



CHRISTIAN HERITAGE COLLEGE

**CO384**

## **EXPRESSIVE THERAPIES**

This sample unit outline is provided by CHC for prospective and current students to assist with unit selection.

Elements of this outline which may change with subsequent offerings of the unit include Content, Required Texts, Recommended Readings and details of the Assessment Tasks.

Students who are currently enrolled in this unit should obtain the outline for the relevant semester from the unit lecturer.

<b>Unit code</b>	CO384
<b>Unit name</b>	Expressive Therapies
<b>Associated higher education awards</b>	Bachelor of Counselling
<b>Duration</b>	One semester
<b>Level</b>	Advanced
<b>Core/elective</b>	Elective
<b>Weighting</b>	Unit credit points: 10 Course credit points: 240
<b>Delivery mode</b>	Face-to-face on site
<b>Student workload</b>	<p><i>Face-to-face on site</i></p> <p>Contact hours 35 hours Reading, study, and preparation 55 hours Assignment preparation 60 hours <b>TOTAL 150 hours</b></p> <p>Students requiring additional English language support are expected to undertake an additional one hour per week.</p>
<b>Prerequisites/ co-requisites/ restrictions</b>	<p><i>Prerequisites</i></p> <p>60 credit points of Introductory Social Sciences units <i>including</i></p> <p>CO212 Counselling Approaches CO214 Foundational Processes and Strategies in Counselling CO221 Group Processes</p>
<b>Rationale</b>	<p>Traditional talk therapies rely on verbal communication to facilitate change in clients, however, for many client groups, verbal communication is neither the most effective nor the most accessible means of communication available to them. Expressive therapies make use of art, music, movement, writing, drama, sandplay, and other activities in therapy to facilitate change, and to enhance health and well-being in people of all ages.</p> <p>This unit provides students with both an overview of the theory and practice of a variety of expressive therapies and an opportunity to explore the implications that the findings of neuroscience have on these interventions. Approaches to application with a range of client groups, and relevant ethical issues will be discussed. Students will also explore the creativity of expressive therapies from a Christian perspective as they experience activities and reflect on personal and professional learnings.</p>
<b>Prescribed text(s)</b>	<p>Malchiodi, C. (Ed.). (2007). <i>Expressive therapies</i>. New York, NY: Guilford.<sup>1</sup></p> <p>Pearson, M., &amp; Wilson, H. (2009). <i>Using expressive arts to work with the mind, body and emotions: Theory and practice</i>. London, UK: Jessica Kingsley.<sup>1</sup></p>

<sup>1</sup> Seminal text

<b>Recommended readings</b>	<p><b>Books</b></p> <p>King, J. L. (Ed.). (2016). <i>Art therapy, trauma and neuroscience: Theoretical and practical perspectives</i>. New York, NY: Routledge.</p> <p>Levy, F. J. (Ed.). (2013). <i>Dance and other expressive art therapies: When words are not enough</i>. London, UK: Routledge.</p> <p>Malchiodi, C. (Ed.). (2014). <i>Creative interventions with traumatized children</i> (2nd ed.). New York, NY: Guilford Press.</p> <p>Needs, G. (2012). <i>Art therapy: Foundation and form</i>. Adelaide, SA, Australia: Inside Arts.</p> <p>Rappaport, L. (2014). <i>Mindfulness and the arts therapies: Theory and practice</i>. London, UK: Jessica Kingsley.</p> <p>Wheeler, B. L. (Ed.). (2015). <i>Music therapy handbook</i>. New York, NY: Guilford Press.</p> <p><b>Journals</b></p> <p><i>Art Therapy</i></p> <p><i>International Journal of Art Therapy</i></p> <p><i>Journal of Creativity in Mental Health</i></p> <p>In addition to the resources above, students should have access to a Bible, preferably a modern translation such as The Holy Bible: The New International Version 2011 (NIV 2011) or The Holy Bible: New King James Version (NKJV).</p> <p>These and other translations may be accessed free on-line at <a href="http://www.biblegateway.com">http://www.biblegateway.com</a>. The Bible app from LifeChurch.tv is also available free for smart phones and tablet devices.</p>
<b>Specialist resource requirements</b>	<p>Nil</p>
<b>Content</b>	<ol style="list-style-type: none"> <li>1. Introduction to Expressive Therapies</li> <li>2. Emotional focused processes</li> <li>3. Exploring art as therapy</li> <li>4. Music, drama and role play as expressive therapies</li> <li>5. Sandtray/symbol work</li> <li>6. Expressive writing as therapeutic intervention</li> <li>7. Body focused processes: somatic awareness, movement/bioenergetics</li> <li>8. Neuroscience and expressive therapies</li> <li>9. Creating a tool kit, planning and preparation</li> <li>10. Cultural and ethical considerations in expressive therapies</li> <li>11. Creativity, expressive therapy and a Christian worldview</li> <li>12. Contemporary, digital and novel approaches to expressive therapies</li> <li>13. Expressive therapies in group work</li> </ol>
<b>Learning outcomes</b>	<p>On completion of this unit, students will have demonstrated that they have:</p> <ol style="list-style-type: none"> <li>1. examined and applied an understanding of the theoretical and neuroscientific basis of expressive therapies to a range of client groups;</li> <li>2. explored and applied a range of expressive therapies to a range of client groups;</li> <li>3. reflected on their own responses to expressive activities as a tool for personal and professional growth;</li> <li>4. applied cultural, ethical and Christian worldview perspectives to using expressive therapies;</li> <li>5. understood the importance of sound therapeutic practice surrounding expressive therapies; and</li> <li>6. communicated at an appropriate tertiary standard with special attention to correct grammars, punctuation, spelling, vocabulary, usage, sentence structure, logical relations, style, referencing, and presentation.</li> </ol>

<p><b>Assessment tasks</b></p>	<p><b>Task 1: Personal journal</b></p> <p>Students are to maintain a journal of their work and personal and professional learnings.</p> <p>Word Length/Duration: 2,000 words</p> <p>Weighting: 40%</p> <p>Learning Outcomes: 1-6</p> <p>Assessed: Week 16</p> <p><b>Task 2: Creative presentation and paper</b></p> <p>Research an expressive or arts therapy of your choice. Your findings are to be delivered to the class in a creative presentation, along with an accompanying fully referenced paper.</p> <p>Word Length/Duration: Presentation - 20 minutes; Paper - 2,000 words</p> <p>Weighting: Presentation - 30%; Paper - 30%</p> <p>Learning Outcomes: 1-6</p> <p>Assessed: Weeks 7-11</p>
<p><b>Unit summary</b></p>	<p>This unit provides students with an overview of the theory and practice of a variety of expressive therapies. Approaches to application with a range of client groups, and relevant ethical issues will be discussed. Students will also have the opportunity to experience activities and reflect on personal and professional learnings from a Christian worldview perspective.</p>

SAMPLE