



COURSE OUTLINE

COU700 Expressive Therapies: Counselling with the Creative Arts

Course Coordinator: Helen Wilson (hwilson@usc.edu.au) **School:** School of Law and Society

2021 | Semester 2

USC Sunshine Coast

ON CAMPUS

Most of your course is on campus but you may be able to do some components of this course online.

Please go to the USC website for up to date information on the teaching sessions and campuses where this course is usually offered.

1. What is this course about?

1.1. Description

This course explores the theoretical basis and practical activities for the use of expressive therapies in counselling. This integrative approach draws from creative arts therapies, including use of art, music, movement, therapeutic writing and symbols. Counselling with expressive and creative arts therapies is an area of specialised competencies that requires an advanced person-centred perspective. This course utilises interactive experiential workshop learning to enable a personal appreciation of the relationship and interactive issues present in counselling when using expressive interventions.

1.2. How will this course be delivered?

ACTIVITY	HOURS	BEGINNING WEEK	FREQUENCY
ON CAMPUS			
Tutorial/Workshop 1 – On campus workshops - 5 hours	5hrs	Week 1	7 times

1.3. Course Topics

Introduction to creative arts based counselling

Writing as therapy

Art in counselling

Music as therapy and therapeutic support

Body, dance, movement – somatic awareness

Using symbols in contemporary counselling

Therapeutic photography

2. What level is this course?

700 Level (Specialised)

Demonstrating a specialised body of knowledge and set of skills for professional practice or further learning. Advanced application of knowledge and skills in unfamiliar contexts.

3. What is the unit value of this course?

12 units

4. How does this course contribute to my learning?

COURSE LEARNING OUTCOMES	GRADUATE QUALITIES
On successful completion of this course, you should be able to...	Completing these tasks successfully will contribute to you becoming...
1 Critically reflect on and analyse the history, principles and practices of expressive therapies as a counselling intervention.	Knowledgeable Creative and critical thinker
2 Apply and evaluate the appropriateness of expressive therapies as a counselling intervention.	Creative and critical thinker Empowered
3 Demonstrate and apply expressive therapies concepts and skills with clients in a knowledgeable, responsible and ethical manner.	Knowledgeable Empowered
4 Reflect critically on your own values and beliefs in relation to using expressive arts in the counselling process.	Empowered Ethical
5 Demonstrate ability to use expressive therapies with a diverse range of clients.	Empowered Engaged
6 Critically appraise research studies related to the clinical application of various creative arts modalities.	Creative and critical thinker Engaged

5. Am I eligible to enrol in this course?

Refer to the [USC Glossary of terms](#) for definitions of “pre-requisites, co-requisites and anti-requisites”.

5.1. Pre-requisites

COU701 and enrolled in Program AR708

5.2. Co-requisites

Not applicable

5.3. Anti-requisites

Not applicable

5.4. Specific assumed prior knowledge and skills (where applicable)

Not applicable

6. How am I going to be assessed?

6.1. Grading Scale

Standard Grading (GRD)

High Distinction (HD), Distinction (DN), Credit (CR), Pass (PS), Fail (FL).

6.2. Details of early feedback on progress

Timely and detailed feedback is provided for each assessment. Feedback is provided both within text and general comments to build scholarly skills. Students are able to seek feedback through face-to-face discussion with the course coordinator. Tutorials will include extended discussion and review of the assessment task requirements and scope

6.3. Assessment tasks

DELIVERY MODE	TASK NO.	ASSESSMENT PRODUCT	INDIVIDUAL OR GROUP	WEIGHTING %	WHAT IS THE DURATION / LENGTH?	WHEN SHOULD I SUBMIT?	WHERE SHOULD I SUBMIT IT?
All	1	Literature Review (or component)	Group	30%	1500 Words	Week 6	Online Assignment Submission
All	2	Written Piece	Individual	50%	2000 Word intervention plan	Week 9	Online Assignment Submission
All	3	Essay	Individual	20%	1000 Words + images	Week 13	Online Assignment Submission

