

# CART 7004 ART THERAPY: APPROACHES AND APPLICATIONS

**Credit Points** 20

**Legacy Code** 102354

**Coordinator** Patricia Parish ([https://directory.westernsydney.edu.au/search/name/Patricia Parish/](https://directory.westernsydney.edu.au/search/name/Patricia%20Parish/))

**Description** This subject introduces the spectrum and variety of contemporary art therapy approaches, as they are taken up with and regarded by diverse participants in a range of community and clinical contexts. Students will critically consider how art therapy is applied and adapted to assist people with particular problems and categories of distress. The emergence and problematisation of clinical populations and client groups will be examined, with a view to developing an art therapy practice informed by critical psychological and social perspectives. An experiential component will provide practical experience in exploring art therapy processes and techniques by working in group situations led by experienced art therapists.

**School** Social Sciences

**Discipline** Creative Arts, Not Elsewhere Classified.

**Student Contribution Band** HECS Band 2 20cp

Check your fees via the Fees ([https://www.westernsydney.edu.au/currentstudents/current\\_students/fees/](https://www.westernsydney.edu.au/currentstudents/current_students/fees/)) page.

**Level** Postgraduate Coursework Level 7 subject

**Pre-requisite(s)** CART 7005

**Equivalent Subjects** CART 7003 - Art Therapy Application to Client Groups

**Restrictions**

Students must be enrolled in 4595 Master of Art Therapy or 1770 Master of Social Science (Studies in Art Therapy)

**Assumed Knowledge**

Foundations of art therapy.

## Learning Outcomes

On successful completion of this subject, students should be able to:

1. Apply understanding of the spectrum of contemporary art therapy theories and practices;
2. Appropriately adapt art therapy for diverse issues and clients in a variety of practice contexts;
3. Conduct immanent critique of art therapy professional practice, with particular regard to the positioning of clients and feedback from communities of concern such as client advocacy groups;
4. Develop observational, reflexive and facilitation skills needed to practice art therapy in a group context;
5. Reflect constructively on the art therapist's use of the self and art within the therapeutic relationship.

## Subject Content

Consideration of a range of contemporary art therapy approaches, in relation to a variety of presenting issues, the diversity of clients, and the range of contexts for practice

Critical analysis of the relationships between theory & practice in a range of contemporary art therapy approaches

Critical psychological and sociological perspectives upon art therapy practice

Client perspectives on experiences of art therapy

Exploration of different art therapy processes and techniques in a group experiential learning context

## Assessment

The following table summarises the standard assessment tasks for this subject. Please note this is a guide only. Assessment tasks are regularly updated, where there is a difference your Learning Guide takes precedence.

Type	Length	Percent	Threshold	Individual/ Group Task	Mandatory
Proposal	500 words	10	N	Individual	Y
Literature Review	2,500 words	40	N	Individual	Y
Reflection	3,000 words	50	Y	Individual	Y

Prescribed Texts

- Hogan, S. (2016). Art Therapy Theories. A Critical Introduction. London and New York: Routledge.

Teaching Periods

## Spring (2025)

**Parramatta - Victoria Rd**

**On-site**

**Subject Contact** Patricia Parish ([https://directory.westernsydney.edu.au/search/name/Patricia Parish/](https://directory.westernsydney.edu.au/search/name/Patricia%20Parish/))

View timetable ([https://classregistration.westernsydney.edu.au/odd/timetable/?subject\\_code=CART7004\\_25-SPR\\_PS\\_1#subjects](https://classregistration.westernsydney.edu.au/odd/timetable/?subject_code=CART7004_25-SPR_PS_1#subjects))