



We Are Mosaics
An Organization dedicated to bringing Art and Healing to the Community
www.WeAreMosaics.com



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Course Title: Art as Therapy: Art Therapy for 5-12 year olds

Course Details: Art therapy is a method used in working with children in order to understand the child's feelings through the metaphor of art. This course will present the essentials of art therapy. We will discuss the use of various art materials in the therapeutic session. Experiential techniques will be used to deepen the clinician's understanding of the basic concepts key to art therapy, with a particular focus on how to identify and treat child victims of sexual abuse.

Specific learning objectives for the course as observable in small group interaction:

Objective #1: Participants will be able to demonstrate the use of at least 3 art therapy techniques for identifying sexual abuse

1. Kinetic family drawing inside a sacred circle
2. Draw a hero with narration-who is the hero rescuing?
3. Narrative collage- if something could change, what would that be?

Objective #2: Participants will be able to identify 3 different art therapy strategies to work with parents.

1. Therapist always keeps the artwork
2. Parent /Child art directives
3. Safety box technique

Objective #3: Participants will be able to describe 3 critical factors in establishing a therapeutic relationship with the client through the use of art materials

How to foster Creativity and build Rapport for better analysis

1. Open studio approach
2. Vulnerability of art making- Consciousness
3. Finding the Art Therapist within