
INTRODUCTION to ART THERAPY & MUSIC and THERAPY

Spring 2015 – Sierra Nevada College

Course Code & No. - Section: FNAR 351/ MUSC 351/ PSYC 351-section 1
Course Title (Credits): Intro to Art Therapy/ Music and Therapy - 3 credits
Term & Year: Spring 2015
Course Ref. No. (CRN): 10543, 10144, 10033

Instructor: Donna Axton
Phone(s): X7586 or 775-881-7586
Email: daxton@sierranevada.edu
Office: David Hall, room 103
Office Hours: Monday-Wednesday 1-2 pm and by appointment

Class Meeting Time: Tuesday, Thursday 11:30-12:45 a.m..
Location: Patterson Hall Room 207

Prerequisites PSYC 101 and a Studio Fine Arts Course

COURSE DESCRIPTION

The student explores the history and current status of art as a therapeutic modality and a healing force. Through literature review and experiential learning, the student will consider how visual and performing arts can stimulate and expand physical, emotional, psychological, and cognitive functioning. Art as a form of communication, as a remedial or corrective learning experience, and as a tool in special education.

REQUIRED TEXTS AND MATERIALS

Required for all students:

Handbook of Art Therapy; Cathy A. Malchiodi; The Guilford Press; ©) 2012;
ISBN: 978-60918-975-4

Required for FNAR and PSYC students, optional for Music Students

Art Heals; Shaun McNiff; Shamhala Publications; © 2004; ISBN 1-59030-1661

Required for MUSC Students, optional for others

Musicophilia; Oliver Sacks; Alfred A Knopf; © 2007; ISBN 978-0676-979817

Music with the Brain in Mind; Eric Jensen, Corwin Press; © 2000; ISBN1-890460-06-0

INSTRUCTIONAL STRATEGIES

Daily outside reading assignments and reflective writing assignments that integrate the readings. In-class work will include application of art and music therapy techniques, and presentations on associated topics in the field of expressive arts.

METHODS OF ASSESSING STUDENT OUTCOMES

Daily homework based on class readings, presentations, participation in class-room exercises, responses to hands-on experiential modalities, written in-class exams and take-home exams.

COURSE REQUIREMENTS

Required reading assignments will be given for each class session and will be the basis of discussion for that class. Be prepared for discussion by reading the assigned material in a timely fashion. Written homework questions reflect these readings and class discussions. In-class art therapy projects, response papers, and occasional written quizzes cannot be made up. Mid-term and final exams will include an in-class segment and a take-home segment.

Hands-on classroom projects will be kept in a file in the classroom. It is your responsibility to file your own project before leaving the classroom.

GRADING POLICY

Your final grade will be determined using the following percentages.

Attendance	20%
Participation	20%
Written assignments	30%
Exams and quizzes	30%

Written assignments that are complete will be given full credit on the day they are due. During the next week they will be accepted with 80% credit, during the following week 60 % credit. After that they will not be accepted.

Attendance:

A great deal of this class is experiential. Writing assignments will be based on responses to classroom discussion and activities. Consistent attendance is crucial to your success in this class. Also, please notice that 40% of your class grade can only be accomplished by attending classes.

STUDENT OUTCOMES FOR COURSE:

As a result of taking this course, the student will be able to:

1. Differentiate between the theory and application of behavioral, depth, cognitive, humanistic psychology vis a vis application to art and therapy and other expressive arts.
 2. Fully describe and understand the distinctions and similarities of art therapy modalities.
 3. Create their own modality and protocol for working with art in a therapeutic way.
 4. Describe, and know in a first-hand frame of reference, how the creative process stimulates and expands the healing process on psychological, emotional, and possibly physiological levels.
-

Sanctions for Cheating and/or Plagiarism

The Honor Code

The faculty of SNC believes students must be held to high standards of integrity in all aspects of college life in order to promote the educational mission of the College and to encourage respect for the rights of others. Each student brings to the SNC community unique skills, talents, values and experiences which, when expressed within the community, contribute to the quality of the educational environment and the growth and development of the individual. Students share with members of the faculty, administration and staff the responsibility for creating and maintaining an environment conducive to learning and personal development, where actions are guided by mutual respect, integrity, responsibility and trust. The faculty and students alike must make diligent efforts to ensure high standards are upheld by their colleagues and peers as well as themselves. Therefore faculty and students accept responsibility for maintaining these standards at Sierra Nevada College and are obligated to comply with its regulations and procedures, which they are expected to read and understand.

Consequences of Violating the Student Honor Code

SNC students and faculty share the responsibility for maintaining an environment of academic honesty. Thus, all are responsible for knowing and abiding by the SNC Faculty/Student Honor Code published in the current SNC Catalog. Faculty are responsible for presenting the Honor Code and the consequences of violating it to students at the start of their classes AND for reporting all incidences of academic dishonesty to the Provost. Students are responsible for knowing what constitutes CHEATING, PLAGIARISM and FABRICATION and for refraining from these and other forms of academic dishonesty. Violations of the Honor Code become part of a student's academic record.

- 1st Offense: Student receives a zero for assignment/exam and counseling with faculty on the honor code, consequences for violating the honor code, and the value of academic honesty in learning.
- 2nd Offense: Student fails course and receives counseling with faculty on the honor code, consequences for violating the honor code, and the value of academic honesty in learning.
- 3rd Offense: Student is expelled.

ADA Accommodations

In accordance with the Americans with Disabilities Act and Section 504 of the Rehabilitation Act of 1973, students with a documented disability are eligible for support services and accommodations. If a student wishes to request an accommodation, please contact the Director of Academic Support Services, Henry Conover, at (775) 831-1314 x7534, hconover@sierranevada.edu or go to the OASIS offices on the third floor of Prim Library within the first week of the semester.

