

ART THERAPY FOR WELLBEING AND COMMUNICATION



learning together[®]

siner advanced skills institute

Constantly learning,
constantly evolving.

[Register Here](#)

OID: E10201112

Advanced Institute for Skills Development

COURSE DESCRIPTION

This course empowers educators, therapists, and creative professionals to use art as a powerful tool for communication, self-expression, and emotional well-being.

Participants will explore how art therapy fosters personal growth, enhances creativity, and supports mental and emotional balance.

Through hands-on sessions, expert-led workshops, and collaborative projects, you will discover innovative therapeutic techniques and diverse artistic mediums to enrich learning and personal development.

This course is ideal for those passionate about harnessing the transformative power of art to inspire and support individuals in meaningful ways.

COURSE INFORMATION

Learning Outcomes

- Understand Art Therapy Foundations: Grasp the fundamental principles of art therapy, including its history, key techniques, and its role in educational settings.
- Develop Skills in Art-Based Interventions: Learn to design and implement effective art-based interventions that support emotional, cognitive, and social development for students with special needs.
- Use Art for Expression and Connection: Harness art as a medium to foster creativity, enhance communication, and support emotional well-being.
- Design Personalized Art Programs: Develop art experiences that cater to diverse creative needs, ensuring meaningful engagement for all participants.
- Assess and Document Progress: Master techniques for assessing students' progress through art therapy and maintaining records to track developmental milestones and therapeutic outcomes.
- Foster an Inclusive Classroom Environment: Gain strategies to promote an inclusive atmosphere that encourages participation and expression across abilities.
- Empower educators to create practical and meaningful experiences.
- Improve technical and English language, communication and social skills.
- Promote intercultural awareness.
- Transfer and share core values, experiences and effective teaching practices between educators from different contexts and regions.
- Motivate and inspire educators to contribute, through their areas of action, to building more coherent, harmonious societies.

DAILY PROGRAM

5-DAYS

..... *Our courses also include a daily Coffee Break

DAY 1 / 8h30-13h45

- Introduction to Art Therapy
- Overview of Art Therapy – Principles and Practices
- Adapting Art Therapy for Different Audiences and Creative Needs

DAY 2 / 8h30-13h45

- Techniques in Art Therapy
- Hands-On Art Techniques - Drawing, Painting, and Sculpting
- Digital Art Therapy Techniques - Using Technology to Enhance Creativity

DAY 3 / 8h30-13h45

- Art Therapy for Emotional and Social Development
- Emotional Expression Through Art - Case Studies and Activities
- Social Skills Through Group Art Project

DAY 4 / 8h30-13h45

- Program Development and Implementation
- Designing Art Therapy Programs for Various Settings
- Workshop on Tools and Materials for Engaging Art Experiences

DAY 5 / 8h30-13h45

- Methods for Assessing and Documenting Therapeutic Outcomes
- Group work: presentation
- Reflection, future cooperation, planning follow-up activities
- Discussion and evaluation of the course
- Learning validation and outcomes
- Certification Ceremony



DAILY PROGRAM

6-DAYS

..... *Our courses also include a daily Coffee Break

DAY 1 / 16h30-21h30

- Self Preparation for a short School presentation on Day 2
- Cultural Quiz (to be filled out pre-dinner)
- Welcome Session - icebreaking & dinner, week briefing & planning
- Networking between participants and Erasmus+ team
- Sharing of European core values
- Open space for participants to share ideas and discuss current challenges in the Education sector; collaborative opportunity to exchange future goals (activity)

DAY 2 / 8h30-13h45

- Introduction to Art Therapy
- Overview of Art Therapy – Principles and Practices
- Adapting Art Therapy for Different Audiences and Creative Needs

DAY 3 / 8h30-13h45

- Techniques in Art Therapy
- Hands-On Art Techniques - Drawing, Painting, and Sculpting
- Digital Art Therapy Techniques - Using Technology to Enhance Creativity

DAY 4 / 8h30-13h45

- Art Therapy for Emotional and Social Development
- Emotional Expression Through Art - Case Studies and Activities
- Social Skills Through Group Art Project

DAY 5 / 8h30-13h45

- Program Development and Implementation
- Designing Art Therapy Programs for Various Settings
- Workshop on Tools and Materials for Engaging Art Experiences

DAY 6 / 8h30-13h45

- Methods for Assessing and Documenting Therapeutic Outcomes
- Group work: presentation
- Reflection, future cooperation, planning follow-up activities
- Discussion and evaluation of the course
- Learning validation and outcomes
- Certification Ceremony