All - Assessment Task 1: Collaborative Literature Review

GOAL:	To review and critically analyse the literature on ONE modality of Expressive Therapies and demonstrate the research evidence and core concepts for application of this intervention with a particular adult client group.		
PRODUCT:	Literature Review (or component)		
FORMAT:	Working with one other student from the course, critically analyse the literature relating to the development of ONE Expressive Therapy modality. Particularly examine the application of this form of ET to its application within counselling with a particular adult client population. The literature review will briefly describe the chosen technique and its research evidence. The review will summarise development of the modality, e.g. history, typical client presenting problems where it is most useful, rationale for its inclusion, contemporary developments, and critique of the types of research evidence for effectiveness/non-effectiveness. (See Blackboard for details of this assignment)		
CRITERIA:	No.		Learning Outcome assessed
	1	relevant detailed and critical content addressing all the relevant issues as outlined in the assignment;	1 2 3 5
	2	logically consistent argument effectively presented and organised;	2 6
	3	applications and client problems;	3 5
	4	using current research, outline contemporary developments in this field;	1 2 6
	5	discussion adequately supported by reference to evidence in scholarly articles and texts;	1 2
	6	arguments indicate originality and independence of thought, including relevant examples;	3 4 5

All - Assessment Task 2: Expressive Therapies Intervention - Suitable for an individual client

GOAL:	To apply Expressive Therapies concepts and skills by designing an intervention for a specific adult client population.
PRODUCT:	Written Piece
FORMAT:	This task requires you to apply Expressive Therapies concepts and skills by designing an intervention for a specific client population, (See Blackboard for details of this assignment) You will also note the challenges that may be encountered in using this therapy with the particular client group you nominate. You will write up your intervention including a brief literature review and use APA6 format and referencing style

CRITERIA:	No.	Learning Outcome assessed	
	1	clear knowledge of an expressive arts therapy intervention	2 5
	2	clear outline and argument for your intervention	1 2
	3	clear critique of any challenges that may emerge	3 4 5
	4	appropriate use of language, timing and ethical considerations	5

All - Assessment Task 3: Illustrated self-reflective essay

GOAL:	To develop and demonstrate critical self-reflection of own values and beliefs in use of Expressive Therapies.		
PRODUCT:	Essay		
FORMAT:	Supported by the principles and practices of expressive therapies, describe your internal processes, values and external behaviours that may influence your use these interventions. Critically reflect on your experiences during this course when exploring your own use of expressive therapies activities. Outline what may help or hinder your use of creative arts interventions in counselling.		
CRITERIA:	No.		Learning Outcome assessed
	1	Relevant, detailed and critical content.	2 4
	2	Evidence of reflective thinking of own values and beliefs in relation to personal experiences of Expressive therapies.	4
	3	Clarity of written expression and relevance of illustrations.	2 3 4

7. Directed study hours

A 12-unit course will have total of 150 learning hours which will include directed study hours (including online if required), self-directed learning and completion of assessable tasks. Directed study hours may vary by location. Student workload is calculated at 12.5 learning hours per one unit.

8. What resources do I need to undertake this course?

Please note: Course information, including specific information of recommended readings, learning activities, resources, weekly readings, etc. are available on the course Blackboard site– Please log in as soon as possible.

8.1. Prescribed text(s) or course reader

Please note that you need to have regular access to the resource(s) listed below. Resources may be required or recommended.

REQUIRED?	AUTHOR	YEAR	TITLE	PUBLISHER
Required	Cathy A. Malchiodi	2006	Expressive Therapies	Guilford Press
Required	Mark Pearson, Helen Wilson	2009	Using Expressive Arts to Work with the Mind, Body and Emotions	Jessica Kingsley Publishers

8.2. Specific requirements

A3 artpad, one set of crayons

9. How are risks managed in this course?

Health and safety risks for this course have been assessed as low. It is your responsibility to review course material, search online, discuss with lecturers and peers and understand the health and safety risks associated with your specific course of study and to familiarise yourself with the University's general health and safety principles by reviewing the [online induction training for students](#), and following the instructions of the University staff.

