Mindfulness of Speech, Effort, and Mind within the three stages of MBAT
4. The 5 wisdoms or powers arising within the three stages of MBAT.

5. Specific art exercises for treatment of anxiety, stress, pain management, grief, shock, and addiction.

Text and Resource Materials:

N/A

Required:
Recommended:
Course Level:

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

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.