I personally want to encourage you to come and talk to me about any needs you may have. I want to support you fully in shining in this class.

The SNC Email System

The SNC email system is the official communication vehicle among students, faculty members and administrative staff and is designed to protect the confidentiality of student information as required by the Family Educational Rights and Privacy Act of 1974 Act (FERPA). Students should check their college email accounts daily during the school year.

Students have a right to forward their SNC e-mail to another e-mail account (for example, @hotmail or @gmail). However, confidentiality of student information protected by FERPA cannot be guaranteed for SNC e-mail forwarded to an outside vendor. Having email redirected does not absolve a student from the responsibilities associated with official communication sent to his or her SNC email account.

The Mission Statement:

Sierra Nevada College graduates will be educated to be scholars of and contributors to a sustainable world. Sierra Nevada College combines the liberal arts and professional preparedness through an interdisciplinary curriculum that emphasizes entrepreneurial thinking and environmental, social, economic and educational sustainability.

The Core Themes:

Liberal Arts

Entrepreneurial Thinking

Professional Preparedness

Sustainability

Prim Library Resources

Using the library's resources effectively (not just Internet resources) contributes to developing each of SNC's core themes by exposing students to high quality academic resources, diverse opinions, new ideas, and a future that includes building on a liberal arts education. In this course, you will be expected to utilize the library's resources (either on-site or remotely) as you complete your assignments.

Prim Library Resources for Psychology include, but are not limited to:

1. Lib Guides: <http://libguides.sierranevada.edu/psychology>. These web pages have been compiled to highlight specific resources in psychology. Tabs indicate Prim library information regarding books, articles, websites, citations, and general interest psychology information.
2. Introduction to Prim Library website – <http://libguides.sierranevada.edu/library>
3. Books (to be checked out):
 - a. In general, books related to psychology have Library of Congress Classification numbers can be found in the BF and RC sections. Search the Prim Library Catalog using key words related to the topic that you are researching.
 - b. Dunn, D. (2008) *A short guide to writing about psychology*. New York: Pearson/Longman. BF 76.8 .D86 2008.
4. Electronic databases most likely to include articles on psychology topics are EBSCO: Academic Search Premier, and PsycInfo. To access electronic databases off campus, use your first initial and your last name as the username and your 9 digit student ID number as the password.
5. Hardcopy periodicals: Prim Library has current subscriptions for a few academic psychology journals; however, many full-text articles are available through the electronic databases.

SPRING 2013 - LOGIN information for SNC Prim Library Electronic Databases

<http://libguides.sierranevada.edu/library>

Betts Markle, Library Director

emarkle@sierranevada.edu

775-881-7511

When you need to access SNC's licensed database content from off campus, you will need the following information:

- Students: Use your first initial and your last name as the username and your 9 digit student ID number as the password.

COURSE OUTLINE AND ASSIGNMENTS

Week 1 - Introduction

Tuesday – January 20

Thursday – January 22

Reading due: Brief History of Art Therapy, Art Therapy and the Brain

Week 2 – The Art and Science of Art Therapy

Tuesday, January 27

Reading due: Art- Based Assessments, Cognitive Behavioral

Thursday, January 29

Reading due: Psychoanalytic, Humanistic

Week 3 – Clinical approaches

Tuesday February 3

Reading due: Narrative, Developmental, Multimodal

Thursday, Feb. 5

Reading due: Storytelling, Trauma

Week 4 – Art Therapy with Children

Tuesday, Feb.10

Reading due: Sexual abuse

Thursday, Feb. 12

Reading due: ADD, Autism

Week 5

Tuesday, Feb. 17

Reading due: Adolescents – Depression, Violence

Thursday, Feb.19

Reading due: Diagnostic drawing series, Assessment

Week 6 - Adults

Tuesday, Feb. 24

Reading due: Counseling, Sandtray

Thursday, February 26

Reading due: Addictions and Severe mental illness

Week 7

Tuesday, March 3 – In-class Midterm

Thursday March 5 - Mid-term presentations

Week 8 - Group

Tuesday March 10 – Guest Speaker: Colleen Klym – Board Certified Music Therapist,
Masters in Counseling Psychology

Reading due: Family Art therapy, Couples

Thursday, March 12

Reading due: Group Art Therapy

March 16-20 Spring Break**Week 9 - How Creativity heals the soul****MUSIC THERAPY WORKSHOP with CRAIG CANEDY, MMT, MT-BC**

Friday, March 27, 7-9pm – Theoretical overview of music therapy

Saturday, March 28, 10 am – 4 pm– Experiential activities for various populations

Sunday, March 29 12 noon – 2 pm – Integration of theoretical and experiential components

Week 10 - Tuesday, March 31

Tuesday, March 31

Reading due: *Art Heals*: Part 4 – Total Expression

Music Students: Readings from “Music with the Brain in Mind”

Thursday, April 2

Reading due: *Art Heals*: Part 8 – Art Therapy is for everyone

Week 11 - Musicophilia

Tuesday, April 7

Music Students: Reading due: *Musicophilia pps 1-86*

Art Students: Reading due: *Art Heals*: Part 3 – Opening to images

Thursday, April 9

Music Students: Reading due: *Musicophilia pps 157-222*

Art Students: Reading due: *Art Heals*: Part 5

Week 12

Tuesday, April 14

Presentations

Thursday, April 16

Presentations - Review

Week 13

Thursday, April 23

FINAL EXAM
