WILMINGTON UNIVERSITY
COLLEGE OF SOCIAL & BEHAVIORAL SCIENCES
BASIC COURSE INFORMATION

COURSE TITLE: Introduction to Expressive Art Therapies
COURSE NUMBER: PSY 473

I. RATIONALE:
Expressive arts in therapy has been used successfully in a variety of settings and psychotherapeutic contexts that include but is not limited to work with adolescents and children, severely mentally ill, trauma survivors, and cancer patients. Regardless of theoretical orientation, counseling can be viewed as a creative process in which new solutions to life challenges are sought. Creativity, by its very nature, is oriented towards the development of possibilities. Having an understanding regarding the use of expressive arts in therapy can help broaden the number of options available to both clients and clinicians as they work in partnership towards achieving treatment goals.

II. COURSE OBJECTIVES:

GOAL A:
The student will become familiar with a range of expressive art therapies

Learning Outcomes: The student will:

1. Define the various expressive art modalities such as drama therapy, music therapy, art therapy, dance/movement therapy, and play/humor therapy.

GOAL B:
The student will demonstrate knowledge of the history, rationale and ethics of using expressive arts in counseling.

Learning Outcomes: The student will:

1. Describe the history and influences that led to the development of the various expressive art therapies
2. Identify the benefits and limitations of using expressive arts in therapy
3. Identify issues related to the ethical delivery of creative therapeutic approaches
GOAL C:
The student will demonstrate an understanding of creative process

Learning Outcomes: The student will:

1. Define the nature of creativity
2. Identify and describe the components of a creative process
3. Explain how engaging in creative process can affect one’s perception of the world
4. Engage in process oriented activities during and outside of class
5. Explore the experience by engaging in self-reflective written assignments and opportunities for group processing and dialogue exchange

GOAL D:
The student will become familiar with techniques used in expressive art therapies

Learning Outcomes: The student will:

1. Give examples of techniques used in each modality covered
2. Explore a variety of techniques through experientially based class exercises
3. Explain the theoretically based rationale for the use of said techniques
4. Identify different clinical applications

GOAL E:
The student will demonstrate knowledge of current research supporting the use of expressive art therapy with a variety of populations and settings.

Learning Outcomes: The student will:

1. Describe current research trends, as well as areas in need of additional research
2. Identify specific populations, settings, and disorders in which the use of expressive arts therapy has been empirically supported

GOAL F:
The student will demonstrate an understanding of how expressive arts can support a multi-cultural perspective in counseling process.
Learning Outcomes: The student will:

1. Identify cultural implications of incorporating non-verbal means of expression into the counseling process

GOAL G:
The student will use appropriate written and oral communication skills.

Learning Outcomes: The student will:

1. Communicate information orally in a logical and grammatical manner
2. Present written information using standard APA style.