

Lingnan University
Department of Visual Studies

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| Course Title | : Art and Well Being |
| Course Code | : VIS3255 |
| Recommended Study Year | : 3 rd and 4 th years |
| No. of Credits/Term | : 3 |
| Mode of Tuition | : Sectional Approach |
| Class Contact Hours | : 3 hours lecture per week |
| Category in Major Programme | : Programme Elective |
| Prerequisite(s) | : N/A |
| Co-requisite(s) | : N/A |
| Exclusion(s) | : N/A |
| Exemption Requirement(s) | : N/A |

Brief Course Description

This course is designed to provide students with an introduction to the healing power of art. The concept of communicating personal ideas through art and of achieving a sense of well-being through artistic creation is not new, but the study and practice of using art and art-making as a form of healing have emerged only recently. Cross referencing findings of advanced modern sciences, theories of art and anthropology, the course investigates how artistic creation and general engagement with art can help people to gain an awareness of themselves and others, as well as to cope with symptoms, stress, and traumatic experiences. A Service Learning Research Scheme will be incorporated if relevant services are available.

Aims

The course will examine the philosophical frameworks, theoretical emphases and scientific findings related to art and well being. It will define the purpose of art in hospitals and look at different projects around the world. It will give a comprehensive overview of the development and practices of art therapy in different settings.

Learning Outcomes

Students are expected to acquire a basic understanding of the biological nature of art and practices of art as healing in different settings such as hospitals, schools and special communities. Students will learn to understand how art can enhance people's cognitive abilities. They will also become aware of the ways in which the process of making art can help people to experience the kind of life-affirming pleasure that supports treatment and helps to prevent developmental, emotional, psychological or physical/medical problems or disorders. Students will also see how art in hospitals can provide comfort and an opportunity for sustained contemplation on the part of patients and visitors who face fear, pain and grief provoked by illness and medical treatment.

Indicative Content

Biological nature of art making
Art, sciences and the visual
Art and memory
Art and well being
History of using art as therapy
Art and psychoanalysis
Art and education
Art and Symbols
Art therapy and art facilitation

Art therapy and facilitation in different settings
Expressive art therapy
Art-in-hospitals – purposes, roles and effects

Teaching Method

The course will be taught partly as lectures, partly as a seminar with an introduction and discussions.

Measurement of Learning Outcomes

Students' progress towards the learning outcomes outlined above will be measured by continuous assessments focused on the students' successful engagement with the lectures, tutorial discussions, readings, presentations and written assignments. In addition, students' knowledge of the subject will be assessed by a final examination at the end of the term.

Assessment

65% Continuous Assessment
35% Final Examination (under two hours)

Required Readings

Rubin, Judith A. *Art Therapy: an Introduction* Philadelphia, Pa.: Brunner/Mazel, 1999.

Jones, Phil. *The Arts Therapies: a Revolution in Healthcare*. Hove, East Sussex [England] ; New York, NY: Brunner-Routledge, 2005.

Supplementary Readings

Griselda Pollock ed., *Psychoanalysis and the Image*. MA: Blackwell Publishing Ltd, 2006.

Dissanayake, E., 'Art for life's sake,' in *Art Therapy: Journal of the American Art Therapy Association* 9, 4, pp.169-175.

Kaplan, Frances, *Art, Science and Art Therapy*. London: Jessica Kingsley Publisher, 2000.

Case, Caroline, and Tessa Dalley, eds *The Handbook of Art Therapy*. London: Tavistock, 1992.

Steinhardt, Lenore. *Foundation and Form in Jungian Sandplay : An Art Therapy Approach*. London ; Philadelphia, Pa.: Jessica Kinglsey, 2000.

Cohen, Barry and Carol Thayer. *Telling without Talking: Art as a Window into the World of Multiple Personality*. New York: Norton, 1995.

Gladding, Samuel T. *Counseling as an Art: The creative Arts in Counseling*. Alexandria, VA: American Counseling Association, 2004.

Rawley, Silver. *Art as Language : Access to Thoughts and Feelings through Stimulus Drawings*. Philadelphia,PA: Brunner-Routledge, 2001.

Sowers, Robert. *Rethinking the Forms of Visual Expression*. Berkeley: University of California Press, 1990.

McNiff, Shaun. *Fundamentals of Art Therapy*. Springfield, IL: C.C. Thomas, 1988.

McNiff, Shaun. *The Arts in Psychotherapy* Springfield, IL: C.C. Thomas, 1981.

Rubin, Judith A., ed. *Approaches to Art therapy: Theory and Technique*. Philadelphia, PA : Brunner-Routledge, 2001.

Wadeson, Harriet; Durkin, Jean and Dorine Perach, eds. *Advances in Art Therapy*. New York: Wiley, 1989.

Kaye, Charles, and Tony Blee, eds. *The Arts in Healthcare: a Palette of Possibilities*. London: Jessica Kingsley, 1996.

Adamson, Edward and John Timlin. *Art as Healing*. Boston, Mass.: Coventure, 1990.

Liebmann, Marian, ed. *Arts Approaches to Conflict*. Bristol, Penn.: Jessica Kingsley Publishers, 1996.

Rawley, Silver, ed. *Aggression and Depression Assessed through Art: Using Draw-A-Story to Identify Children and Adolescents at Risk*. New York, NY: Brunner-Routledge, 2005.

Malchiodi, Cathy A. *Understanding Children's Drawings*. London : Jessica Kingsley, 1998.

陸雅青，〈藝術治療團體實務研究：以破碎家庭兒童為例〉（台北市：五南圖書出版公司，2000）。

范瓊方，〈藝術治療：家庭動力繪畫概論〉（臺北：五南圖書出版有限公司，1996）。

陳國慧，林宇熒撰文，〈藝術 + 醫院 = A decade of art in hospital〉（香港：藝術在醫院，2005）。

Important Notes:

- (1) Students are expected to spend a total of 9 hours (i.e. 3* hours of class contact and 6* hours of personal study) per week to achieve the course learning outcomes.
- (2) Students shall be aware of the University regulations about dishonest practice in course work, tests and examinations, and the possible consequences as stipulated in the Regulations Governing University Examinations. In particular, plagiarism, being a kind of dishonest practice, is “the presentation of another person’s work without proper acknowledgement of the source, including exact phrases, or summarised ideas, or even footnotes/citations, whether protected by copyright or not, as the student’s own work”. Students are required to strictly follow university regulations governing academic integrity and honesty.
- (3) Students are required to submit writing assignment(s) using Turnitin.
- (4) To enhance students’ understanding of plagiarism, a mini-course “Online Tutorial on Plagiarism Awareness” is available on <https://pla.ln.edu.hk/>.

* Numbers of hours are subject to adjustment for individual courses.