

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

**Course Code:** CY250

**Course Title:** Introduction to Art Therapy for Counsellors and Therapists

**Prerequisite Courses:**

**School:** School of Community and Social Justice

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

**Previous Course Code & Title:**

**Course First Offered:**

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

This course is for therapists, counsellors, and other mental health professionals who integrate some form of art making into their clinical work but who are not formally trained art therapists. The course will provide introductory information on the theory and practice of art therapy, enabling participants to use this powerful therapeutic medium with effectiveness, skill, and ethical integrity. Areas covered include the therapeutic benefits and contraindications of art therapy, ethical and liability issues, creating and maintaining an art therapeutic environment, vicarious traumatization, and boundary management. Opportunities will be provided for experiential practice and discussions.

### **Course Goal(s):**

At the end of this 2 day, 14 hour course participants will be able to discuss and apply the theories that inform art therapy and their practical applications.

### **Learning Outcomes:**

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

1. Describe and apply the theoretical paradigms informing art therapy
2. Describe and apply the nature of the art therapeutic dynamic
3. Discuss and apply the uses of art therapy with specific client populations
4. Discuss the benefits and contra-indications of art therapy
5. Describe art therapeutic environments and materials
6. Discuss the nature of art expression: process and product
7. Facilitate exploration and insight in the art therapeutic process
8. Discuss the ethical and legal issues pertaining to the use of art therapy
9. Describe the subjective experience of the art therapist: Counter-transference, cumulative and vicarious trauma

**Course Topics/Content:**

- Theoretical paradigms informing art therapy
- The nature of the art therapeutic dynamic
- Use of art therapy with specific client populations
- Benefits and contraindications of art therapy
- Art therapeutic environments and materials
- Understanding the nature of art expression: process and product
- Facilitation exploration and insight
- Ethical and legal issues pertaining to the use of art therapy
- Subjective experience of the art therapy: Counter-transference, cumulative and vicarious trauma
- Experiential practice of art therapeutic media

**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:**

<b>Delivery Methods</b>	<b>Class Option A (Hours)</b>	<b>Class Option B (Hours)</b>	<b>Class Option C (Hours)</b>	<b>Class Option D (Hours)</b>
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			

**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 all classes.

Active contribution to small and large group discussions and activities

**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.

**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.

**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.

**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.