



Philosophical and Aesthetic Foundation – Interdisciplinary Approach ITS-D

21 ECTS (11 US cp)

Total Contact Hours: 131

Self-Study Hours: 394

Total Learning Hours of this module: 525

21 days for the following learning events:

Principles and Practices of Intermodal Expressive Arts Therapy

Core Group and Community Art

Salutogenesis and Building Resilience in Expressive Arts

Health, Resilience and Illness, with a Focus on Diagnostics (Psychopathology II) Seminar

Advanced Training and Theoretical Foundations

Fundamental Theories – Imagination, Polyaesthetics, Crystallization Theory and Intermodal Theory Seminar

Body and Movement in Expressive Arts Therapy (Foundation in Expressive Arts oriented Dance)

Body-oriented Practices of Expressive Arts Therapy with the Goal of improving Observational Skills

Seminar/Workshop

An Inquiry into the Process of Change

Critical Inquiry into the Concepts of Processes of Change as they manifest themselves across Cultures Seminar

Arts and Society

Lecture: Current Theme in Research

Atelier with Artist in Residence

Workshop

Excursion

Focused on a Cultural Theme

Self study / requirements:

- Projects and Portfolio for each Learning Event and Thesis Preparations (193.75 hours)
- Assigned Reading (200 hours)
- Entrance requirements (E): Admissions procedure, Introduction Seminar and Interview with a Core Faculty Member of the Program
- Module exam (M): Presentation of Portfolio in peer group and discourse in class (oral dispute) (5 hours)
- Requirements to pass Learning Events: Participation, Presentations, Forum Dispute of a given theme

Competences: – at the end of the module/unit the learner will have acquired the responsibility and autonomy to:

At the end of the module the student will have acquired the following key competencies in terms of responsibility and autonomy: integrating the arts into theory and developing one's own style in practice; becoming comfortable with taking risks to develop further one's own resources and capacities; increasing sensitivity to and developing capacity along with other learners; assisting clients to step into an art-making process that is appropriate to their capacities and challenges them to develop further capacities.

In addition, this module assists students to acquire a cross-culturally sensitive perspective on health and illness which they can apply to their therapeutic work, a working knowledge of body and movement-oriented methods in the psychotherapeutic milieu, an understanding of an arts-based perspective on psychopathology, and a basic understanding of the foundations of the field of expressive arts therapy in terms of theories, methods and practices.



Knowledge – at the end of the module/unit the learner will have been exposed to the following:

- Theoretical considerations at the forefront of the field of expressive arts work
- Practical applications of these theories in concrete work with clients in diverse situations
- Understanding of research that addresses ethical and social issues
- Cross-cultural sensitivities specific to multi-modal choice making
- Visceral thinking i.e. a more body centered approach to making sense

Skills – at the end of the module/unit the learner will have acquired the following skills:

- Bring a resource oriented way of addressing difficulties
- Discern between being critical and critical thinking
- Cultivate a highly developed capacity for offering new ways of entering challenges
- Combine teachings from the classroom, written material and studio findings
- Integrate past learning with newest discoveries
- Recognize and reproduce effective modes of intervention
- Compare and contrast previous experiences and work with people in helping situations with the basic concepts and principles of expressive arts work
- Formulate appropriate arts-based and resource-oriented treatment strategies for different situations
- Ask challenging questions which demonstrate a curiosity about the work
- Appraise and evaluate one's own work in an honest and transparent way

Judgment Skills and Critical Abilities

The learner will be able to:

- a) Bring a resource oriented way of addressing difficulties
- b) Discern between being critical and critical thinking
- c) Cultivate a highly developed capacity for offering new ways of entering challenges
- d) Combine teachings from the classroom, written material and studio findings
- e) Integrate past learning with newest discoveries
- f) Recognize and reproduce effective modes of intervention
- g) Compare and contrast previous experiences and work with people in helping situations with the basic concepts and principles of expressive arts work
- h) Formulate appropriate arts-based and resource-oriented treatment strategies for different situations
- i) Ask challenging questions which demonstrate a curiosity about the work
- j) Appraise and evaluate one's own work in an honest and transparent way

Module-Specific Communication Skills

The learner will be able to:

- Find and speak to the common thread in a large, multi-cultural gathering
- Understand that a modality in one culture may not be impactful in another
- Ability to make choices that are body-centered and highly situation specific
- Address specialist and non-specialist audiences and articulate clearly and unambiguously the outcome of research, self-study or experience in arts-based, resource-oriented expressive arts work
- Create written explanations of the impact of both exploration and discovery phases of the work

Module-Specific Learner Skills

The learner will be able to:

- Explore new contexts for arts-based and creative-process-based research
- Continue to be curious about how to develop as an artist from the perspective of the multi-modal practitioner
- Assess and engage in continuous professional development in whatever fields would enhance the level of practice
- Take initiative and be motivated to engage in self-directed study
- Stay informed of the latest findings of arts-based impact
- Conduct research that contributes to the ongoing development of resource oriented work