



**Module Manual
Academic Further Education Art Therapy**

**at the Institute of Scientific Further Education
Institut für Wissenschaftliche Weiterbildung (IWW)
at the Catholic University of Applied Sciences Freiburg**

**of December, 1st 2019
in the version of April, 15th 2023 (updated due to integration of supervision as semi-
nars (online and on campus))**

Academic Further Education Art Therapy

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Module Manual

This module manual will enter into force as from December, 1st 2019 and will apply from the start of further education in the winter semester 2019/2020.

Preamble

Art therapy is an independent procedure in the fields of social rehabilitation, health science and curative education. It enables inner psychic or psychomotor processes to be expressed and to be rearranged with the help of visual means. With the help of painterly, plastic or graphic media and methods, non-verbal means of expression are made available in a suitable way, so that they can have a positive effect on processes of change and resources can be strengthened, supporting and supplementing other measures.

After the completion of the Academic Further Education Art Therapy, the participants are able

- to develop basic knowledge in the fields of human, social and health sciences as well as professional law and to reflect it in an application-oriented way,
- to acquire knowledge of technical and methodological subjects, scientific work and the ability to acquire new knowledge and skills independently,
- to develop art therapeutic competences in the application in the field of practice with various methods and interventions and to implement multimodal approaches,
- to practice application-relevant action knowledge, to reflect on it in an experiential way and to use it critically and constructively in institutions of the social and health care system,
- to think interdisciplinary, clinically or pedagogically team-oriented and to act ethically responsibly,
- to operate documentation and evaluation of art therapy processes,
- to give clients with impairments space to present their works within the context of exhibitions and studios, thereby acknowledging these works as results of art therapeutic processes and thus contributing to social inclusion
- to practice artistic-practical and art-therapeutic-methodical design individually in model-like workshop and studio rooms and at the same time to learn how to organise the provision of materials.

The Academic Further Education Art Therapy has been refined from the 'Academic Further Education Social and Curative Art Therapy', which has been in existence for twenty years and imparts practical skills and knowledge that go beyond social and curative education. The Academic Further Education Art Therapy at the IWW contains a total of 2,700 teaching and learning units and meets the training standards of the professional associations German Association for Artistic Therapies (Deutsche Gesellschaft für künstlerische Therapieformen e. V., DGKT) and German Association for Art Therapy (Deutscher Fachverband für Kunst- und Gestaltungstherapie e.V., DFKGT).

It enables the acquisition of the certificate "art therapist" as a Diploma of Advanced Studies (DAS) by means of a written thesis and the completion of a final colloquium lasting several days with artistic-art therapeutic presentation. It entitles the holder to further graduation in the professional associations DGKT and DFKGT.

The training comprises two phases. The basic phase (0.5 years) is a prerequisite for entering the intensive phase (2.5 years). The basic phase takes place in December, January and February. The intensive phase begins in April each year.

Contact Details

Institute of Scientific Further Education
Institut für Wissenschaftliche Weiterbildung (IWW)
at the Catholic University of Applied Sciences Freiburg (CUF)
Karlstraße 63
79114 Freiburg i. Brsg.
Germany
Phone: +49 761 200-1364
E-Mail: iww@kh-freiburg.de

Venue and Times

Catholic University of Applied Sciences Freiburg
Karlstraße 63
79104 Freiburg i. Brsg.
Germany

Rooms: Werkraum (House 1), 2100 (House 2), U1 and 3000 (House 3)

Fridays: 14:00 - 21:00 h

Saturdays: 09:00 – 18:00 h

The current dates and rooms can also always be found on ILIAS.

Curriculum of the Academic Further Education Art Therapy

Course	ECTS	Attendance Days	Exam Performances
Basic Phase (BP)	9	9	
1.1 Introduction to art therapy (media seminar)	3	3	Term paper, portfolio according to StudPO
1.2 „I-You-We“: Interventions for individual and group processes in art therapy	6	2	Attendance, active participation and processing of observation sheets and worksheets
1.3 „The pictorial“: Introduction to graphic and pictorial media and exemplary interventions		2	
1.4 „The plastic“: Introduction to plastic media and exemplary interventions		2	
Intensive Phase (IP)	57	56	
2.1 Related sciences, psychotherapeutic schools and conversation skills	12	2	Protocols, articles on the method manual and critical consideration and reflection of a quantitative and qualitative scientific study of one's own discipline
2.2 Fundamentals of disease patterns and art therapy		2	
2.3 Fundamentals of the historical development		2	
2.4 Fundamentals of relevant legal norms		2	
2.5 Fundamentals of documentation and ethics		2	
2.6 Fundamentals of scientific working and research		2	
3.1 Art therapeutic work with and in nature – Nature in Art therapy i.a. making of plant based paint	8	2	Protocols, articles on the method manual and reflected transfer of learned media and materials
3.2 Artistic and art therapy		2	
3.3 Art therapeutic and plastic working with clay		2	
3.4 Working with film, photography and phototherapy		2	
4.1 Receptive art therapy		2	

4.2	Resource- and solution-oriented methods of art therapy	8	2	Protocols, articles on the method manual and reflected transfer of learned media and materials
4.3	Dialogical procedures in art therapy		2	
4.4	Group work with group pictures		2	
5.1	Art therapy in psychiatry	10	2	Protocols, articles on the method manual and reflected transfer of learned media and materials
5.2	Art therapy in psychosomatics		2	
5.3	Art therapy in the trauma therapy		2	
5.4	Art therapy in psychooncology		2	
5.5	Art therapy and palliative care		2	
6.1	Pedagogical counselling with young people	10	2	S. module 5
6.2	Art therapeutic context: children, youth and families		2	
6.3	Art therapeutic context: age, gerontology and geriatric psychiatry		2	
6.4	School and education		2	
6.5	Art assistance and inclusion		2	
7.	Excursions / field trips	2	2	Project report
8.	Presentation preparation, final thesis and colloquium	7	6	Final thesis, colloquium and oral exam
Course		ECTS	Work-load	Exam Performances
Accompanying Modules		31	940 h	
9.	Artistic workshop	4	120 h	Documentation and presentation of a work process or result
10.	Mentor groups	6	180 h	Oral speeches, presentations, handouts, group-related instruction of a method
11.	Internship und supervision	18	540 h	
12.	Self-awareness	3	100 h	

