SCHOOL OF FINE ARTS
DEPARTMENT OF ART EDUCATION
COURSE TITLE: INTRODUCTION TO ART THERAPY
COURSE CODE: FAAEAT300
3 semester credits

1. DESCRIPTION
This lecture/lab course introduces students to the therapeutic functions of art. The aim is for students to become familiar with art therapy methods and techniques whose primary objective is to develop creative expressions. During class meetings, students will use their own personal experiences by conducting direct experiments to understand the function of art within a therapeutic context. This hands-on experience will then be compared with the theoretical ideas outlined in the required readings. In the laboratory/studio part of the course, students will handle a great variety of art materials ranging from the more traditional to less common objects. The aim is to facilitate self-expression on a non-verbal and creative level and in a safe environment, open to the free exchange of opinions and untouched by prejudiced or judgmental attitudes. The essential elements that compose the created image - space, color, movement, and form - will be examined and put to the test as expressive and symbolic tools of one's inner world.

2. OBJECTIVES
The aim of this course is for students to explore therapeutic methods in the realm of art and to facilitate self expression and creativity. Upon successful completion of this course, students will:
   • Develop expressive and symbolic capabilities through attributing a precise significance/interpretation to one's own means of expression.
   • Strengthen awareness of working through emotions as a contributing factor in reinforcing a sense of personal identity.
   • Investigate closely and consolidate one's self-awareness and sense of a personal style.
   • Formulate and understand expressive and social means in order to relate to oneself and to others.
   • Develop a greater sense of social responsibility through applying the codes of group communication in the class context, which will be experienced as a microcosm of social relations in the 'outside world'.
   • Develop a culture of respect towards diversity in others and towards the creative potential of any person as part of a conscious awareness of reality.
   • Understand the required skills for art therapy laboratories/clinics/workshops within the context of educational/social services.

3. REQUIREMENTS
There are no prerequisites for this course.

4. METHOD
The instructor will introduce different techniques and procedures used in art therapy through the direct experience of group work in class. Students will be required to keep a journal relating to the Art Therapy meetings in which they should note and analyze their own personal experiences and conclusions drawn from the group activities. On occasion, students will participate in the screening of short film documentaries, visits to professional therapists' studios, analysis of case studies, readings regarding art,
the creative process, and art therapy techniques. In order to connect laboratory/studio visits and work to the student's individual experience, lectures will also focus on analysis of the students' personal emotions, thoughts, and real life experiences in order to create an awareness of the relationship between the inner workings of the self and the creative work. Students will be evaluated based on short quizzes, written works, individual interviews, and class debates.

**5. TEXT BOOK – FURTHER READINGS – RESOURCES**

**Textbook**


The text book is mandatory for successful completion of the course. Where applicable, additional materials, handouts and/or notes will be provided by the instructor.

**FURTHER READINGS**

*Books listed below are available in the FUA library*


The Art Therapy Sourcebook by Cathy Malchiodi


Art Therapy for Groups: *A Handbook for Themes, Games, and Exercises* by Marian Liebman

**LIBRARIES IN FLORENCE**

The FUA library is located in Corso Tintori 21. Please consult the posted schedules for official opening times. Also note that the library is for consultation only and it is not possible to borrow materials. The library is equipped with a scanner and internet access so that you may save or email a digital copy of the pages needed.

Students are also encouraged to take advantage of Florence’s libraries and research centers:

**Biblioteca Palagio di Parte Guelfa**
Located in Piazzetta di Parte Guelfa between Piazza della Repubblica and Ponte Vecchio. Please consult the library website for hours of operation:
http://www.biblioteche.comune.fi.it/biblioteca_palagio_di_parte_guelfa/

**Biblioteca delle Oblate**
Located in via dell’Oriuolo 26. Please consult the library website for hours of operation:
www.bibliotecadelleoblate.it

**The Harold Acton Library at the British Institute of Florence**
Located in Lungarno Guicciardini 9. Please consult the library website for hours of operation and student (fee-based) membership information: www.britishinstitute.it/en

**6. FIELD LEARNING**

This course does not include a field learning activity.
7. COURSE MATERIALS
Students must obtain the following materials for personal use:

- 1 spiral bound sketchbook suitable for both dry and wet techniques (water color and acrylics)
- 1 notebook
- 1 paper pad suitable for wet techniques (water color, acrylics) (A4)
- 3 Pencils: 2B, 4B, 6B
- eraser
- scissors
- glue
- 1 Charcoal pencil black
- Compressed charcoal
- 2 containers for water
- 1 black pigment liner (# 0.4/0.5)
- 1 box felt markers (Giotto: at least 12 colors, 24 is better)
- 1 box of 12 water colors (Winsor & Newton)
- 1 box of 12 oil pastels (at least 12 colors, 24 is better)
- 7 tubes acrylic paint (75 ml.): cadmium yellow, cadmium red, alizarin crimson red, ultramarine blue, phthalo blue, titanium white, ivory black (Maimeri Studio, or Basics Studio)
- 2 synthetic brushes for acrylic paint: 1 flat # 14, and 1 round # 8
- 1 flat brush for decoration
- 2 water color brushes: 1 flat # 16, and 1 round # 8
- 1 can fixative spray
- X-acto knife
- 1 plastic palette, or a paper palette pad
- masking tape
- clean rags
- an old oversize shirt or an apron
- any other materials and tools you already have and would like to use

These materials may be purchased at the following store: Salvini in Via degli Alfani 111r.
Other recommended stores: Rigacci in Via dei Servi 71; Zecchi in Via dello Studio 19r; Lory in Piazza Frescobaldi 8r. These stores usually apply a discount to FUA students.

