

SER-433 - ART THERAPY AND ITS APPLICATIONS I - Güzel Sanatlar Fakültesi - Seramik Cam Bölümü

General Info

Objectives of the Course

This course aims to examine the healing and transformative functions of art from both theoretical and practical perspectives; through experiential workshops, it seeks to introduce students to the fundamental concepts, historical development, and diverse applications of art therapy, demonstrating how it can be utilized as a therapeutic tool by engaging tactile, sensory, and psychological dimensions.

Course Contents

This course covers the definition and scope of art therapy, types and functions of art therapy, counseling skills in art therapy, expression in art therapy, and the application of expressive art therapy as a healing method.

Recommended or Required Reading

* Güner, Olcay ve Dinçer Genç, Nur. Dışavurumcu Sanat Terapisi, Yeni Kapı Yayınları * Öz Çelikbaş, Eda. (2024). Sanat Terapisi: Sanat Terapisinde Temel Kavramlar. Nobel Akademik Yayıncılık <https://www.libraryturk.com/kitap-detaylari-sanat-terapisi-sanat-terapisinde-temel-kavramlar?v=9786253713355>

Planned Learning Activities and Teaching Methods

Group work, individual project work, lectures, discussions, presentations.

Recommended Optional Programme Components

Being open to group work and coming to class prepared with materials and research.

Instructor's Assistants

There is no assistant instructor teaching the course.

Presentation Of Course

Face-to-face education may be supplemented with online materials when necessary.

Dersi Veren Öğretim Elemanları

Assoc. Prof. Dr. Betül Aytepe Serinsu

Program Outcomes

1. Creating an activity where one can use art to express oneself
2. It enables decisions regarding activities to be made based on individual and group structures.
3. Explains that art is a symbolic language of communication.
4. It creates a safe space to confront and release emotions.
5. The methods can be used to enable individuals to achieve their various therapeutic goals.

Weekly Contents

Order	PreparationInfo	Laboratory	TeachingMethods	Theoretical	Practise
1			Lecture, Question & Answer, Discussion	Introduction to art therapy: definition, key concepts, and historical development	
2			Lecture, Question & Answer, Discussion	What is art? Perspectives on the definition of art throughout the ages. The use of art's power across different cultures and processes. The impact of art on individuals (both artists and non-artists).	
3			Practice, Presentation, Experience, Q&A, Discussion, Drama, Small-group work	Creativity is defined, and the relationship between creativity and art therapy is discussed.	An introductory activity is conducted using art therapy dynamics.
4			Practice, Presentation, Experience, Q&A, Discussion, Drama, Small-group work		Art therapy through individual and group sessions
5			Practice, Presentation, Experience, Q&A, Discussion, Drama, Small-group work	Two-dimensional works (exploring one's own emotions – self-awareness)	Two-dimensional works (exploring one's own emotions – self-awareness)

Order	Preparation	Info Laboratory	TeachingMethods	Theoretical	Practise
6			Practice, Presentation, Experience, Q&A, Discussion, Drama, Small-group work	Two-dimensional works (exploring one's own emotions – self-awareness)	Two-dimensional works (exploring one's own emotions – self-awareness)
7			Practice, Presentation, Experience, Q&A, Discussion, Drama, Small-group work	Two-dimensional works (exploring one's own emotions – self-awareness)	
8					Mid-term exam
9			Practice, Presentation, Experience, Q&A, Discussion, Drama, Small-group work	Creative Writing Activities (Self-expression through writing, self-esteem)	Construction, problem-solving, and individual and group therapy practices: music, painting, ceramics, sculpture, drama, play, dance, movement, theater, storytelling, dream work, etc. Narrative Studies (Photography and visual storytelling, looking to the future with hope)
10			Practice, Presentation, Experience, Q&A, Discussion, Drama, Small-group work	Creative Writing Activities (Self-expression through writing, self-esteem)	Construction, problem-solving, and individual and group therapy practices: music, painting, ceramics, sculpture, drama, play, dance, movement, theater, storytelling, dream work, etc. Narrative Studies (Photography and visual storytelling, looking to the future with hope)
11			Practice, Presentation, Experience, Q&A, Discussion, Drama, Small-group work	Creative Writing Activities (Self-expression through writing, self-esteem)	Construction, problem-solving, and individual and group therapy practices: music, painting, ceramics, sculpture, drama, play, dance, movement, theater, storytelling, dream work, etc. Narrative Studies (Photography and visual storytelling, looking to the future with hope)
12			Practice, Presentation, Experience, Q&A, Discussion, Drama, Small-group work	Creative Writing Activities (Self-expression through writing, self-esteem)	Construction, problem-solving, and individual and group therapy practices: music, painting, ceramics, sculpture, drama, play, dance, movement, theater, storytelling, dream work, etc. Narrative Studies (Photography and visual storytelling, looking to the future with hope)
13			Practice, Presentation, Experience, Q&A, Discussion, Drama, Small-group work	Creative Writing Activities (Self-expression through writing, self-esteem)	Construction, problem-solving, and individual and group therapy practices: music, painting, ceramics, sculpture, drama, play, dance, movement, theater, storytelling, dream work, etc. Narrative Studies (Photography and visual storytelling, looking to the future with hope)
14			Practice, Presentation, Experience, Q&A, Discussion, Drama, Small-group work	Creative Writing Activities (Self-expression through writing, self-esteem)	Construction, problem-solving, and individual and group therapy practices: music, painting, ceramics, sculpture, drama, play, dance, movement, theater, storytelling, dream work, etc. Narrative Studies (Photography and visual storytelling, looking to the future with hope)
15			Practice, Presentation, Experience, Q&A, Discussion, Drama, Small-group work	Creative Writing Activities (Self-expression through writing, self-esteem)	Construction, problem-solving, and individual and group therapy practices: music, painting, ceramics, sculpture, drama, play, dance, movement, theater, storytelling, dream work, etc. Narrative Studies (Photography and visual storytelling, looking to the future with hope)

