

## SUBJECT OUTLINE

### SECTION 1 – SUBJECT SUMMARY

<b>Subject code and name</b>	<b>HSW715 Therapy through Art</b>		
<b>Program</b>	Health and Social Wellbeing	<b>Credit points</b>	6
<b>Subject coordinator</b>	Robert Gray	<b>Duration</b>	5 weeks
<b>List of courses that will offer this subject</b>	-		
<b>Level</b>	AQF 7 - Bachelor		
<b>Indicate core or elective</b>	<input type="checkbox"/> Core <input checked="" type="checkbox"/> Elective for cross institutional students		
<b>Prerequisites</b>	Nil		
<b>Equivalent subject</b>	Nil		
<b>Student workload</b>	No of timetabled hours No of personal study hours: Total workload hours:		
<b>Mode of delivery</b>	<input checked="" type="checkbox"/> Face to face <input type="checkbox"/> E-learning (online) <input checked="" type="checkbox"/> Intensive (provide details below)		
	<p>The subject is delivered over 5 weeks of full-time study.</p> <p>1 week preliminary reading – students are provided with guided reading materials and familiarise themselves with the subject</p> <p>1 week intensive face-to-face classes (5 days X 8 hrs/day) – students participate in interactive lectures, group work and discussions, and practice meditation and contemplation</p> <p>3 weeks independent learning – students undertake research and complete their assignments, supported by the lecturer and tutor and online resources, including observation of a community project involving art therapy</p>		

## SECTION 2 – SUBJECT INFORMATION

### 2.1 Subject Description

*Provide a summary of approximately 100 words that gives a concise outline of the subject*

Art is a form of psychotherapy for individuals, families and groups in which the participants engage in artistic processes within a therapeutic relationship. It is a valuable therapeutic approach to a wide range of psychological, social and physical conditions. This subject examines the diversity of art therapy models and methods.

### 2.2 Learning Outcomes

*Provide the key knowledge and skills which student would be expected to attain by successfully completing this subject (numbered list)*

- 1) Discuss the history, philosophy and practice of art and music therapy in health care
- 2) Review the application of art and music therapy situations
- 3) Design a therapeutic experience

### 2.3 Content and Structure

*Provide details in the table below, the subject content and how it is structured, including practical components such as laboratory, studio and work – based placements*

#### **Music therapy (16 hours)**

- Context, history, methods and research base
- Physiological, psychological, social and spiritual roles of music
- Medical and psychotherapeutic models
- Improvisation
- Controversies

#### **Art therapy (12 hours)**

- Visual and performing arts
- Theoretical frameworks and historical development
- Group processes
- Therapeutic approaches and their application with different client populations
- Therapy and spirituality

#### **Art and music therapy in practice (12 hours)**

- Contemplation
- Drawing
- Meditation
- Indigenous art

## 2.4 Assessment

Assessment Task			Learning outcomes for subject related to assessment task.(Use number from Learning Outcomes table
Type	When assessed- Year, session and week	Weighting (% of total marks for subject)	
Discussion of case studies	Week 2	20%	(1), (2)
Reflective journal based on a community study (1,500 words)	Week 3	30%	(2), (3)
Research project on a practical application of art therapy (2,000 words)	Week 5	50%	(1), (2), (3)

## 2.5 Prescribed and Recommended Readings

*Provide below, in formal reference format, a list of the prescribed and recommended readings for the subject*

### Prescribed texts

There are no prescribed texts for this subject.

Students are expected to read relevant journals and magazines. The lecturer will provide guided readings and supplementary references to academic and professional articles of current interest in the study guide.

### Recommended references

Andrea Gilroy and Colin Lee (eds) 2008, *Art and Music: Therapy and Research*, Jessica Kingsley

Vicky Karkou 2010, *Arts Therapies in Schools: research and practice*, Jessica Kingsley

Marion Liebmann 2008, *Art Therapy and Anger*, Jessica Kingsley: London

Mark Pearson 2009, *Using expressive arts to work with the mind, body and emotions: research and practice*, Jessica Kingsley

Bernie Warren 2008, *Using the creative arts in therapy and healthcare: a practical introduction*, Routledge

Nigel Hartley and Malcolm Payne 2008, *The creative arts in palliative care*, Jessica Kingsley

Stephanie L Brook (ed.) 2006, *Creative arts therapies manual: a guide to the history, theoretical approaches, assessment, and work with special populations of art, play, dance, music, drama, and poetry therapies*, Charles C Thomas

Robert Parry 2005, *Tai chi for health and vitality: a comprehensive guide to the short yang form*, Hamlyn

Richard Vella 2000, *Musical environments: a manual for listening, improvising and composing*, Currency Press

### Online resources

Art Therapy <http://www.art-therapy.us>

Australian and New Zealand Art therapy Association <http://www.anz.ata.org>