Module Description

Basic Phase of the Academic Further Education Art Therapy

Area of Competence I: Knowledge Competence	
Module	1. Introduction to Art Therapy
Assigned courses	1.1 Introduction to art therapy (media seminar - ATP) 1.2 „I-You-We“: Interventions for individual and group processes in art therapy (BQ und ATP) 1.3 „The pictorial“: Introduction to graphic and pictorial media and exemplary interventions (BQ and ATP) 1.4 „The plastic“: Introduction to plastic media and exemplary interventions (BP and ATP)
Module coordinators	Prof. Dr. Monika Wigger (ATP) Dr. Henriette Schwarz (BQ) Charly Loth (BQ)
Organisation	<p>The basic phase of the Academic Further Education Art Therapy consists of two components - the additional teaching program (ATP) and the basic qualification (BQ).</p> <p>ATP: Three two-day weekend courses in block format. The introductory media seminar takes place within the normal curriculum of the CUF (see current university calendar) in the scope of 3 LVS. Further details are laid down in the "regulations" which can be downloaded from: https://www.kh-freiburg.de/kh-freiburg/pdf-de/studium/zusatzlehrprogramme/ekt/ekt_zusatzlehrprogramm_ordnung_2017_11_15.pdf.</p> <p>BQ: The last three seminars (each two-day weekend courses in block format), on the other hand, serve as a basic qualification for lateral entrants to the Academic Further Education Art Therapy.</p> <p>Information: Before the beginning of the last seminar of this module, a one-hour information event for the intensive phase will be offered.</p>
Language	German
Available places	Without limitation
Requirements for participation in the module	<p>ATP: Matriculation at the CUF and registration</p> <p>BQ: Counselling admission interview and registration</p>
Qualification goals	Acquisition of basic subject-specific and theoretical knowledge of art therapy as a relevant discipline. Initial experience in dealing with artistic and art therapeutically relevant materials and reflection on them in the context of individual and group contexts.

Competencies	<p>Knowledge The participants have in-depth and extended knowledge of the specific work profile of art therapists and are able to understand art therapeutically relevant assignments.</p> <p>Skills They can locate the use of artistic materials and media, such as sound and colours, in the context of art therapy as a whole, in groups or individually.</p> <p>Attitude They can reflect methods and theoretical concepts of art therapy with regard to their usefulness in practice.</p>
Contents	<p>This module is propaedeutic and orientation with an overview of art therapeutic practice and practical experience in the media. In general, it prepares the ground for entry into the Academic Further Education Art Therapy.</p> <p>The main aim here is to gain an initial insight and overview of the respective media approaches and intervention forms of art therapy and to get to know their starting points in art therapy practice. The seminars in this module thus put a special focus on teaching basic knowledge, which will be taken up or deepened in the further course of the intensive phase and which is also immanent in the system and important for art therapeutic practice. In addition, the seminars focus on such "classical" artistic materials as clay and paper. The participants receive basic knowledge about the application areas and potentials of these diverse materials and how they can be integrated in the context of individual art therapy as well as in the context of partners and groups.</p> <p>Contents of this module are:</p> <ul style="list-style-type: none"> ▪ Theoretical and practical insight into art therapy and professional action of art therapists ▪ Reflection on basic theoretical and practical models from art therapy ▪ Exemplary getting to know and carrying out processes of self-awareness and their potentials in an art therapeutic setting ▪ Basic exercises with focus on observation of art therapeutic methods and media in individual and group contexts ▪ First application and getting to know art therapeutic materials such as clay, paper, cardboard, collage material and colours. ▪ Insights into possible approaches of these medial and methodical approaches in practice ▪ Insights into classical painting and drawing techniques as well as the associated media and intervention possibilities ▪ First practical testing of the same painting and drawing techniques in individual and group work ▪ Reflection on the use of methods and materials in various interventions ▪ Basic knowledge about characteristics, application and fields of application of cardboard, paper, wood and clay in an art therapeutic setting. ▪ First practical testing and exploration of the plastic work with these materials in individual and group work. ▪ Reflection and exchange of experiences on the use of materials in various interventions

Form of teaching / learning	Seminars
Workload (h)	ATP: 270 h BQ: 180 h
Contact hours (h)	ATP: 74,25 h (99 UE) BQ: 40,5 h (54 UE)
Self-study workload (h)	ATP: 195,75 h BQ: 139,5 h
ECTS points	ATP: 9 CP-points according to ECTS BQ: 6 CP-points according to ECTS
Exam performance	Attendance, active participation and processing of observation sheets and worksheets

Intensive phase of the Academic Further Education Art Therapy

Module	2. Fundamentals and Theoretical Approaches to the Art Therapy
Assigned courses	2.1 Related sciences, psychotherapeutic schools and conversation skills 2.2 Fundamentals of disease patterns and art therapy 2.3 Fundamentals of the historical development 2.4 Fundamentals of relevant legal norms 2.5 Fundamentals of documentation and ethics 2.6 Fundamentals of scientific working and research
Module coordinators	Prof. Dr. Monika Wigger / Dr. Henriette Schwarz
Language	German
Available places	18-22 or more (for different cohorts)
Requirements for participation in the module	Completion of the basic phase of the Academic Further Education Art Therapy
Qualification goals	Acquisition of in-depth knowledge of the relevant related sciences, large psychotherapeutic schools, significant psychiatric disease patterns and their significance for the art therapeutic context. Acquisition of in-depth knowledge of professional and legal studies as well as of art therapeutic documentation techniques and basic knowledge of scientific working and empirical social research.

