

## HEALING Vocational Diploma Study plan

1.	Program title (Arabic)	دبلوم مهني في العلاج بالفن
2.	Program title (English)	Vocational Training Diploma in Art Therapy

### Program Learning Outcomes:

The Training Diploma in Art therapy has been designed to help participants use the general principles of art therapy in their practice and have a great appreciation and good usage of practical skills in the discipline of art therapy.

The Training Diploma will allow the participants to:

- Learn the history and theoretical underpinnings of art therapy and its relation to the promotion of physical, mental, and emotional wellbeing of individuals.
- Learn the fundamentals and practical skills of arts therapy.
- Review the prerequisite knowledge in psychology, neurophysiology, communication and group process relevant to art therapy practice.
- Possess appropriate basic clinical reasoning of art therapy techniques, interventions and their outcomes on various individuals and populations with different conditions.
- Practice and apply the required practical skills in art therapy on various individuals and populations with different conditions.

## 1. Curriculum content:

The curriculum for “The Vocational Training Diploma in Art Therapy” consists of four hundred (400) **training hours**, during the 9-month period of training, using both theoretical and practical courses, allocated in the following table:

### I) Core Courses

Semester	Course Number	Course Title	Training Hours		
			Theoretical	Practical*	Total
First Semester (3.5 months)	1	Principles & Theories of Art Therapy	30	0	30
	2	Psychology & Arts	30	0	30
	3	Medical and psychopathology for Arts Therapy	30	0	30
	4	Arts Therapy Skills- 1 (music, dance,... etc.)	10	50	60
Second Semester (3.5 months)	5	Arts Therapy Skills- 2 (drawing, theatre, clay,... etc.)	10	40	50
	6	Group Work in Arts Therapy	20	40	60
	7	Pre-Practicum (Applied Arts Therapy in Clinical Practice)	10	40	50
3 months	8	Practicum	10	80	90
	<b>Total</b>				<b>400</b>

## Program Courses Description

<b>#</b>	<b>Course Name</b>	<b>Basic content in the course</b>
1	Principles & Theories of Art Therapy	<ul style="list-style-type: none"> <li>• History of Art Therapy</li> <li>• Theories of Art Therapy</li> <li>• Creative Audial Expression</li> <li>• Creative Visual Expression</li> </ul>
2	Psychology & Arts	<ul style="list-style-type: none"> <li>• Cognition and learning</li> <li>• Developmental psychology</li> <li>• Cognitive neuroscience</li> <li>• Social psychology and individual differences</li> <li>• Communication skills</li> <li>• Principles of mindfulness</li> </ul>
3	Medical and psychopathology for Arts Therapy	<ul style="list-style-type: none"> <li>• Medical conditions</li> <li>• Neurological &amp; Psychiatric diseases</li> <li>• Vulnerable populations, such as refugees</li> <li>• Biopsychosocial Model</li> </ul>
4	Arts Therapy Skills – 1 (music, dance, drama, ..,etc.)	<ul style="list-style-type: none"> <li>• Eurhythmics</li> <li>• Music Therapy</li> <li>• Movement Therapy</li> <li>• Drama Therapy</li> <li>• Neurologic Music Therapy</li> <li>• Therapeutic Skills</li> </ul>
5	Arts Therapy Skills – 2 (drawing, painting, handcraft, clay, ...,etc.)	<ul style="list-style-type: none"> <li>• Visual art forms</li> <li>• Theatre</li> <li>• Drawing</li> <li>• Painting</li> <li>• Handcraft therapy</li> <li>• Photography</li> </ul>
6	Group Work in Art Therapy	<ul style="list-style-type: none"> <li>• Group Dynamics</li> <li>• Therapeutic Factors</li> <li>• Group Development</li> <li>• Leadership Styles</li> <li>• Group Therapy Characteristics</li> </ul>
7	Case Studies in Art Therapy	<ul style="list-style-type: none"> <li>• Case studies</li> <li>• Applications</li> <li>• Theoretical Models</li> <li>• Art Therapy Interventions</li> </ul>
8	Practicum (Project)	<ul style="list-style-type: none"> <li>• Art intervention program</li> <li>• Basic concepts of statistics &amp; Practical outcomes</li> <li>• Therapeutic strategies (practical applications)</li> <li>• Communication Skills</li> <li>• Clinical Skills</li> <li>• Social Services in Diverse Communities</li> </ul>

