

COURSE SYLLABUS

Art As Therapy: Creative Rest (18+) 4 Day Intensive

Instructor: Rachel Mae Robbins & Kat Yao

4 DAY INTENSIVE (TUESDAY-FRIDAY) JUNE 16 – 19, 10am-1pm

Class 1: **Introduction to Therapeutic Arts**

Class 2: **Visual Reflections of Rest**

Class 3: **Creative Rest**

Class 4: **Putting Rest into Practice**

Day 1: Introduction to Therapeutic Arts

- Overview and introduction to therapeutic arts
- Gallery visit to *Kazuo Nakamura: Blue Dimension*
- Guided collage art-response

Day 2: Visual Reflections of Rest

- Watercolour art-making based on Dr. Saundra Dalton-Smith's 7 Types of Rest
- Identifying personalized rest practices

Day 3: Creative Rest

- Gallery visit to David Blackwood: *Myth & Legend*
- Exploring four approaches to creative journaling (outdoors, weather permitting)

Day 4: Putting Rest into Practice

- Bilateral drawing (drawing on a large surface with both hands)
- Art-making invitation focused on personal boundaries and rest practices
- Guided art review integrating insights and discoveries from the week

MATERIALS LIST

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ALL MATERIALS PROVIDED.