Workload

Activities	Number	PLEASE SELECT TWO DISTINCT LANGUAGES
Vize	1	1,00
Final	1	1,00
Tartışmalı Ders	10	3,00
Rol Yapma/Drama	10	3,00
Küçük Grup Çalışması	10	2,00
Soru-Yanıt	15	2,00
Anlatım	8	2,00
Tartışma	8	2,00

Assesments

Activities	Weight (%)
Vize	40,00
Final	60,00

	P.O. 1	P.O. 2	P.O. 3	P.O. 4	P.O. 5	P.O. 6	P.O. 7	P.O. 8	P.O. 9	P.O. 10	P.O. 11	P.O. 12	P.O. 13	P.O. 14	P.O. 15
L.O. 1	2	4	4	3	1	4	4	5	3	5	5	5	5	5	3
L.O. 2	3	5	4	4	4	5	5	3	4	4	4	5	4	5	4
L.O. 3	4	4	5	5	5	4	5	4	5	4	5	3	5	3	5
L.O. 4	4	3	5	5	5	5	4	5	4	5	4	3	3	4	4
L.O. 5	5	5	5	2	3	5	5	5	5	2	3	4	5	5	5

Table :

- P.O. 1 :** Have knowledge in the fields of art, design and ceramics, as well as the skills to put this knowledge in practice
- P.O. 2 :** Have research, experimentation, analysis, evaluation and interpretation ability
- P.O. 3 :** Design and create a product / a work / a process that will meet the needs or propose a solution to a problem, taking into account the restrictions arising in the field of ceramics
- P.O. 4 :** Have the ability to working groups or individually relating their field knowledge with other disciplines
- P.O. 5 :** Determine, describe and propose solutions to problems in the art and design of ceramics
- P.O. 6 :** Have professional and ethical responsibility in intellectual and artistic works
- P.O. 7 :** Communicate effectively and express themselves verbosely
- P.O. 8 :** Understand the impact of art and design solutions at a global and societal level
- P.O. 9 :** Have a full understanding of the necessity of life long learning and are equipped with the skills and an awareness of sustaining it
- P.O. 10 :** Develop a self-awareness of contemporary issues
- P.O. 11 :** Use the necessary techniques and innovations required for art and design applications
- P.O. 12 :** Sustain a strong research orientation, and show determination and willingness to adapt technological developments in ceramics
- P.O. 13 :** Share an awareness of art and design in the community with an understanding and adaption of social and cultural responsibilities
- P.O. 14 :** Show professional self-confidence with a conceptual knowledge in creativity processes
- P.O. 15 :** Follow international developments, realize art and design as a social responsibility
- L.O. 1 :** Creating an activity where one can use art to express oneself
- L.O. 2 :** It enables decisions regarding activities to be made based on individual and group structures.
- L.O. 3 :** Explains that art is a symbolic language of communication.
- L.O. 4 :** It creates a safe space to confront and release emotions.
- L.O. 5 :** The methods can be used to enable individuals to achieve their various therapeutic goals.