## Program Courses Description

**Course number: core course 1**      **Course Name: Principles & Theories of Arts Therapy**      **Credit Hours 30**

**Course Description:**

*The course provides an introduction to the philosophy and theory of Art therapy as they pertain to practice. The examination of the theoretical foundations of art therapy covering a wide spectrum of approaches to art therapy and the underlying theories. Students are supposed to learn about the creative process in both Audial and Visual expression as it relates to therapy. Students to be engaged in Art-making in class. Readings, lectures, films, and experiential exercises are utilized.*

**Course number: core course 2**      **Course Name: Psychology and Arts**      **Credit Hours 30**

**Course Description:**

*This course introduces students to the basics of neuroscience, human development, behavioural and social psychology and individual differences. It looks at how these disciplines relate to, affect and are affected by the arts moving into using the arts for the expression of all of the above. It introduces students to a number of non-traditional therapeutic methods that can be used in the field of mental health and treatment of people suffering from psychological problems such as relaxation, music, movement and exercise therapy, drama, expressive therapy, art and drawing therapy, and entertainment. Students are expected to learn about the creative process in both verbal and nonverbal expressions as they relate to therapy. Students will engage with Art-making in class. Readings, lectures, films, reflective and experiential exercises are utilized. Finally, the course will provide students with strategies to work therapeutically with the arts through mindfulness which will be implemented in the core course 4.*

**Course number: Core Course 3**      **Course Name: Medical and Psychopathology for Arts Therapy**      **Credit Hours 30**

**Course Description:**

*This course outlines the most common/relative medical, neurological and psychiatric conditions that can benefit from Arts Therapy therapeutic techniques and Arts treatment strategies (e.g. (Parkinson's Disease, Alzheimer's disease, Depression, Obsessive-compulsive disorders, post-traumatic stress disorders). The course also outlines some of the psychosocial conditions in certain vulnerable populations that would be targeted with Arts therapy such as refugees, traumatized children and adolescents, and juvenile delinquents. All these conditions and populations will be discussed through the biopsychosocial model, a model with a holistic perspective about disease, function and impairment.*

**Course number: core  
course 4**

**Course Name: Arts Therapy Skills – 1 (music, dance,  
drama, ..,etc.)**

**Credit Hours 60**

**Course Description:**

*This course aims to train students in music, dance and movement through developing their musical, singing and dancing skills with a focus on eurhythmics. It also helps in developing these skills to be used therapeutically among different clinical populations. Also, it aims to introduce students to the principles, objectives and techniques of music therapy, movement therapy as well as drama therapy. The course objectives can be achieved through the following manner: Initially; the course outlines a variety of music therapy skills to be applied with different clinical populations, such as neurologic music therapy (NMT), cognitive behavioural music therapy and other related music therapy approaches. Moreover; students are given the chance to experience movement therapeutic skills such as expressive and free movement and eurhythmics which open the door for clients from certain populations to experience unity with oneself, improved and spontaneous mobility, improved self and space awareness while addressing psychological and physical needs. Furthermore; students are meant to learn about the principles of psychodrama, socio-drama and expressive movement in relationship to the needs of clinical populations will be discussed. Practical applications are to be discussed and demonstrated in class. Finally, mindfulness coaches will teach awareness of breathing, awareness of emotion, along with mindful yoga, walking, , and listening. This will be paired with expressive art tasks to allow self-expression, facilitate coping strategies, improve self-regulation, and provide a way for clients to express emotional information in a personally meaningful manner.*

**Course number: core  
course 5**

**Course Name: Arts Therapy Skills – 2 (drawing,  
painting, handcraft, clay,...,etc.)**

**Credit Hours 50**

**Course Description:**

*This course aims to train students in the various visual art forms in addition to theatre and drama through developing their existing skills. It also helps in developing these skills to be used therapeutically with different clinical populations. In addition, students are to be introduced to the basics of drawing and painting processes as well as other handcraft therapy. This course exposes students to the fundamentals of how drawing, painting and art handcraft materials are used therapeutically in different settings; educational, communal, and clinical. Through the course, students are expected to develop the necessary skills to assist therapists. The course covers the acquisition of different skills, such as, drawing, painting, clay, collage, ceramic, photography, and two and three-dimensional materials. Colour theory is to be explored as related to the mediums of oil and acrylic painting. Volume, space, and light are also of emphasis from direct observational exercises. During this course; a continual emphasis on a variety of settings are also considered; drawing issues such as gesture, plane analysis, diagrammatic and structural line are important to the painting process.*