Competencies	<p>Knowledge The participants are familiar with the historical development of art therapy and its related sciences, the large psychotherapeutic schools and orientations and understand their respective effects on contemporary art therapy. They also know the relevant health science concepts in the context of art therapy. They know the relevant legal norms, laws and ethical standards in art therapy.</p> <p>Skills They can also apply the same health science concepts to psychiatric disorders and keep an eye on their clients' resources. They can orient their own actions in accordance with applicable laws and document art therapy processes effectively and professionally. Furthermore, they can include artistic media or aesthetic objects in the art therapeutic communication processes as a "third element" as well as adequately apply methods of conversation and thus shape the client-therapist interaction.</p> <p>Attitude They are able to consider and reflect on ethical questions for their own professional practice in art therapy and are able to reflect on and draw on the fundamental ethical guidelines of the DFKGT as a guiding principle for their own role as art therapists.</p>
Contents	<p>In this module, theoretical approaches to art therapy - a therapeutic discipline that is shaped by different disciplines - find space in six block seminars in order to look more closely at art therapy from these different perspectives. Thus, in addition to health science knowledge, the relevant historical development processes that have contributed to the development of art therapy will also be highlighted. Both are important for the development and implementation of effective art therapeutic interventions. In addition, the module contains relevant legal foundations, conveys principles of art therapeutic documentation processes, and focuses on the essential reference sciences and relevant psychotherapeutic schools that have a major influence on contemporary art therapy and are relevant for art therapeutic concepts.</p> <p>Contents of this module are:</p> <ul style="list-style-type: none"> • Directions and approaches of art therapy • Conversation following the respective approaches and the special conditions of the triad client - work - art therapist • Theoretical and scientifically based concepts for health models • Background information on psychotherapy, neurology, diagnostics and psychiatric disease patterns • Starting points for art therapy and art therapeutic interventions • Location of art therapy in the historical context of its reference sciences • Art therapeutic historical development processes (from the beginnings to the present day) • Development processes of clinical-rehabilitative treatment methods in connection with artistic and pictorial means • Viewing art therapy from a legal perspective • Linking legal case presentations with practice-related topics

	<ul style="list-style-type: none"> • Case studies of relevant legal norms • Successful documentation based on relevant dimensions (relational level, therapeutic processes, developmental dynamics, etc.) • Basic knowledge for observing ethical standards in the documentation of art therapy relevant processes • Art therapeutic documentation and relevant software • Documentation forms and techniques • Data protection regulations • Basic concepts of empirical social research • Fundamentals of scientific working • Basic attitudes as researchers in the context of art therapy • Methods of empirical social research in the context of art therapy
Form of teaching / learning	Six two-day block seminars each
Workload (h)	360 h
Contact hours (h)	81 h (108 UE)
Self-study workload (h)	279 h
ECTS points	12 CP-points according to ECTS
Exam performance	Protocols, articles on the method manual and critical consideration and reflection of a quantitative and qualitative scientific study of one's own discipline

Area of Competence II: Media and Material Competence	
Module	3. Media and Materials in Art Therapy
Assigned courses	3.1 Art therapeutic work with and in nature – Nature in Art therapy i.a. making of plant based paint 3.2 Artistic and art therapy 3.3 Art therapeutic and plastic working with clay 3.4 Working with film, photography and phototherapy
Module coordinators	Prof. Dr. Monika Wigger / Dr. Henriette Schwarz
Language	German
Available places	22
Requirements for participation in the module	Completion of the module “Fundamentals and theoretical approaches to the art therapy”
Qualification goals	Acquisition of in-depth knowledge of media and materials with regard to their potential use in art therapeutic settings. Deepening the acquired knowledge on possible fields of application in art therapy in an individual and group context. Practice in accompanying artistic processes.

Competencies	<p>Knowledge The participants are familiar with various materials that are relevant for art therapeutic work, as well as their various fields of application.</p> <p>Skills They can organise the use of these artistic materials in such a way that they are geared to the resources and needs of their clients. They are able to design the use not only application-based but also knowledge-based. In doing so, they can make artistic processes tangible by using the materials and professionally accompany these processes.</p> <p>Attitude They can reflect on their own role as art therapists and the role of clients in the use of different materials.</p>
Contents	<p>Knowledge about the different media and materials as well as their application in practice is essential for art therapeutic work. In this respect, it is important to know and be able to reflect on the heterogeneous, medial approaches as well as their possible areas of application and potential modes of action in the working process of art therapy. It is also about becoming aware of one's own role as an art therapist within this process and being able to include this in the reflection. The seminars in this module therefore have a high practical relevance, as the work with the various materials is tested on the basis of self-experience and their handling is treated from an art therapeutic perspective.</p> <p>Contents of this module are:</p> <ul style="list-style-type: none"> • Practical working with the material • Promotion of self-perception and external perception in the use of materials • Basics of art - historical and methodical • Experience the boundaries between art and art therapy • Free working with different materials and reflection of their use in the artistic process • Theoretical and practical basics: clay as a material carrier and its applicability in the art therapeutic working process • Promotion of self-perception and external perception when using materials • Art therapeutic methods of plastic working with clay • Basics of photography and phototherapy • Fundamentals of photo-psychological and communicative-aesthetic aspects for use in fields of action in art therapy • Practical work with photography and phototherapy as an art therapeutic measure • Basics of making plant paints, paper and drawing tools from nature and plant material; based on traditional techniques under the aspect of cultural participation and sustainability • Getting acquainted with the BNE project SEVENGARDENS (author: Reichenbach, P.) • Exploration of the creative possibilities with nature based media and their options of use in pedagogical and clinical practice fields of art therapy
Form of teaching / learning	Four two-day block seminars each

