

Title of course: **Art Techniques in Group Training**

Lecturer: dr Karolina Ziembowicz

Teaching language: English

Course description: The workshop is designed for students planning to become group trainers, who want to learn different techniques of working with groups. Various art-based techniques will be presented that can help participants in developing their personality, self-knowledge, interpersonal skills. During the workshop we will learn through our own experience by participating in proposed exercises. Education in school has taught us to analyze rather than synthesize, evaluate rather than experience, use logical reasoning rather than freely associate. Our creative skills and artistic sensitivity gradually diminished rather than flourished. In everyday life we are expected to express our thoughts, opinions and emotions predominantly in a form of verbal descriptions. We are used to express ourselves with very narrowed range of tools. We tend to forget that verbal communication is only small part of how we experience the surrounding world. There are senses of touch, hearing; kinesthetic, visual and symbolic representations. All these forms of self-expression will be explored during this course. During this course students will have the opportunity to return to their naive artistic creativity, to play with different artistic techniques and experience the world visually, aurally and haptically. We will focus on spontaneous, uncontrolled, joyful activity. We will be drawing, cutting out, playing music together, sculpting and using all sort of materials for the purpose of broadening our knowledge about ourselves, other people and surrounding world. All the exercises and the techniques we will try out during the course are designed for group trainings and can be used with children, adolescent and adult groups.

Readings: 1. A Practical Art Therapy. by Susan Buchalter. London: Jessica Kingsley Press. 2. Handbook of Art Therapy. By Cathy Malchiodi, New York: Guilford. Additional readings: 1. „Impro. Improvisation and the theatre” by Keith Johnstone. Methuen London

Assessment (ZO): To pass weekly presence and active participation are required. Students may expect small weekly tasks for self-study, and a final essay or research report.