

unitofstudyoutline
e unitofstudyoutlin
ne unitofstudyoutli
line unitofstudyout
outline unitofstudyou
outline unitofstudyou
outline unitofstud
youtline unitofstud
dyoutline unitofstu
udyoutline unitofst
studyoutline unitofs
fstudyoutline unito



Nature Care College

Creative Expression-Healing

DESCRIPTION This module will explore the expression of self through creative energy. Students are introduced to dance, art, music, song, writing and play as tools for self-expression and explores how they may be utilised in client consultations. Cost includes materials.

DURATION 24 hours

LEARNING OUTCOMES By the conclusion of the module, students will be able to:

1. Outline the philosophical basis of creative expression as healing.
2. Outline the importance and relevance of creative expression for the practitioner via practical demonstration of skills. Outline the value of sharing creative expression resources with clients.
3. Outline the importance of creative expression as a healing tool. Outline the experience creative expression has had on their lives and relationships.

TEACHING METHOD Theory
Practical experiences.
Group discussions

ASSESSMENT Written assignment (1,000 words)
“Comment on Creative Expression as a Transformative and Healing Process”
Creative Exploration Diary
Class participation

Pass mark: Pass / Fail only – No grade available.

Both components must be completed and passed in order to pass this subject satisfactorily.

Note: To facilitate the return of your assignment you will need to provide a stamped addressed envelope. If no envelope is provided assignments will be destroyed after results are recorded. Please also make a copy of your assignment before submission for your own records.

ATTENDANCE 80% minimum

Nature Care College Pty Ltd ABN 77 105 282 264

46 Nicholson Street, St Leonards NSW 2065

Tel: +61 (0)2 9438 3333 Fax: +61 (0)2 9436 0503

email: info@naturecare.com.au website: www.naturecare.com.au

PRE-REQUISITES	Introduction to Energetic and Spiritual Healing. Subtle Anatomy 1. Subtle Anatomy 2.
CO-REQUISITES	Nil
MATERIALS REQUIRED	Comfortable clothing that you can move easily in, pens, box of pastels, A4 or A3 Visual Diary and an apron or paint shirt.
TEXTBOOKS	<p>Compulsory: Nil.</p> <p>Recommended Reading / References: Cathy A. Malchiodi, 2007. The Art Therapy Sourcebook, McGraw Hill Cassou M, Cubley S, 1995. <i>Life, Paint and Passion</i>, Tarcher Putnam. Suzanne F. Fincher, 1991, Creating Mandalas, Shambhala Jeanne Carbonetti, 1999, The Yoga of Drawing, Watson- Guphill Gabrielle Roth 1990 Maps to Ecstasy, Thorsons –Harper Collins Pat B. Allen 1995 Art is a way of knowing, Shambhala Lucia Capacchione, 2002. The Creative Journal. New Page Books</p>

WEEK-BY-WEEK OUTLINE

Day 1	<p>Free the Body & Empty the Mind What is “Creative Expression” and how can it assist clients in their healing journey? How can we engage and work creatively with the body? How can we work with resistance and the voices of the inner critic in our creative expression? Process vs product</p>
Day 2	<p>Express the Heart How can we acknowledge, express and work creatively with emotion?</p>
Day 3	<p>Awaken the Soul & Embody the Spirit How can we free the mind from the restraints of ego and awaken to our Souls authentic voice? How can image, metaphore and symbol aid in the healing process? Mandalas</p>

Please be respectful of your fellow students and arrive on time for class. Please ensure all mobile phones are turned off prior to the commencement of class.

Nature Care College Pty Ltd ABN 77 105 282 264

46 Nicholson Street, St Leonards NSW 2065

Tel: +61 (0)2 9438 3333 Fax: +61 (0)2 9436 0503

email: info@naturecare.com.au website: www.naturecare.com.au