Workload (h)	240 h
Contact hours (h)	54 h (72 UE)
Self-study workload (h)	186 h
ECTS points	8 CP-points according to ECTS
Exam performance	Protocols, articles on the method manual and reflected transfer of learned media and materials

Area of Competence III: Methodical Competence

Module	4. Methods in Art Therapy
Assigned courses	4.1 Receptive art therapy 4.2 Resource- and solution-oriented methods of art therapy 4.3 Dialogical procedures in art therapy 4.4 Group work with group pictures
Module coordinators	Prof. Dr. Monika Wigger / Dr. Henriette Schwarz
Language	German
Available places	22
Requirements for participation in the module	Completion of the module "Media and materials in art therapy"
Qualification goals	In-depth acquisition of art therapeutic methods and approaches for the arrangement of art therapeutic processes. Acquisition of knowledge of theoretical-methodical concepts in art therapy. Deepening the connection of material and method application.
Competencies	<p>Knowledge The participants are familiar with different approaches to art therapy and methodology in order to use artistic materials professionally and to place clients and their resources at the centre of art therapeutic processes. In addition, they know the areas of application, possibilities and limitations of the different methodological approaches.</p> <p>Skills They can apply the heterogeneous, art therapeutic methods in both individual and group contexts. They can combine the acquired knowledge of art therapeutic and artistic materials with the theoretical method concepts.</p> <p>Attitude They are able to reflect on the use of methods in such a way that client resources are taken into account and are in the focus of action. They are able to recognize and reflect the relevance of different methods for their own professional practice.</p>

Contents	<p>Art therapeutic approaches, techniques and methods offer numerous possibilities to gain access to clients and to shape the therapeutic process in a positive way. Not only the knowledge about such approaches is important, but also their applicability with regard to the different needs and resources of the clients. For these reasons, the theory-practice transfer is particularly accentuated within this module. Thus the art therapeutic approaches, techniques and methods can be experienced through one's own application in role play or other forms of individual and group work and can be tested through the process-like accompaniment of the lecturers.</p> <p>Contents of this module are:</p> <ul style="list-style-type: none"> • Theoretical and methodological basics of art-mediating and receptive-art therapeutic procedures • Opportunities and limits of image perception, analysis and interpretation with regard to subjective resonances • Testing the method (receptive art therapy) in the field of art therapy • Theoretical and methodical basics of painting processes and solution-oriented painting • Solution- and resource-orientation in the painting process • Sharpening of one's own professional role as an art therapist • Theoretical and methodological foundations for group theories, group processes and working with groups • Fundamentals of the group picture theme "social sculpture" • Theory-practice-transfer: practical testing of the group picture theme "social sculpture" • Theoretical and methodical basics of dialogical techniques in art therapy work as well as their testing in the practice of art therapy. • Fundamentals of different specialist concepts of psychiatry and psychotherapy
Form of teaching / learning	Four two-day block seminars each
Workload (h)	240 h
Contact hours (h)	54 h (72 UE)
Self-study workload (h)	186 h
ECTS points	8 CP-points according to ECTS
Exam performance	Protocols, articles on the method manual and reflected transfer of media and materials

Area of Competence IV: Practice Field Competence

Module	5. Clinical Practice Fields of Art Therapy
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Assigned courses	5.1 Art therapy in psychiatry 5.2 Art therapy in psychosomatics 5.3 Art therapy in the trauma therapy 5.4 Art therapy in psychooncology 5.5 Art therapy and palliative care
Module coordinators	Prof. Dr. Monika Wigger / Dr. Henriette Schwarz
Language	German
Available places	22
Requirements for participation in the module	Completion of the modules "Fundamentals and theoretical approaches to the art therapy", "Media and material in art therapy" and "Methodical competence"
Qualification goals	In-depth acquisition of knowledge on art therapy in psychiatric and psychosomatic settings, associated disease patterns and trauma therapy. Acquisition of competence in art therapy relevant methods in these fields of practice. Furthermore, acquisition of in-depth methodological skills in the psychooncological-clinical setting and in accompanying clients who are in the final phase of their lives. In-depth knowledge of the design of resource- and solution-oriented interaction processes in these fields of art therapy.
Competencies	<p>Knowledge The participants possess knowledge of psychiatric disease patterns and their areas of influence on art therapy in such a clinical-psychiatric setting. They are familiar with the various areas of action of art therapy in psychiatric institutions. They know the differences between art therapeutic work in the context of inpatient and outpatient care. They have in-depth knowledge of art therapeutic action concepts in the context of psycho-oncological and palliative medical settings. They know possible methodical patterns of interaction in these areas.</p> <p>Skills They can plan and carry out art therapeutic intervention forms in cooperation with traumatised clients who are in psychiatric or psychotherapeutic treatment. They can also initiate creative and resource-oriented processes in working with clients affected by mental illness. They can incorporate different method approaches into art therapeutic processes in the settings mentioned and incorporate them. They are able to plan and carry out resource- and demand-oriented interventions in working with vulnerable groups.</p> <p>Attitude They are able to become aware of their own subjective attitudes towards health and illness and to reflect on them in their work as art therapists. They are able to reflect on the characteristics of individual and group art therapy in a psychiatric context. In individual and group-related interaction processes in the clinical context, they can reflect on their own therapeutic role and that of the clients and differentiate between them.</p>
Contents	Art therapy is characterised by a certain heterogeneity in the field of work of mental illnesses. This results in different approaches to action for art therapists, depending on the disease pattern, and art therapeutic intervention possibilities that set different priorities. In psychiatry, art therapy

is broadly based in that it makes use of different interaction patterns and thus offers clients individual and group approaches that are oriented to their specific clinical pictures and individual needs. In this module, the acquired basic knowledge about psychiatric disease patterns will be deepened with the help of possible art therapeutic intervention approaches from a practical perspective in order to learn about and apply possible theory and practice-related art therapeutic approaches in the psychiatric setting in the context of resource and client orientation. In addition, art therapists are active in practice not only in the "classical" psychotherapeutic settings but also in more specific contexts such as psycho-oncology and palliative care. Art therapy is of great importance in these fields of work, in addition to psychiatry, in order to accompany clients and their relatives in art therapy who are confronted with the finiteness of life. Art therapy offers these vulnerable groups of people the opportunity to express themselves individually with the help of artistic materials, where words may no longer suffice. In this respect, art therapy is capable of accompanying processes of letting go and farewell at this point at the end of one's lifetime. In this way, inner images can be grasped that otherwise can no longer be carried outward.

