



MODULES AND CREDITS OF ART THERAPY TRAINING

FIRST YEAR'S MODULE, 120 HOURS

Learning about four art therapy techniques (visual arts, movement, music and bibliotherapy) by participating in a self-awareness group. The aim of the first year's module is that the students understand their own psychological functioning and reactions to the techniques of art therapy through their own experience within an art therapy group.

Visual art therapy – 30 hours, 5 credits

Movement therapy – 30 hours, 5 credits

Music therapy – 30 hours, 5 credits

Bibliotherapy – 30 hours, 5 credits

SECOND YEAR'S MODULE, 60 HOURS, THEORY OF ART THERAPY AND GROUP LEADERSHIP

The aim of the second year's module is to practise and gain experience in group leadership. By practising group leading, students get feedback that helps them to become reflective and aware of the impact of their leading techniques.

Development of leadership competences, 60 hours, 10 credits

Students take part in seminars on theory of art therapy and group leadership. The aim of this module is that students understand and develop critical thinking on theoretical texts of art therapy as well as creating their own framework on competent group leadership.

Group leadership and theory of art therapy, 60 hours, 6 credits

THIRD YEAR'S MODULE, 120 HOURS, SUPERVISION ON ART THERAPY GROUP LEADING

The aim of the first phase of supervision is that students find an art therapy method and a target group according to their competence, personality and field of interest. During the second phase of supervision, students need to adapt the methods they learned in order to elaborately prepare for their group leading in accordance with the target group and the chosen method. The third phase of supervision keeps track of how art therapy trainees use their chosen method in their art therapy groups as group leaders. At the events of supervision, art therapy trainees are given the opportunity to reflect on their group leading, they are supported by giving different aspects to approach situations occurring in their art therapy groups.

Supervision of group leading: 120 hours, 20 credits

Total hours of the course: 360

Total credits: 56

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