

Art for Therapeutic Application Series: Meanings and Metaphors

At a glance...

This session is an introduction to ways we can look at and relate with art in the therapeutic process. Art can bring vitality and meaning to our practice, for ourselves as therapists, and for our clients. This session introduces some methods of art viewing relevant to the therapeutic context: using art to elicit stories, projections, and associations, and encourage dialogue in open, non-judgmental ways. Learn the practice of Visual Thinking Strategies™, practice a guided meditation on looking, and work in partner pairs in metaphoric exploration with art works. Bring: a journal and pencil (no pens allowed in the museum); dress comfortably.

Speaker

Jill Eggers is an artist and art educator. She has a Bachelor of Fine Arts in Painting from Western Michigan University and a Master of Fine Arts in Painting/Printmaking from Yale University. She headed the Painting program at Grand Valley State University for the past 24 years and prior to that taught at Wichita State University. She has also taught in public schools in Chicago and England. Her teaching in recent years has focused on the potential of arts and meditation to facilitate learning and well being, in health care and other fields. She created an undergraduate course for pre-med students in collaboration with colleagues at Harvard University, to improve diagnostic capability and patient-caregiver communication. She has a Buddhist teaching practice and painting studio in downtown Grand Rapids. Her work is exhibited nationally and held in private and public collections.

Personal work: <https://jilleggers.com/>

Buddhist teaching: <https://www.dharmastudio.org/>

Objectives

- Participants will be able to guide a Visual Thinking Strategies session on their own.
- Participants will be able to use art to encourage and elicit personal stories and associations, in open, non-judgmental ways.
- Participants will be able to practice, or guide others in the practice of a meditation for calming and centering.



Friday, November 1, 2024
9:00am - 12:00pm

Cost
\$59

Course level:
Beginner

CE Credits
3.0



Grand Rapids Art Museum
101 Monroe Center St NW
Grand Rapids, MI 49503

Grand Valley State University School of Social Work, an accredited social work education program, is authorized by Administrative Rule 338.2965 to award Michigan social work continuing education contact hours.



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