

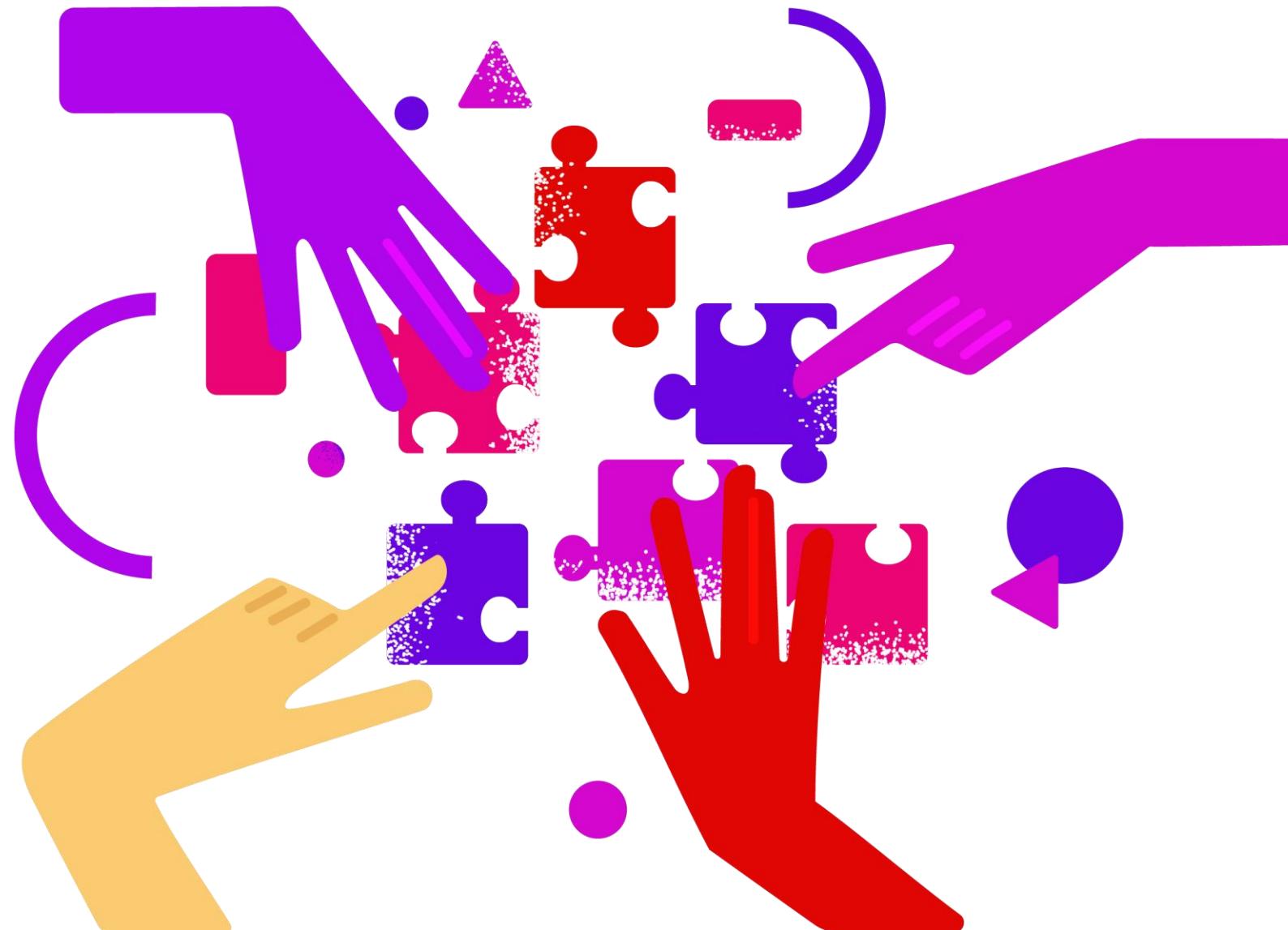


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# Module \_ Session Plan





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## Session Plan

**Name of course:** TUA Training

<b>Module:</b> Promoting an Artistic Venture		<b>Trainer:</b> Sofia Rodiou
<b>Session nº:</b> 1	<b>Duration:</b> 2h	<b>Date:</b>
<b>Aims:</b>	<ul style="list-style-type: none"><li>● To introduce the concept of using art as a therapeutic tool for individuals with ASD and DS.</li><li>● To explore the benefits and practical applications of art therapy in the context of caregiving and therapy.</li></ul>	
<b>Learning outcomes:</b>	<p>By the end of this session, participants will be able to:</p> <ol style="list-style-type: none"><li>1. Explain the potential benefits of incorporating art therapy into their practice with individuals with ASD and DS.</li><li>2. Identify key art therapy techniques and materials suitable for different age groups and abilities.</li><li>3. Recognize the importance of adapting art therapy to meet the diverse needs of their clients.</li></ol>	
<b>Methods:</b>	<ul style="list-style-type: none"><li>● <b>Lecture and presentation</b></li><li>● <b>Group discussion</b></li><li>● <b>Hands-on art therapy demonstration</b></li><li>● <b>Q&amp;A session</b></li></ul>	
<b>Contents:</b>	<ol style="list-style-type: none"><li>1. Introduction to Art Therapy (10 minutes)</li><li>2. Benefits and Practical Applications (60 minutes)</li><li>3. Art Therapy Demonstration (30 minutes)</li><li>4. Group Discussion (10 minutes)</li><li>5. Q&amp;A Session (5 minutes)</li><li>6. Wrap-up and Resources (5 minutes)</li></ol>	



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Time allocation	Activities:	Materials:
10 min	Introduction to Art Therapy	Powerpoint
60 min	Benefits and Practical Applications	Powerpoint
30 min	Art Therapy Demonstration	Powerpoint
10 min	<p><b><u>Group Collage</u></b>            Participants work in small groups to create a collaborative collage expressing a specific theme or emotion. This activity emphasizes teamwork and creativity.</p>	<ul style="list-style-type: none"> <li>Magazines, scissors, glue, large poster boards, markers</li> </ul>
10 min	<p><b><u>Expressive Drawing</u></b>            Participants engage in expressive drawing, allowing them to explore their emotions and thoughts through art. This activity promotes self-expression.</p>	<ul style="list-style-type: none"> <li>Drawing paper, coloured pencils, crayons</li> </ul>
10 min	<p><b><u>Adaptation Exercise</u></b>            Participants are given a specific art activity and asked to adapt it to suit the sensory and cognitive needs of individuals with ASD and DS. This activity encourages creative problem-solving.</p>	<ul style="list-style-type: none"> <li>Art materials such as clay, textured paper, and sensory-friendly materials</li> </ul>
20min	Group Discussion	One of the tools
10min	Q&A Session	One of the tools
10min	Wrap-up and Resources	Powerpoint

Evaluation:	Competencies and Knowledge Assessment Ex-ante and Ex-post
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	Feedback Session on the last session
	Satisfaction Questionnaire
	Impact Evaluation
	Feedback from a guest expert