

## HEALING Vocational Diploma Study plan

1.	School	Higher Institute of Arts and Crafts of Gabes
2.	Department	Department of Music
3.	Program title (Arabic)	دبلوم مهني تدريبي في العلاج بالفن
4.	Program title (English)	Vocational Training Diploma in Art Therapy

### 1. Numbering System:

N/A

### 2. Rules & Conditions:

Students with diverse backgrounds will be admitted for professional development training. Students wishing to register as Vocational art-therapists must possess at least a Bachelor's degree in either artistic, socio-humanistic or health fields (dance, acting, music, psychology, pedagogy, social work, education and rehabilitation, speech therapy, medicine, etc.).

In addition, applicants must have an adequate degree of psychological maturity, including achieving and maintaining a proper and empathetic client relationship. They also need to exhibit creativity and the capability to improvise, a non-judgmental attitude, a tolerance for ambiguity, and they need to enjoy working with people with physical or mental disabilities. As applicants will work in teams with other professionals (e.g., psychiatrists, psychologists, teachers, and counsellors), they must possess interpersonal skills. Finally, as all the courses will be given via e-learning, we require a basic knowledge of Personal Computers and e-learning platforms (e.g., Zoom, Google Meets, Microsoft Teams).

### 3. Priorities for admission:

A selection committee will interview potential students. Applicants are selected based on past academic records.

### 4. Additional requirements:

N/A

### 5. Program Learning Outcomes:

The Diploma in Art therapy has been designed to help participants decide if an art therapy career is suitable for them and form art therapists with knowledge spanning from the art techniques to how diseases affect psychological well-being. The latter represents an essential pre-requisite to allow the art therapist to select the most appropriate art tool to help different patients to achieve insights, improve interpersonal skills, increase self-awareness, and boost self-esteem.

The Diploma will allow the participants to:

- Learn how art therapy can promote mental and emotional wellbeing through art making in clients with psychological discomforts and neurological diseases.
- Understand what the more appropriate art techniques are according to the client psychological state.
- Manage to a reasonable extent all the various art techniques (drawing and painting, music, dance, and drama).
- Possess a basic knowledge for assessing the outcomes of the art therapy interventions, to decide whether to continue a given approach or to change it if ineffective.

## 6. Components of curriculum:

The curriculum consists of 8 courses, distributed as follows:

### 1- Core Courses

Course Number	Course Title	Credit Hours or ECTS		
		Theoretical	Practical*	Total
1	Principles of Art Therapy	3		3
2	Plastic Art Techniques (Painting, Sculpture, Drawing)	1	3	4
3	Receptive music therapy: musical listening - sound communication		3	
4	Musical practice: individual and collective instrumental and choir - Accompaniment and improvisation		3	
5	Dramatic art and body expression		3	
6	Principles of Psychology and psychopathology (psychiatric diseases)	2		2
7	Brain and neuroscience and neurological diseases	2		2
8	Art therapy as a Complementary approach to diseases	4		4
<b>Total</b>		<b>12</b>	<b>12</b>	<b>24</b>

\* Practical credit hour is equivalent to at least 3.5 contact hours.

### 3- Project



<p>The practicum is focused on the practical outcomes of the internship experience. In particular, students must demonstrate to be able to identify clear treatment goals, to choose 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 must continually assess whether the program is working and eventually adjust plans as needed. The project must contain a section showing the statistical reliability of the results.</p>	6 Credit Hours
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## Program Courses Description:

<b>Course number: 1</b>	<b>Course Name: Principles of Art Therapy</b>	<b>Credit Hours 3</b>
<p><b>Course Description:</b> 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 will cover a wide spectrum of approaches to art therapy and the underlying theories. Students will learn about the creative process in both Audial and Visual expression as it relates to therapy. Students will engage with Art-making in class. Readings, lectures, films, and experiential exercises will be utilized. No artistic ability or training is necessary. Students will need to purchase a small amount of specific art supplies.</p>		
<b>Course number: 2</b>	<b>Course Name: Principles of Psychology</b>	<b>Credit Hours 3</b>
<p><b>Course Description:</b> The course covers the scientific approach to behavior and mental processes. It includes the biological bases of behavior, learning, social interactions, memory, and personality. It focuses on particular the psychological bases of sensation, perception, consciousness, thinking, intelligence, language, motivation, emotion, development, psychological disorders, and their therapy.</p>		
<b>Course number: 3</b>	<b>Course Name: Art therapy as a Complementary rehabilitative tool for treating diseases</b>	<b>Credit Hours 4</b>
<p><b>Course Description:</b> The course focuses on how art therapy can be used as a rehabilitative treatment for people suffering from physical, brain, or mental diseases. It will be emphasized that art therapy has a more holistic approach to healthcare, but its effects must be tested following the standard rigorous scientific procedures as for any medicine. Examples of scientific studies in which art therapy has been applied will be provided. The strengths and weaknesses of this approach will be highlighted, allowing students to develop critical thinking.</p>		
<b>Course number: 4/5</b>	<b>Course Name: Fundamentals of Art Therapy – 1/2</b>	<b>Credit Hours 8</b>
<p><b>Course Description:</b> These courses introduce various art mediums spanning from music, dance, sing, drawing, drama, and plastic arts. The practical application of these courses allows students to feel comfortable with a wide range of art materials and techniques. The combination of theoretical and practical arts training will prepare students for this field. Both the ‘receptive’ method, based on enjoying the artistic experience, and the ‘active’ method, based on the performance of an art-experience will be taught.</p>		

### *Elective Courses*

<p><b>Courses number: 1-4</b></p>	<p><b>Courses Names: Advanced Methods of Music, Drama, Drawing, Painting, and Plastic arts, and Dance therapy</b></p>	<p><b>Credit Hours 3</b></p>
<p><b>Course Description:</b> Each of these courses is aimed to provide students with specific skills in a given art therapy domain.</p> <p><b><i>Advanced Methods of Music Therapy</i></b> The course implements music therapy skills, and it teaches how to apply them to different clinical populations. The music therapy subjects include neurologic music therapy, cognitive behavioral music therapy, and other approaches.</p> <p><b><i>Advanced Methods of Drama Therapy</i></b> This course examines in depth the principles, objectives and techniques of drama therapy, including psychodrama and socio-drama, in relationship to the needs of clinical populations. Practical applications will be discussed and demonstrated in class.</p> <p><b><i>Advanced Methods of Drawing, Painting, and Plastic Arts Therapy</i></b> The course introduces the students to advanced methods of drawing, painting, and art forms, which involve physical manipulation of a plastic medium by molding or modeling. Color theory will be explored as related to the mediums of oil and acrylic painting. Volume, space, and light will be of emphasis from direct observational exercises. There will be a continual emphasis on how drawing issues such as gesture, plane analysis, diagrammatic and structural lines are important to the painting process. Finally, students will be trained to develop touch and shape skills through the forms produced to improve their three-dimensional perception.</p> <p><b><i>Advanced Methods of Dance Therapy</i></b> The course covers a broad practice in dance, including a variety of dance styles and techniques, choreography, and performance, that represent the core tools for treating clients, improving their self-esteem and body image, developing effective communication skills and relationships, expand their movement vocabulary, as well as create new options for coping with problems.</p>		