

Integrating Expressive Therapies Continuum in higher education of applied artists

Integriranje ekspresivnog terapijskog kontinuuma u visokoškolsko obrazovanje primjenjenih umjetnika

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This presentation is based on a research paper with the hypothesis that the art therapy Expressive Therapies Continuum (ETC) methodology can be used in the higher education training and the professional work of applied artists in order to help them self-regulate contemporary multi-faceted personal, professional and geopolitical challenges.

It has been confirmed in this case study that if art therapy protocols are integrated into the artistic training for students to work on all ETC levels in integrative ways two positive tendencies could be observed: visual expressions will progress from psychopathological variations to creative transition area as well as through a developmental hierarchical progression. Working on all ETC levels can help students to self-soothe with art making, in creating resilience, leading to stable physical, mental, and emotional wellbeing. It can also lead to creating artwork that is viscerally exciting and intellectually satisfying, stimulating the whole brain activation, bilateral processes, haptics and crossing the body's midline, while making art class an engaging space for personal resistance and growth.

In this case study, tested in an academic setting, data were collected in three formats: the actual artwork students created (using textile media), weekly written self-reflections and the researcher's observations marked in Lusenbrick's ETC Table of Predominant Characteristics of Visual Expressions. This table was also used as an assessment tool to observe favoured ETC components, their overuse or underuse, pointing out where obstacles to optimal functioning can be, and for choosing optimum therapeutic strategies.

Integration of ETC into the academic art curriculum can create a broad opening for art therapy in the academic level art education, as has been recently the case in school art

education. ETC provides enough structure for teachers/therapist to follow and enough flexibility and effectiveness for students to immediately feel personal progressions. This integration could lead to the creation of an innovative and relevant therapeutic academic art curriculum.

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Ova se prezentacija temelji na istraživačkom radu s hipotezom da se metodologija art terapije Expressive Therapies Continuum (ETC) može koristiti u visokoškolskom obrazovanju i profesionalnom radu primijenjenih umjetnika kako bi im pomogla u samoregulaciji suvremenih višestranih osobnih, profesionalnih i geopolitičkih izazova.

U ovoj je studiji slučaja potvrđeno da ako se protokoli art terapije integriraju u umjetnički visokoškolski kurikulum za studente u radu na svim ETC razinama na integrativan način mogu se primijetiti dvije pozitivne tendencije: vizualni će izričaji napredovati od psihopatoloških varijacija do područja kreativne tranzicije kao i kroz razvojnu hijerarhijsku progresiju. Rad na svim ETC razinama može pomoći studentima da se samoreguliraju umjetnošću stvaranjem otpornosti, što dovodi do stabilnog fizičkog, mentalnog i emocionalnog blagostanja, stvaranjem umjetničkih djela koja su visceralno uzbudljiva i intelektualno zadovoljavajuća, stimulirajući aktivaciju cijelog mozga, bilateralne procese, dodir i, prelazeći središnju liniju tijela, čineći sate umjetnosti privlačnim prostorom za osobni rast i razvoj.

U ovoj studiji slučaja testiranoj u akademskom okruženju podaci su prikupljeni u 3 formata: stvarna studentska umjetnička djela (koristeći tekstilne medije), tjedna pisana samopromišljanja te promatranja istraživača označena u Lusenbrickovoj tablici prevladavajućih karakteristika vizualnih izraza na različitim razinama ETC-a. Tablica je također korištena kao alat za procjenu i promatranje favoriziranih komponenti ETC-a, njihove prekomjerne ili nedovoljne upotrebe, ukazujući na to gdje mogu biti prepreke optimalnom funkcioniranju kao i za odabir optimalnih terapijskih strategija.

Integracija ETC-a u akademski umjetnički kurikulum može stvoriti široki prostor za art terapiju na akademskoj razini umjetničkog obrazovanja kao što je to oдавно slučaj u

školskom umjetničkom obrazovanju. ETC pruža dovoljno strukture koju profesori/terapeuti mogu slijediti i dovoljno fleksibilnosti i učinkovitosti za students da odmah osjete osobni napredak. Ova bi integracija mogla dovesti do stvaranja inovativnog i relevantnog visokoškolskog akademskog terapijskog umjetničkog kurikuluma.

Biography

Prof. Dr.Art Jasmina Pacek, Univ.Spec.Art.Therapy, As Vice Dean for Curriculum Development at The Academy of Arts and Culture in Osijek,Croatia, Dr.Pacek was lead author of the first academic program for Arts Therapies in Croatia: Postgraduate Specialty Study of Arts Therapies, with single module specializations in art therapy, music therapy, drama therapy and dance movement therapy. She was one of the founders of HART, the Croatian Association for Art Therapy and is currently a board member. Her client group in therapeutic work includes: war veterans suffering from PTSD and their family members; civilian victims of war, other trauma survivors, adolescents with behavioral disorders, adolescents and adults with eating disorders, children with developmental disabilities. She practices family therapy, as well as applying the specific advantages of art therapy to the personal therapy of therapists of various other disciplines. Dr. Pacek also explores the application of art therapy in the academic education of applied artists.

Recent conference presentations

Creating an Art Therapy Training Program in Croatia: Cultural and Ethical Pitfalls and Successes, panel presentation at The American Art therapy Association's 49th Annual Conference, Miami, FL, USA, 2nd November, 2018.

Color in Art therapy: poster presentation at XVII Science Festival Osijek, Croatia, co-author with A. Šantić, K. Šantić and D. Degmečić, 8th -13th April, 2019.

Creative therapies: paper presentation at symposium with international participation Integrative Approach in Psychiatry, Clinic of Psychiatry, Institute of Integrative Psychiatry and Faculty of Medicine in Osijek, Croatia, 10th May, 2019.

Creative therapies and neurorehabilitation: art therapy, music therapy, drama therapy and movement and dance therapy: paper presentation, panel discussion, 7th Croatian Congress of Neurorehabilitation and Restorative Neurology with international activities organized by the Croatian Association for Neurorehabilitation and Restorative Neurology, Clinic for Neurology, KBC Osijek, Faculty of Medicine in Osijek and the Croatian Neurological Society, Croatia, 18th March, 2020.

Application of art therapy techniques in working with adolescents in group and individual therapy: paper presentation at international scientific professional conference 4-One (For One) - Children and Youth at Risk of Behavioural Problems Organization: Office for NGOs of the Government of the Republic of Croatia, Swiss-Croatian Cooperation Program, Osijek-Barany County, Croatia, 26th -27th November, 2020.