CSPH 5561 (2 Credits)

OVERVIEW OF THE CREATIVE ARTS IN HEALING

Online  |  Instructor: Jenzi Silverman

COURSE DESCRIPTION

In this course we will explore how professionals in music therapy, art therapy, dance and movement therapy, and poetry/spoken word therapy work in healthcare and community settings to promote healing and well-being. Artist-therapists representing each of these fields, and/or related fields in creative arts in healing, will present their work in synchronous sessions, and guide you in experiential exercises to give you firsthand experience of each modality. You will also read in depth about each of the healing arts modalities in our textbook and research articles, participate in online discussions, and document your experiences with the modalities through journaling and a final paper.

COURSE OBJECTIVES

At the end of the course, students will be able to:

• Explain music therapy, art therapy, dance/movement therapy, and poetry/spoken word therapy in terms of basic principles, typical techniques, and at least one population who benefits from use of each therapeutic modality.

• Analyze and explain similarities and differences among the different modalities in terms of their theories of wellness and illness, client-therapist interactions, and use in clinical/hospital versus community settings.

• Analyze and critique the research surrounding each of these creative arts therapy modalities, and the various clinical populations/arenas where this research occurs.

• Analyze and discuss the role of race/ethnicity, gender identity and sexual orientation, ability/disability, age, and socioeconomic status in these creative arts therapies, especially with regard to therapists’ skill sets in working with diverse clients, and which clients have access to the therapies.

• Engage in and experience the relationship between self and creative arts process.

Visit z.umn.edu/CSPH5561 or contact us at csh-academics@umn.edu for more information.