**Course number: core  
course 6**

**Course Name: Group Work in Arts Therapy**

**Credit Hours 60**

**Course Description:**

*This course offers a theoretical and practical group art theory as well as group counselling methods and skills. The course addresses the principles of group dynamics, therapeutic factors, stages of group development, member roles and behaviours, leadership styles, and approaches and the integration of art materials. Students learn through an experiential role playing, how to conduct simulated group art therapy and use various art mediums with different populations.*

**Course number:**  
**Core Course 7****Course Name: Case studies in Art Therapy****Credit Hours 50****Course Description:**

*As a pre- practicum level, this course combines theory with practice as students attempt to apply art therapy skills and strategies for different diagnoses and different client populations. Through discussion of various case studies, students learn how to propose and discuss best art methods and art therapy interventions, discuss appropriate clinical reasoning for such interventions, and propose assessment strategies for these interventions.*

**Course number: core**  
**course 8****Course Name: Practicum****Credit Hours 90****Course Description:**

*This course offers a supervised internship experience with different populations in psychiatric, rehabilitation, trauma and/or refugees' settings with children, adolescents, and adults. The internship component of the course is designed to help students integrate theory with clinical skills in practice. In particular, where students should demonstrate the proper skills to be able to identify clear treatment goals in conjunction with therapists. Besides, students learn how to identify an approach and develop a treatment program appropriate for the clients at hand, and to use therapeutic strategies that involve music, art, drama, dance, or a combination. Furthermore, students are expected to continually assess whether the treatment program is effective, provide feedback to the professionals, and eventually adjust plans as needed. To this aim, students will be thought basic principles of statistics to develop an understanding of research sufficient to enable them to evaluate research and assess the success of behavioural interventions. Finally, students learn more about the practical venue to adhere to professional conduct as well as practical ethics governing the delivery of professional services, with special attention paid to social services in diverse communities.*

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### 2. Rules & Conditions:

#### a) Priorities for admission:

Students with diverse backgrounds will be admitted for this diploma of professional development training. A Bachelor's or Master's degree is preferred in either artistic, socio-humanistic or health fields (dance, acting, music, psychology, pedagogy, social work, education and rehabilitation, speech therapy, medicine, etc.).

#### b) Additional requirements:

Applicants must have an adequate degree of psychological maturity, including the ability to achieve and maintain a proper and empathetic client relationship. They also need to exhibit creativity and the ability to improvise; a non-judgmental attitude; a tolerance for ambiguity; and they need to enjoy working with people with physical or mental disabilities. Finally, as applicants will have to work in teams with other professionals (e.g., psychiatrists, psychologists, teachers, and counsellors), they must possess interpersonal skills.

In addition, as this 'arts therapy' diploma and training is an outcome of a collaborative European Union Funded project between universities from Jordan, Tunisia and Europe, some courses will be given via e-learning. Therefore, we require a basic knowledge of Personal Computers and e-learning platforms (e.g., Zoom, Google Meets).

#### c) Occupational Profiles of Graduates

Prospective graduates from this program can be employed at various institutions (e.g., rehabilitation centres; hospitals; schools; prisons and other correctional facilities; community mental health centres; seniors' centres and nursing homes; day care centres; counselling centres and clinics).

#### d) Courses Organization

Courses and training will take a minimum of 9 months to complete. Each student will have to register in 7 courses, as well as a practicum experience in a clinical or community settings.

#### e) Graduation Requirements

Students will earn the Diploma upon completion of all required courses and scheduled training. Students must have a satisfactory attendance record. Students will have to present their project with 45' PowerPoint presentation. In order for each student to be graduated, all of the following requirements must be fulfilled:

- The students must successfully score a grade of 70% and above in all courses.
- The students should have an 80% attendance record in all courses.