Contents of this module are:

- Fundamentals of art therapy in psychiatry, the historical development and deepening of basic psychiatric disease patterns that are important for art therapy.
- Basic and practical knowledge of relevant specialist concepts (cognitive behavioral analysis system of psychotherapy (CBASP) and "qualified withdrawal") as well as related case work and reflection
- Deepening theoretical and practical foundations for art therapy in the work with mentally ill clients and their application in practice
- Fundamentals of art therapeutic forms and lines of intervention with a resource-oriented and revealing focus as well as their possibilities, limits and modes of action in psychosomatics
- Self-experience-related examination of art therapeutic forms of intervention in psychosomatics and the subjective-intrinsic attitude to the areas of "health" and "illness"
- Fundamentals of trauma, its origin, consequences, recognition and trauma therapy
- Theoretical and practical basics of art therapeutic interventions and approaches in working with traumatized clients
- Theoretical and practical exercises on different art therapeutic concepts in psychotherapy and art therapy
- Theoretical and practical fundamentals of art therapy in psycho-oncological treatment contexts as well as basic conditions of work in this structure
- Specific therapeutic relationship design in the context of psycho-oncology
- Practical forms of intervention of art therapy in therapeutic work with cancer patients

	<ul style="list-style-type: none"> • Dealing with central questions of the finiteness of life (death, life and mortality) • Content and methodological positioning of art therapy in palliative care contexts • Art therapy in the palliative field - forms of intervention, possibilities, goals and limits • Therapeutic relationship design at the end of life
Form of teaching / learning	Five two-day block seminars each
Workload (h)	300 h
Contact hours (h)	67,5 h (90 UE)
Self-study workload (h)	232,5 h
ECTS points	10 CP-points according to ECTS
Exam performance	Protocols, articles on the method manual and reflected transfer of media and materials

Module	6. Pedagogical, Curative Education and Social Practice Fields of Art Therapy
Assigned courses	6.1 Pedagogical counselling with young people 6.2 Art therapeutic context: children, youth and families 6.3 Art therapeutic context: age, gerontology and geriatric psychiatry 6.4 School and education 6.5 Art assistance and inclusion
Module coordinators	Prof. Dr. Monika Wigger / Dr. Henriette Schwarz
Language	German
Available places	22
Requirements for participation in the module	Completion of the modules “Fundamentals and theoretical approaches to the art therapy”, “Media and material in art therapy” and “Methodical competence”
Qualification goals	In-depth knowledge of art therapeutic work and various age groups as well as biography-oriented work. Acquisition of knowledge about the work of art therapists with target groups of different ages. Furthermore, in-depth acquisition of knowledge on inclusive concepts within the framework of art therapeutic practice, art assistance and mediation, and the significance of art therapy in the context of people with disabilities.
Competencies	Knowledge The participants know dialogical procedures and their fields of application in the context of different age groups. They have knowledge of biographically oriented work and know its areas of application. They know models of conversation and are able to integrate them into counselling

	<p>interviews with younger and older target groups. They know the importance of social inclusion and the role that the design of inclusive structures plays in the context of art therapy. They know what role art therapy plays in the context of schools and have in this respect a deeper knowledge of art therapy work with young people.</p> <p>Skills</p> <p>They can incorporate the same dialogical procedures into the art therapeutic process in a resource- and target group-oriented way. They can use art therapeutic procedures that focus on the biographical backgrounds of the clients and relate to their individual living environment. They can work in an assisting way in the therapeutic process with people with disabilities and accompany them. As an art therapist, they can initiate exemplary art therapy projects at schools and work creatively and artistically with children and young people, e.g. in art workshops. They are capable of accompanying clients in the reception of art and works of art and to support them in the process.</p> <p>Attitude</p> <p>They are able to empathetically reflect the respective needs and resources of the clients. They are able to grasp and reflect on the different biographical backgrounds of the different generations. They can reflect on the importance of art education and assistance in working with people with disabilities. They can reflect on the potentials and risks of art therapy in schools in individual cases and develop tailor-made offers.</p>
Contents	<p>Art therapeutic procedures are applied in pedagogical and social fields of work across all ages and over the entire life span, whereby the potential target group is per se very differentiated. Art therapy is important, for example, in the context of gerontopsychiatric settings and dementia, in order to strengthen certain competencies that gradually deteriorate in the course of these cognitive degradation processes, such as the ability to orient oneself and to concentrate. At the same time, group-based approaches also stimulate social exchange among the participants. In addition, art therapy is important in the work with children, adolescents and families in order to pick up on the resources and needs of the clients in an individual and group context and to strengthen their scope for action. Furthermore, art therapy, through its diverse creative processes, contributes to possibilities of social participation - e.g. through the various artistic media that can be used in the art therapeutic process. These strengthen, for example, the individual possibilities of people with disabilities to express and represent themselves. Here, art therapists are often active as art assistants, accompanying and strengthening their clients in a process-oriented manner. In addition, inclusive individual and group projects can strengthen social participation and solidarity through communal design. In the art therapeutic process of creating and shaping, clients with and without impairments can see themselves as actors. In addition, art therapeutic methods are also suitable for working with students, for example to accompany them in crisis situations or to stimulate their creativity and support their personality development.</p> <p>In this module, the life span of the respective target groups will be examined to determine what ultimately constitutes them, what influence this has on professional, art therapeutic action, and which special procedures and approaches can be used and are suitable. This module therefore focuses as well in particular on art therapeutic processes and associated</p>

