

Study plan- Professional Diploma

1.	School	School of Arts and Design
2.	Department	Music Department/ School of Arts and Design
3.	Program title (Arabic)	دبلوم مهني في العلاج بالفنون
4.	Program title (English)	Professional Diploma in Arts Therapy

5. Numbering System:

A- Department number

Number	Department
1	Visual Arts
2	Theatre Arts
3	Music Arts

6. Rules & Conditions:

1. Priorities for admission:

Applicants who have completed undergraduate in the artistic, socio-humanistic or health fields (acting, music, psychology, social pedagogy, social work, education, rehabilitation sciences, pedagogy, Nursing, medicine, etc.) are eligible .

2. Additional requirements:

Applicants must be submitted to an aptitude interview which indicates an adequate level of psychological maturity and basic artistic abilities, and his/her motivation to join the program.

7. Components of curriculum:

The curriculum for **Professional Diploma in Arts Therapy** consists of (27) credit hours distributed as follows:

Course Number	Course Title	Credit Hours		
		Theoretical	Practical*	Total
2003540	Introduction to Arts Therapy	1	-	1
2003542	Methods of Music Therapy	1	1	2
2003543	Therapy by singing / Instruments Playing	-	2	2
2002520	Drama Therapy	1	1	2
2002521	Movement Therapy	-	2	2
2002522	Interactive Theatre	-	2	2
2001520	Drawing and Painting Therapy	-	2	2
2001521	Therapy Using Artistic Materials	-	2	2
2001522	Colour psychology	-	2	2
2003550	Medical Terminology	2	-	2
2003551	Basics of Neuroscience	2	-	2
2003552	Creative Methods and Cross-Cultural Perspectives in Art Therapy	1	1	2
2003553	Group Dynamics in Art Therapy	1	1	2
Total		9	16	25

* One (1) Practical credit hour is equivalent to 3 contact hours.

3- Diploma Project (Practical)

2003500	Project	2 Credit Hours
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Program Courses Description:

Course number: 2003540 Course Name: Introduction to Arts Therapy (1 Credit Hours)

Prerequisite: NA

Course Description:

This course aims at introducing the student to the use and importance of arts therapy. It also presents a general definition of the fundamentals of theatre, music and visual arts. The course presents the ability of the arts for therapy and samples of them.

Course number: 2003542 Course Name: Methods of Music Therapy (2 Credit Hours)

Prerequisite: NA

Course Description:

The course develops music therapy skills to be applied with different clinical populations. The music therapy subjects include neurologic music therapy (NMT), cognitive behavioural music therapy and related music therapy approaches. Students will be encouraged and guided to develop their own music therapy method or process. No musical ability or training is necessary as audio materials can be applied.

Course number:2003543 Course Name: Therapy by singing / Instruments Playing (2 Credit Hours)

Prerequisite: NA

Course Description:

Throughout this course, students will be trained to perform on a musical instrument / trained to develop their singing abilities, they will also get introduced to its parts and performing techniques. Students will develop their performing skills through extensive gradual training on scales, exercises and a selection of pieces from the famous musical repertoire.

Course number:2002520 Course Name: Drama Therapy (2 Credit Hours)

Prerequisite: NA

Course Description:

This course examines the principles, objectives and techniques of drama therapy on both physical and psychological levels, including psychodrama, sociodrama and expressive movement in relationship to the needs of clinical populations. Practical applications will be discussed and demonstrated in class.

Students will be encouraged and guided to develop a method or process for a specific population.

Course number:2002521 Course Name: Movement Therapy (2 Credit Hours)

Prerequisite: NA

This course aims at introducing the student to the fundamentals of movement therapy. Through expressive and free movement and eurhythmics, the individual experiences; unity with oneself, improved and spontaneous mobility, improved self and space awareness while addressing psychological and physical needs. The student is expected to create a creative movement piece around a specific case.

Course number:2002522 Course Name: Interactive Theatre (2 Credit Hours)

Prerequisite: NA

Course Description:

This course aims at strengthening the student's communication, discussion and discourse skills accentuating verbal and nonverbal communication for self-expression and individual and group needs. Through vocal exercises, improvisation and games focusing on the element of pleasure. The student is expected to present a therapeutic plan for specific cases.

Course number:2001520 Course Name: Drawing and Painting Therapy (2 Credit Hours)

Prerequisite: NA

Course Description:

The course introduces the students to the basics of drawing and painting processes from observation and through source materials. Colour theory will be explored as related to the mediums of oil and acrylic painting. Volume, space, and light will be of emphasis from direct observational exercises. There will be a continual emphasis on how drawing issues such as gesture, plane analysis, diagrammatic and structural line are important to the painting process.

Course number:2001521 Course Name: Therapy Using Artistic Materials (2 Credit Hours)

Prerequisite: NA

This course examines to give students fundamentals of how art materials are used therapeutically in educational, community, and clinical settings. Through the course, students develop the skills necessary to work as a therapist. The course includes drawing, painting, clay, collage, ceramic, photography, and two-dimensional and three-dimensional materials.

Course number:2001522 **Course Name: Colour Psychology** **(2 Credit Hours)**

Prerequisite: NA

This course introduces students to the significance of colours psychologically as a dictator of human behavior and their effect on perception and their connection to mood through practical applied exercises.

Course number:2003550 **Course Name: Medical Terminology** **(2 Credit Hours)**

Prerequisite: NA

Course Description:

This course aims to provide the students with the basics of medical words' build up, their meanings, and proper uses to form sufficient vocabulary for proper communication within the medical and art therapy field.

Course number:2003551 **Course Name: Basics of Neuroscience** **(2 Credit Hours)**

Prerequisite: NA

Course Description:

This course aims to describe the basics of neuroanatomy and neurophysiology. It also aims to describe the role of neurotransmitters and receptors and their relations to human thoughts, emotions, and behaviours.

Course number:2003552 **Course Name: Creative Methods and Cross-Cultural Perspectives in Art Therapy** **(3 Credit Hours: 2 theory and 1 practical)**

Prerequisite: NA

Course Description:

This course introduces various techniques, interventions and creative methods that can be used in different clinical settings. This course examines the nature and conditions that foster creativity. The relationship between culture and creativity is also explored for use in different settings and with emphasis on immigrants/refugees in Jordan from different cultures. Through fostering multicultural and diversity competency, students will gain awareness and knowledge about self and others. Current applications of mindfulness in a variety of healthcare settings will be studied. Students will also learn self-care practices incorporating use of body and movement, meditation, and artmaking to promote self-awareness and empathetic relationships with the patients. Practical exercises and applications, readings, case examples, and discussions will address creativity and cultural competency in the art therapy treatment of individuals, groups, and communities of diverse cultures.

Course number:2003553

Course Name: Group Dynamics in Art Therapy

**(2 Credit Hours:
1theory and 1
practical)**

Prerequisite: NA

Course Description:

This course studies group theory, processes, and dynamics. It focuses on introducing group therapy as a tool for provision of art therapy services. Through this practical course students identify the types of groups, group therapy characteristics, and member-roles in a group therapy situation. Students also gain knowledge about the interaction processes, and the relations in a group therapy programs, the stages of group development, and the role requirements of a leader in each stage.