10. What administrative information is relevant to this course?

10.1. Assessment: Academic Integrity

Academic integrity is the ethical standard of university participation. It ensures that students graduate as a result of proving they are competent in their discipline. This is integral in maintaining the value of academic qualifications. Each industry has expectations and standards of the skills and knowledge within that discipline and these are reflected in assessment.

Academic integrity means that you do not engage in any activity that is considered to be academic fraud; including plagiarism, collusion or outsourcing any part of any assessment item to any other person. You are expected to be honest and ethical by completing all work yourself and indicating in your work which ideas and information were developed by you and which were taken from others. You cannot provide your assessment work to others. You are also expected to provide evidence of wide and critical reading, usually by using appropriate academic references.

In order to minimise incidents of academic fraud, this course may require that some of its assessment tasks, when submitted to Blackboard, are electronically checked through SafeAssign. This software allows for text comparisons to be made between your submitted assessment item and all other work that SafeAssign has access to.

10.2. Assessment: Additional Requirements

Your eligibility for supplementary assessment in a course is dependent of the following conditions applying:

The final mark is in the percentage range 47% to 49.4%

The course is graded using the Standard Grading scale

You have not failed an assessment task in the course due to academic misconduct

10.3. Assessment: Submission penalties

Late submission of assessment tasks may be penalised at the following maximum rate:

- 5% (of the assessment task's identified value) per day for the first two days from the date identified as the due date for the assessment task.

- 10% (of the assessment task's identified value) for the third day - 20% (of the assessment task's identified value) for the fourth day and subsequent days up to and including seven days from the date identified as the due date for the assessment task.

- A result of zero is awarded for an assessment task submitted after seven days from the date identified as the due date for the assessment task. Weekdays and weekends are included in the calculation of days late. To request an extension you must contact your course coordinator to negotiate an outcome.

10.4. Study help

For help with course-specific advice, for example what information to include in your assessment, you should first contact your tutor, then your course coordinator, if needed.

If you require additional assistance, the Learning Advisers are trained professionals who are ready to help you develop a wide range of academic skills. Visit the [Learning Advisers](#) web page for more information, or contact Student Central for further assistance: +61 7 5430 2890 or studentcentral@usc.edu.au.

10.5. Wellbeing Services

Student Wellbeing provide free and confidential counselling on a wide range of personal, academic, social and psychological matters, to foster positive mental health and wellbeing for your academic success.

To book a confidential appointment go to [Student Hub](#), email studentwellbeing@usc.edu.au or call 07 5430 1226.

10.6. AccessAbility Services

Ability Advisers ensure equal access to all aspects of university life. If your studies are affected by a disability, learning disorder mental health issue, injury or illness, or you are a primary carer for someone with a disability or who is considered frail and aged, [AccessAbility Services](#) can provide access to appropriate reasonable adjustments and practical advice about the support and facilities available to you throughout the University.

To book a confidential appointment go to [Student Hub](#), email AccessAbility@usc.edu.au or call 07 5430 2890.

10.7. Links to relevant University policy and procedures

For more information on Academic Learning & Teaching categories including:

- Assessment: Courses and Coursework Programs
- Review of Assessment and Final Grades
- Supplementary Assessment
- Administration of Central Examinations
- Deferred Examinations
- Student Academic Misconduct
- Students with a Disability

Visit the USC website: <http://www.usc.edu.au/explore/policies-and-procedures#academic-learning-and-teaching>

10.8. General Enquiries

In person:

- **USC Sunshine Coast** - Student Central, Ground Floor, Building C, 90 Sippy Downs Drive, Sippy Downs
- **USC Moreton Bay** - Service Centre, Ground Floor, Foundation Building, Gympie Road, Petrie
- **USC SouthBank** - Student Central, Building A4 (SW1), 52 Merivale Street, South Brisbane
- **USC Gympie** - Student Central, 71 Cartwright Road, Gympie
- **USC Fraser Coast** - Student Central, Student Central, Building A, 161 Old Maryborough Rd, Hervey Bay
- **USC Caboolture** - Student Central, Level 1 Building J, Cnr Manley and Tallon Street, Caboolture

Tel: +61 7 5430 2890

Email: studentcentral@usc.edu.au