	<p>tasks when it comes to artistic assistance and art education for special target groups.</p> <p>Contents of this module are:</p> <ul style="list-style-type: none"> • Theoretical and practical basic knowledge on developmental disorders and delays in adolescence as well as dissocial behaviour • Deepening practical examples with artistic media and materials in the context of pedagogical-artistic-therapeutic counselling and accompaniment of young people and young adults • Fundamentals of art therapeutic work with a focus on younger and young people and families • Theoretical and practical basic knowledge of conversation in the context of counselling interviews with children, adolescents and families • Consolidation of acquired methodological knowledge and skills as well as reflection on one's own therapeutic attitude through practice-related role-plays • Gerontological basic knowledge and approaches of art therapy with elderly and old people and their relatives • Gerontopsychiatric disease patterns and their relevance for art therapy • Possibilities of art therapeutic procedures in gerontological and geriatric contexts • Fundamental knowledge of art pedagogy, an art pedagogical understanding of the subject and the self and its location in the school sector • Fundamental knowledge of aesthetic experience and appropriation processes in childhood and adolescence • Theoretical and practical fundamentals of the concept of the "art workshop" in the school context • Possibilities, chances and limits of art therapeutic programs at schools for the accompaniment in crisis situations, personality and creativity development of children and adolescents • Theoretical and practical fundamentals for art assistance, education and mediation • Fundamentals and conditions of inclusion, e.g. within the art therapeutic spectrum of activities • Art therapeutic procedures, methods and media with regard to inclusion and art assistance • Best practices such as studios at psychiatric institutions, collections of art positions such as outsider art, etc.
Form of teaching / learning	Five two-day block seminars each
Workload (h)	300 h
Contact hours (h)	67,5 h (90 UE)
Self-study workload (h)	232,5
ECTS points	10 CP-points according to ECTS

Exam performance	Protocols, articles on the method manual and reflected transfer of media and materials
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Module	7. Excursions / Field Trips
Module coordinators	Prof. Dr. Monika Wigger / Dr. Henriette Schwarz
Language	German
Available places	22
Requirements for participation in the module	Completion of the modules “Fundamentals and theoretical approaches to the art therapy”, “Media and material in art therapy” and “Methodical competence”
Qualification goals	In-depth acquisition of knowledge about specific working conditions in very heterogeneous fields of work of art therapists. Reflection on working conditions in the context of different fields of work.
Competencies	<p>Knowledge The participants have knowledge of art therapeutic assignments and the specific art therapeutic work profile in the respective field of work.</p> <p>Skills They are able to recognise and understand relevant practical field conditions, such as the furnishing of studios or other premises. They can transfer and understand the theoretical findings from the intensive phase with regard to heterogeneous fields of work.</p> <p>Attitude They are able to reflect theoretical contents from the practice field modules of the intensive phase and thus to transfer them into practice.</p>
Contents	<p>In practice, art therapeutic fields of work are very heterogeneous and widely spread. Through the excursions that can be offered within this module, the participants have the opportunity to gain insight into the practice and, if necessary, to get to know unknown fields of work and practice. The excursions can take place in psychiatric or rehabilitative institutions. Excursions to educational or social institutions are also possible. Examples include excursions to such historical collections as the Prinzhorn Collection (Heidelberg) or the Art Brut Collection (Lausanne). In this respect, the excursions contribute to an expanded understanding of the role of the participants in art therapy and promote the acquisition of action practice within different art therapeutic settings. In addition, the insight into the practice offers the opportunity to gain an overview of the very different professional possibilities of art therapists. In this sense, the excursions function as a supplement to the internship to be completed in an art therapeutic field of action.</p>
Form of teaching / learning	Two one-day excursions are available as an option. The excursions are based on the modules of the intensive phase and give the participants an insight into the professional practice of art therapy and complement the theoretical findings of the respective seminars. They are organised by the respective lecturers in consultation with the participants.

Workload (h)	60 h
Contact hours (h)	13,5 h
Self-study workload (h)	46,5 h
ECTS points	2 CP-points according to ECTS
Exam performance	Project report

Area of Competence V: Final Thesis	
Module	8. Presentation Preparation, Final Thesis and Colloquium
Module coordinators	
Language	German
Available places	22
Requirements for participation in the module	<p>Completion of the basic and intensive phase, internship and participation in</p> <ul style="list-style-type: none"> • the mentor groups (130 h / 175 UE), • the artistic workshop (min. 80 h or 107 UE), • supervision and • self-awareness.
Qualification goals	Enabling participants to work independently and scientifically and to defend their own research relevant to art therapy practice in a critical discourse.
Competencies	<p>Knowledge Participants are familiar with relevant databases for researching relevant scientific and art therapeutic literature. They have knowledge of basic concepts of empirical social research in the context of art therapy.</p> <p>Skills They can develop a relevant, art therapeutic research question taking into account aspects of scientific work and work on it in the form of a scientific thesis. They can prepare the results of their own dissertation accordingly, succinctly put them in a nutshell and present the results. They can generalize and transfer the results of their own dissertation and their significance to individual art therapeutic practice.</p> <p>Attitude They have a professional scientific, critical attitude to present, defend and reflect research results. They can reflect on the results of their own research with regard to the relevance to their own professional practice.</p>
Contents	The intensive phase of the Academic Further Education Art Therapy leads to the processing of an own scientific final thesis and concludes

