

University of Roehampton International Summer School

Department of Psychology

Module Title: Art psychotherapy: madness, creativity and healing

Module Code: THP010N240H

Module Tutor: Dr Janek Dubowski

Module Rationale:

This module will provide both theoretical and experiential elements designed to provide students with an introduction to Art Psychotherapy with a particular emphasis on a Jungian approach. Theory will include a broad outline of the psychology of C.G Jung including areas such as the structure of the unconscious, symbols as the language of the unconscious, the archetypes and the collective unconscious and active imagination. These ideas will also be used for exploring elements of Art Theory especially in respect to the psychopathology of art. Other psychoanalytical ideas relating to art, and especially those from Sigmund Freud such as Sublimation will also be explored and exemplified through a study of his seminal analysis of Leonardo Da Vinci. This will include a visit to the National Gallery in London to view some of paintings and drawings referred to by Freud. A visit to the Freud Museum will also be included providing students with the opportunity to see where Freud conducted 'the talking cure' of psychoanalysis and his famous couch. We will also explore how the developments of contemporaneous art movements, at the time that Freud and Jung were still developing their theories, notably Dada and Surrealism were influenced by psychoanalysis. Further, we will explore how the massive global upheavals during the 20th century such as the First World War influenced the development of psychoanalysis and how art movements such as Dada can be seen as a reaction to this.

This module will also provide extensive Experiential Workshops that will provide students with the opportunity to make their own art and to explore how it might be analysed and understood through a psychoanalytic perspective. Ideas from both Freud and Jung will be introduced but there will be a greater emphasis on using Jungian ideas in respect to both the art making process and how it might provide an opportunity for unconscious expression. There will be an opportunity to focus on Jungian Archetypes such as the 'Trickster', the 'Shadow' and 'Anima & Animus', through the use of specialised directed Art Therapy and the use of Guided Imagery. Accordingly students should be prepared for a certain amount of personal disclosure in these workshops. Accordingly great emphasis on the boundaries considered important in all forms of psychotherapy, such as confidentiality will be stressed. All art materials will be supplied and students will be able to take their creations with them on completing the course.

Learning Outcomes

Students successfully completing this module will be able to:

- Understand basic psychoanalytical concepts
- Understand Jungian ideas concerning the collective unconscious and the archetypes and how these developed and evolved out of Freud's initial formulations
- Learn how Art Psychotherapy sessions are structured
- Understand ideas from Developmental Psychology that inform the understanding of creativity and how these might be applied in Art Psychotherapy
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- Understand how Art Psychotherapy might be applied to a wide range of client groups including children and adults, clients diagnosed with specific psychiatric conditions such as schizophrenia and depression, and those suffering from developmental disorders such as autism
- Understand how psychoanalysis informs our understanding of the creative process, the psychopathology of art and the relationships between creativity, madness and genius
- Understand the pivotal influence that Sigmund Freud had on the development of Psychoanalysis in the UK following his move to London in 1938.

Sample timetable

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Art Psychotherapy, madness, creativity and healing.

The following timetable provides an indication of what students can expect from this module. Central to this timetable is the week-long (4 day) Art Psychotherapy Experiential Workshop providing students with the opportunity to have a directly experience of the Art Psychotherapy process.

Monday	Tuesday	Wednesday	Thursday
3	4	5	6
Welcome and Introduction to the course. The 'Unconscious'. A brief history and definitions of the term.	Symbols as products of the Unconscious. An introduction to Carl G. Jung.	Visit to the Sigmund Freud Museum.	Psychotherapy, Psychoanalysis and the development of the 'Talking Therapies'.
10	11	12	13
Art Psychotherapy Workshop 1	Art Psychotherapy Workshop 2	Art Psychotherapy Workshop 3	Art Psychotherapy Workshop 4
17	18	19	20
Sigmund Freud on Leonardo da Vinci – a case study.	Visit to the National Gallery to view Leonardo's work.	Dada and Surrealism: the relationship between Psychoanalysis and Art.	Plenary and Exhibition of Student's work.

Teaching and learning methods (Attendance is compulsory unless otherwise stated)

- Lectures, seminars, group work and experiential workshop
- Visits to museums, galleries and public spaces (students to allow for extra travel expenses and occasional entrance fees)
- Art Psychotherapy workshops.

A register will be kept of attendance, and submission and return of all assignments. You are expected to

1. Participate fully in the learning process;
2. Attend all classes;
3. Provide tutors with an explanation of enforced absences;
4. Submit coursework assignments within agreed deadlines and in accordance with published procedures;
5. Attend all sessions at the published time and venue;
6. Complete 200 hours of study (including assessed work and timetabled activities) for this 20 - credit module.

Assessment

Students will keep a reflective log while completing this module. They will be encouraged to include a photographic, video and audio record (as appropriate) related to their experiential work within the various workshops. The formal assessment will be in the form of a 2000 word essay that will include a summary of their main learning points taken from the reflective log. (The log itself will remain confidential and will not normally be required as part of the submission).

In addition there will be the opportunity for the group to mount a small exhibition of their art work towards the end of the course. While this will not be formally assessed it will provide an opportunity for informal peer feedback and review. The group will decide whether or not to open the exhibition to other students on the International Summer School.

MODULE CORE READING

The module content would be based around a set of core texts:

The revealing image: Analytical art psychotherapy in theory and practice (2013) J. Schaverien. Jessica Kingsley Publications.

Man and his symbols (1968) C. G. Jung (Ed) and Marie-Luise von Franz. Important Books (2013 Edition)

Women who run with the wolves (1992) Clarissa Pinkola Estes. Rider. London.

Leonardo Da Vinci: A memory of his childhood (1957) Sigmund Freud. Ark Paperbacks.

