

Materials and Techniques of Art Therapy

At a glance...

Different art media contain different therapeutic potentials for emotional and behavioral expression, communication, and exploration, based upon their sensory aspects. Learning and experiencing these potentials will prepare participants to make effective therapeutic choices based upon their clients' treatment needs and goals. In this session, we will explore the sensory aspects of visual art media, relative to their potential in various therapeutic contexts. Working in the beautiful GRAM art studio, participants will play with and develop familiarity with a wide variety of artist media, in a relaxed, stress free context. Exploration of impacts of media choices, scale, material aspects on expressive potential; examination of "skillful means"—making appropriate and sensitive choices of materials and methods for different individual and groups. No art experience or background necessary.



Friday, November 22, 2024
9:00am - 12:00pm



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



Register Now
www.gvsu.edu/swce

Speakers

Jill Eggers is an artist and art educator with a BFA from Western Michigan University and an MFA from Yale University. She led the Painting program at Grand Valley State University for 24 years and previously taught at Wichita State University. She has also taught in Chicago and England public schools. Recently, her teaching has integrated arts and meditation to enhance learning and well-being in healthcare and other fields. She developed a course for pre-med students at Harvard University to improve diagnostic skills and patient-caregiver communication. Jill has a Buddhist teaching practice and a painting studio in Grand Rapids, with her work displayed nationally and in private and public collections. Personal work: <https://jilleggers.com/> Buddhist teaching: <https://www.dharmastudio.org/>



Steven Edelman is an LPC, expressive arts therapist, community arts teacher, visual artist, and writer in Grand Rapids, MI. Originally from Nebraska and Wyoming, he moved to West Michigan in 2011. He holds Master's degrees in Comparative Religion (Temple University, 2010) and Clinical Mental Health Counseling with a Specialization in Expressive Arts Therapy (Lesley University, 2019). He works as a therapist with Thrive Wellness Collaborative and as a teaching artist for Artists Creating Together. His focus is on Archetypal Psychology's view of the Psyche as a polymorphic structure with dramatic/aesthetic motivations. In his free time, he enjoys collaging, daydreaming, and a healthy obsession with fairy tales.



Objectives

Participants will have acquired:

- A basic understanding of specific therapeutic aspects of at least 3 different media
- Increased understanding of art therapy concept "skillful means"
- Increased confidence in use of art within therapeutic setting

Cost
\$59

Course Level:
Beginner

CE Credits
3.0

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.