



ART THERAPY TECHNIQUES IN GROUP

Credit points	3 CP		
Study course annotation	<p>The study course consists of history and types of art therapy, as well as the techniques and methods in art therapy.</p> <p>The study course consists of two parts:</p> <ul style="list-style-type: none"> - Theoretical part - Practical group experience <p>Applied art therapy methods:</p> <ul style="list-style-type: none"> - Visual art therapy methods - Music therapy methods - Drama therapy methods - Dance, movement therapy methods <p>The study course is created as a training seminar, where students learn:</p> <ul style="list-style-type: none"> - Theoretical foundations of art therapy - Group formation processes and structure - Participation experience, applying art therapy methods. - Creating feedback and discussing methods 		
Aim of the study course	To introduce students with art therapy techniques implemented in group work.		
Objectives of the course	<ul style="list-style-type: none"> • Introduce students to art therapy directions. • Introduce students to the main types of art therapy. • Introduce students to basic art therapy techniques implemented in group work. • Develop and improve professional knowledge and skills. 		
Study course results	Knowledge	Skills	Competences
	<ul style="list-style-type: none"> • Know the history of art therapy as a direction of psychotherapy. • Know the areas of art therapy practical application. • Understand the features of art therapy in group work. • Know the methods of art therapy implemented in group work. 	<ul style="list-style-type: none"> • Systematize and analyze art therapy methods implemented in group work. • Identify the problem and choose suitable group work methods. • Apply the acquired theoretical knowledge and skills into practice. • Understand and effectively implement non-verbal communication. • Incorporate gained knowledge in further professional development. • Take into account professional ethical principles when working with a group. 	<p>Independently identify and solve issues emerging in the process of working with a group.</p> <p>Critically analyze the proposed art therapy methods while working with a group.</p> <p>Implement art therapy methods appropriate for a particular group.</p> <p>Incorporate gained knowledge in further professional development.</p> <p>Competently apply the principles of professional ethics in working with a group.</p>
Study course content	Topics		
	1	Theoretical basis of the art therapy concept. The history of the art therapy development as a direction of psychotherapy.	
	2	The main art therapy types and methods implemented in group work.	



	3	Areas of application of art therapy techniques.
	4	Examples of art therapy techniques implemented in group work.
Form of assessment:	Exam	
Obligatory literature:		
<ol style="list-style-type: none">1. Mārtinsone K. (Sastād.) (2010). Pētījumi mākslu terapijā. Rīga: Drukātava. 316.2. Mārtinsone K. (Sastād.) (2009). Mākslas terapija teorija un prakse. Rīga: Drukātava, 520.3. Искусствотерапия (2014). Под ред.К.Мартинсоне.СПб.: «Речь». 352с.4. Johnson, D. R., & Emunah, R. (Eds.). (2009). Current approaches in drama therapy.5. Malchiodi, C. A. (2005). Art therapy Chiang, M., Reid-Varley, W. B., & Fan, X. (2019).Creative art therapy for mental illness. <i>Psychiatry research</i>, 275, 129-136		
Further reading list:		
<ol style="list-style-type: none">1. Mārtinsone K., Mihailova S., Mihailovs I.J., Majore-Dūšele I., Paipare M. (2008). Mākslu tera pija un tās attīstības konteksti (integratīvi eklektiskā pieeja Latvijā). Rīga: RSU. 135 lpp.2. Karkou V., Martinsone K., Vaverniece V., Nazarova N. (2010).Different Art Therapy Traditions: Comparisons across the UK, Latvia and Russia// 10th European Arts TherapiesConference „The Space Between - the potential for change”. Conference Handbook and Abstract Book, pp. 28.3. Kim, Y. (2004). The early beginnings of Nordoff-Robbins music therapy. <i>Journal of MusicTherapy</i>, 41(4), 321-339.		
Other sources of information (electronic journals):		
<ol style="list-style-type: none">1. Arts in Psychotherapy Journal2. Journal of the American Art Therapy Association		
Changes and additions to the program and literature list are possible during the study process		