

## COURSE DESCRIPTION 2017-2018

Course: Therapeutic Art	Awarding body: N/A
Tutor: TBC	Course length: 5 weeks

Course summary/aims:	<p>“Art washes away from the soul the dust of everyday life” (Pablo Picasso). If you’re feeling stressed or unhappy, why not come along to these sessions and explore painting and craft activities designed to promote relaxation and focus on the positive and good. No prior skills required!</p>
Course objectives:	<p>By the end of the course learners will be able to:</p> <ol style="list-style-type: none"> <li>1. Describe the value of art as a means of relaxation</li> <li>2. Explore self-expression through painting, drawing and modelling</li> <li>3. Identify how to prioritise time for themselves to utilise these new self-expression skills</li> <li>4. List the advantages of art as a therapeutic intervention</li> <li>5. Identify associated careers where an understanding of art therapy might be of benefit</li> </ol>
Course content:	<p>This course will explore the principles behind art as a means of relaxation and for therapeutic principles. Learners will review the association and benefits of these approaches in a range of scenarios and links to health and social care treatments and interventions.</p> <p>Learning will focus on developing and utilising art as a means of relaxation, and provide a supportive and non-judgemental environment in which learners can use art as a means of self-expression and a form of relaxation and escape from everyday life.</p>
Teaching and learning methods:	<p>Most sessions will include some classroom based discussion followed by practical art and craft activities in a range of art media.</p>

Course level/entry requirements:	Enthusiasm is the only requirement! No artistic skills are needed, though welcome.
How progress is checked during course:	Formative assessment throughout course delivery
Extra study or practice required at home?	Independent practice of techniques learned will be encouraged
Formal course accreditation? If yes, how is the course assessed?	N/A
Materials you will need to bring to the course:	Pencil, paper.
What can I do next?	Build art and craft as a means of relaxation and self-expression into routine.

Information, Advice and Guidance sessions are available on request (it is best to make an appointment). If you feel you may need some support eg. with English, Maths or ICT, please ask.

To get in touch, please call your local CLIP Learning Centre (see below) or email [info@cliplearning.com](mailto:info@cliplearning.com)

#### CLIP Learning Centres

Market Rasen Learning Centre  
8 Queen Street  
Market Rasen  
LN8 3EH  
01673 843489

The Bridge  
142 Bridge Street  
Gainsborough  
DN21 1LP  
01427 677377

Mablethorpe Learning Centre  
Seacroft Road  
Mablethorpe  
LN12 2DT  
01507 473325