	<p>with the later presentation of results in the context of a final colloquium lasting several days. In the final thesis an own question from the spectrum of art therapeutic practice is developed and worked on under scientific aspects. The accompanying mentor groups, in which possible topics can be discussed in advance and treated in "tandems", offer a starting point or assistance for the development of a relevant, art therapeutic question for the final thesis.</p> <p>In addition, an individual final presentation for the examination days will be developed in the seminar of presentation preparation with the help of own ideas and the creativity of the group, in which the self-conception as an art therapist will be expressed. The work during the preparation for the presentation will be supervisorily accompanied. In view of their training period in the Academic Further Education Art Therapy, the participants design a concept of how they would like to convey the individual experiences of the group.</p> <p>The final colloquium lasts several days and includes a presentation in which one's own artistic or art therapeutic career, one's own art therapeutic practice as well as the final thesis and its results are presented.</p> <p>Contents of this module are:</p> <ul style="list-style-type: none"> • presentation preparation, • final thesis, • colloquium and exam
Form of teaching / learning	<p>Presentation preparation is organised in the form of seminars. Participants are prepared for their final thesis and have the opportunity to organise their biographical and visual presentation, which is part of the final process.</p> <p>The final colloquium, which lasts several days, includes the final presentation and the exam interview. Those who have submitted their final thesis will be admitted to the exam interview, irrespective of the other exam performances to be provided.</p>
Workload (h)	210 h
Contact hours (h)	43,5 h
Self-study workload (h)	166,5 h
ECTS points	7 CP-points according to ECTS
Exam performance	Final thesis, colloquium and oral exam

Accompanying Modules

Area of Competence VI: Technical and Manual Competences	
Module	9. Artistic Workshop

Module coordinators	Charly Loth
Language	German
Available places	30 (for different cohorts)
Requirements for participation in the module	Completion of the basic phase of the Academic Further Education Art Therapy
Qualification goals	Ability to work independently as craftsmen and artists in a variety of fields of art therapy. Testing different approaches and methods in the context of heterogeneous clients.
Competencies	<p>Knowledge The participants know organizational conditions and success factors for implementing their own design processes in art therapeutic practice.</p> <p>Skills They can plan their own technical, manual and artistic design ideas and implement them taking into account process aspects and individual themes.</p> <p>Attitude They can reflect on the processuality of art therapeutic practice and include their own therapeutic role in this reflection process.</p>
Contents	<p>The artistic workshop is an important space for the development and experimentation of one's own creative potential as a basic competence of art therapeutic work. In order to deepen and explore one's own artistic-creative processes, a weekly "artistic workshop" is offered in the studio and workshop of the CUF (except December, January and August). The focus is on getting to know and deepening the most diverse materials and techniques. The development of own ideas and points of view, as well as the researching occupation with the environment and pictorial world are focussed. Beyond that the possibility exists of exchanging common over work results and of inspiring itself mutually, in order not to remain stuck in used formative samples and procedures. In addition, references to historical or contemporary art events can be included. The own process-based artistic-creative discussion in the workshop serves as an elementary practical accompaniment for finding a personal art therapeutic attitude. The spectrum of practical possibilities and techniques includes drawing, painting, collage, printing techniques, photography, woodworking and object construction. The workshop lessons are accompanied by lecturers of the Academic Further Education Art Therapy, who also teach the organisation of workshop and studio on the basis of the concrete situation in the room. Continuous participation during the intensive phase is requested. In individual cases and if the distance to the place of further education is longer, parts of the artistic workshop can be completed at the place of residence.</p> <p>The following areas will be explored:</p> <ul style="list-style-type: none"> • Artistic work with pictorial and sculptural means: painting, graphics, printing, alumina, wood • Artistic experimental handling of various drawing, painting and plastic materials: clay, natural materials, collage, etc.

Form of teaching / learning	Weekly group appointments on Thursday evening (except in January, August and December). A total of thirty-five evenings a year.
Workload (h)	120 h
Contact hours (h)	80 h (107 UE)
Self-study workload (h)	40 h
ECTS points	4 CP-points according to ECTS
Exam performance	Documentation and presentation of a work process or result

Area of Competence VII: Group-Specific Competences

Module	10. Mentor groups
Module coordinators	
Language	German
Available places	Two groups with eleven places each
Requirements for participation in the module	Completion of the basic phase of the Academic Further Education Art Therapy
Qualification goals	Enabling to deal with group processes and dynamics. Reflexive examination of conflicts, group processes and emerging problems as well as the ability to critically-reflexively examine the methods, theoretical backgrounds, teaching directions and approaches of the lecturers.
Competencies	<p>Knowledge The participants know basic theories of group dynamics and processes (s. "4.4 Group work with group pictures").</p> <p>Skills They can experience, solve and retrospectively understand phases that occur in the course of the mentoring group, as well as group-dynamic and conflictual phases and, if necessary, fall back on methods of mediation. Within the peer group you will advance the accompanying reflection of the teaching and learning contents.</p> <p>Attitude They can perceive the continuous group processes and reflect on their own therapeutic role.</p>
Contents	<p>Mentor groups for reflection and deepening of the entire intensive phase, the seminar and practice contents, self-experience-supported mediation of intervention techniques, methodological reflection, etc.</p> <p>During the intensive phase, the seminars are continuously accompanied and supervised by two mentors (N.N. and N.N.). For this purpose, two</p>