Note: As the course progresses, students will decide what type of extra paper they prefer according to personal preference.

8. COURSE FEES:
Course fees cover course-related field learning activities, visits, and support the instructor's teaching methodologies. Book costs are not included in the course fee. The exact amount will be communicated by the instructor on the first day of class.

9. EVALUATION – GRADING SYSTEM
20% Attendance
30% Participation (this includes all group work, class debate and discussion)
20% Midterm Exam
30% Final Paper

A = 93-100 %, A- = 90-92%, B+= 87-89%, B = 83-86%, B-=80-82%, C+ = 77-79%, C=73-76%, C-=70-72%, D = 60-69%, F= 0-59%, W = OFFICIAL WITHDRAWAL, W/F = FAILURE TO WITHDRAW BY THE DESIGNATED DATE.

10. ATTENDANCE – PARTICIPATION
Academic integrity and mutual respect between instructor and student are central to the FUA academic policy and reflected in the attendance regulations. Student presence is mandatory and counts toward the final grade.

On the second absence the attendance and participation grade will be impacted. Please note that missing certain field learning activities may count for more than one absence.
On the third absence the instructor may lower the final grade by one letter grade. (Example: Final grade average of 93% or A will become a B).

The fourth absence constitutes automatic failure of the course. Students with excessive absences will be asked to withdraw with a W (if before the deadline) or leave the course with a WF.

Late Arrival and Early Departure
Arriving late or departing early from class is not acceptable. Two late arrivals or early departures or a combination will result in an unexcused absence. Travel is not an exceptional circumstance.

Travel (or delays due to travel) is NEVER an excuse for absence from class.

It is always the student's responsibility to know how many absences he or she has in a course. If in doubt, speak with your instructor!

Participation: Satisfactory participation will be the result of contributing to class discussions by putting forth insightful and constructive questions, comments and observations. Overall effort, cooperation during group work and in-class activities, responsible behavior, and completion of assignments will be assessed.

11. EXAMS – PAPERS – PROJECTS
The Midterm exam accounts for 20% of the final course grade. For exam time and date consult the course addendum. The time and date of the exam cannot be changed for any reason.
Format: the exam is divided into two sections:
- Part I: Five Short answer questions. Students will be required to provide concise explanations, main ideas, key words, names, etc. Each correct and complete answer will be awarded 15 points (75 points total)
- Part II: The submission of a written report in which students analyze, comment and reflect upon what they have learned and discovered about themselves – and others – up to that point in the course. This report can be based on one's own personal class journal and students are encouraged to express themselves freely and in their own personal style. The instructor will fully respect the privacy and personal opinions of the student.

The final Paper accounts for 30% of the course grade.
- Format: topic, length, guidelines, and due date will be provided in the course addendum.
- Paper grade will be based on the paper itself (80%) and a brief presentation given in class (20%) summarizing topics and/or interesting findings.
- Material for research will be available in the FUA Library in Corso Tintori 21.

12. LESSONS

Lesson 1
Introduction to course and course Syllabus.
What is art therapy? The Artist's Journal: what it is, how to keep one and use it. The Artist's Date: what it is, how to track it and use it. Pleasure, fun, and personal taste.
**Group and individual experience:** First contact exercises. Contacting yourself through the breath. Guided visualizations. The Artist's Journal cover.

Lesson 2
Art as an instrument of self-expression for contacting others.
**Group and individual experience:** Diverse auto-portraits: how do I perceive myself? Different tools and senses at work.

Lesson 3
Playing and Reality: Winnicott's transitional object and transitional space.
**Group and individual experience:** Experiences in discovering the individual meanings of transitional objects. Inner transitional space: points of view; irony.
Lesson 4  5 senses at work: Bruno Munari’s visual touch.  
**Group and individual experience:** materials instead of objects. Finding personal orders, meanings and symbols while handling different materials.  
**Readings:** J. Cameron, *The Artist’s Way*, pp. 61-77.

Lesson 5  Emotions and Feelings: painting as a way of personal expression.  
**Group and individual experience:** pure color field experience.  
**Readings:** J. Cameron, *The Artist’s Way*, pp. 79-90.

Lesson 6  Exploration Experience: first communication patterns: imprinting.  
**Group and individual experience:** Body-Mind experiences: connecting to oneself, to others, to space.  
**Readings:** J. Cameron, *The Artist’s Way*, pp. 91-104.

Lesson 7  Midterm Exam

Lesson 8  Break - No class  

Lesson 9  The game of scribbling: an action which falls between the conscious and the unconscious.  
**Group and individual experience:** Experience in scribbling and interpretation.  

Lesson 10  Art Therapy and traumas. Cases study relating to traumas.  
**Group and individual experience:** sable work.  
**Readings:** J. Cameron, *The Artist’s Way*, pp. 129-149

Lesson 11  The psychology of art materials.  
**Group and individual experience:** how do I create my Art Therapy Bag? Experiences and group brainstorming.  

Lesson 12  The creative process in art and in everyday life.  
**Group and individual experience:** inspiration, nature, music, rêverie.  
**Readings:** J. Cameron, *The Artist’s Way*, pp. 151-162.

Lesson 13  Non-verbal expression and art experience  
**Group and individual experience:** group experiences in body movement.  

Lesson 14  Final Project presentations, review, and discussion

Lesson 15  Final Exam