	<p>parallel sub-groups are usually formed, which take place regularly between the module seminars under their leadership. In addition, two to three times a year in the large group with the mentors, the development process of the entire group is examined with art therapeutic and supervisory methods.</p> <p>Topics and contents of the mentor groups are:</p> <ul style="list-style-type: none"> • Initiate and reflect on group processes • Continuous reflection of the methods and theoretical backgrounds of the seminar topics, as well as the directions and approaches of the speakers • Self-experience-supported testing and deepening of relationship work through interactional art therapeutic procedures • Extending the competence to act through pictorial-artistic work on the aesthetic object and • Clarification of general education-related questions (technical literature, professional ethics, fields of practice, final thesis, etc.).
Form of teaching / learning	Regular, ongoing group appointments over the entire two and a half years of the intensive phase of the Academic Further Education Art Therapy
Workload (h)	120 h
Contact hours (h)	130 h (175 UE)
Self-study workload (h)	50 h
ECTS points	6 CP-points according to ECTS
Exam performance	Oral speeches, presentations, handouts, group-related instruction of a method

Area of Competence VIII: Art Therapeutic and Practical Competences

Module	11. Internship and Supervision
Module coordinators	Prof. Dr. Monika Wigger / Dr. Henriette Schwarz
Language	German
Requirements for participation in the module	Completion of the basic phase of the Academic Further Education Art Therapy
Qualification goals	In-depth acquisition of action competences. Reflection and self-exploration of one's own role as an art therapist in parallel internships as part of supervision.
Competencies	Knowledge

	<p>The participants know the great relevance of supervision and self-exploration in the context of art therapy. They will get to know different practice contexts and the applicable regulations as well as working conditions.</p> <p>Skills They can take care of themselves as art therapists and for their own mental hygiene, considering the manifold challenges and demands in the process of art therapy. They learn professional competences through various internships.</p> <p>Attitude They develop a professional role and self-image as art therapists in various fields of work. They are able to reflect on their own art therapeutic work within the scope of supervision.</p>
Contents	<p>Internship Any practical experience as an art therapist is of central importance for the later professional practice, supports the action and supports the own professional self-conception as an art therapist. The art therapeutic fields of work are very broadly diversified, so that the participants have different possibilities for practical training. Possible fields of work for the participants are e.g.:</p> <ul style="list-style-type: none"> • Psychiatric and psychotherapeutic institutions or clinics • Clinical facilities in the fields of oncology, neurology, geriatrics and palliative care • Rehabilitation clinics, such as parent-child rehabilitation clinics • Facilities for addicts • Child and youth welfare institutions • Facilities for people with disabilities • Schools • Museums • Elderly care institutions or other gerontological institutions • Penal institutions • Hospices <p>The importance of the internship within the Academic Further Education Art Therapy lies in the fact that the immersion into the different, art therapeutic fields of work can be a support and an orientation in the multiplicity of possibilities for the participants. In this respect, both long-term and short-term internships are conceivable in order to gain as broad an insight as possible into the diverse spectrum of activities and also to get to know different paths into practice as well as approaches in practice. The internship also offers the opportunity to get to know art therapy in an international context and to sit in on intercultural fields of practice. Thus there is the possibility to complete an internship abroad at partner universities and practical institutions such as in Santa Cruz or La Paz (Bolivia).</p> <p>Supervision In addition, the abilities of self-reflection, self-awareness and self-care are important components for art therapeutic work, because they are relevant for the demanding work in a therapeutic setting with regard to one's own health and the success of the therapeutic process. Since art therapists often find themselves confronted with very heterogeneous client groups and different requirements in their professional practice, the supervisory treatment of such situations can support subjective mental</p>

	hygiene. This repeatedly requires reflective processes of discussion and (supervisorial) spaces that permit self-exploration or self-reflection.
Form of teaching / learning	Both, internship and supervision are to be completed during the intensive phase. The internship is to be organized and financed by the participants themselves. The supervision will be held as seminars (online/on campus). Participants can receive support in the search for suitable internships. The basis is the current version of the internship regulations. Possibilities of financing an internship abroad exist e.g. via the "Baden-Württemberg Scholarship". Participants can obtain advice on this from the International Office of the CUF.
Workload (h)	540 h
Contact hours (h)	420 hrs → of which: <ul style="list-style-type: none"> • 270 h internship with art therapists • 120 h Internship within the professional field of work • 30 h supervision
Self-study workload (h)	120 h
ECTS points	18 CP-points according to ECTS

Area of Competence IX: Self-Exploration Competences

Module	12. Self-Awareness
Module coordinators	Prof. Dr. Monika Wigger / Dr. Henriette Schwarz
Language	Deutsch
Requirements for participation in the module	Reflection on one's own role as an art therapist through processes of self-awareness. In-depth acquisition of self-awareness skills.
Qualification goals	Completion of the basic phase of the Academic Further Education Art Therapy
Competencies	<p>Knowledge The participants know the great relevance of processes of self-awareness for their own professional practice and empathic understanding.</p> <p>Skills They can better interpret and understand their counterpart in the process of art therapy. They are able to guide and moderate self-awareness processes in the art therapeutic work process.</p> <p>Attitude They reflect fundamental contents of self-awareness with regard to one's own art therapeutic practice and the internships within the framework of the intensive phase of the Academic Further Education Art Therapy.</p>

Contents	Self-awareness is of great relevance for art therapists both as a learning and teaching method, since it plays a central role as a therapeutic component in the art therapeutic process. The aim here is to grasp, interpret, understand and accept certain process-related components of one's own. This promotes the role as an art therapist, since it can considerably simplify the understanding of the counterpart. Self-awareness based learning and teaching is therefore firmly anchored in the art therapeutic curriculum. Processes of self-awareness are about dealing with individual biographies and psychosocial dynamics. These can take place both in an individual or group context, but can also find their place in the process of artistic creation. Self-awareness can contribute more and more to a deeper understanding of the teaching contents.
Form of teaching / learning	Like the module "Internship", the module "Self-awareness" is to be organised by the participants themselves and can be completed in parallel to the progress of the intensive phase.
Workload (h)	100 h
Contact hours (h)	100 h
ECTS points	3 CP-points according to ECTS