

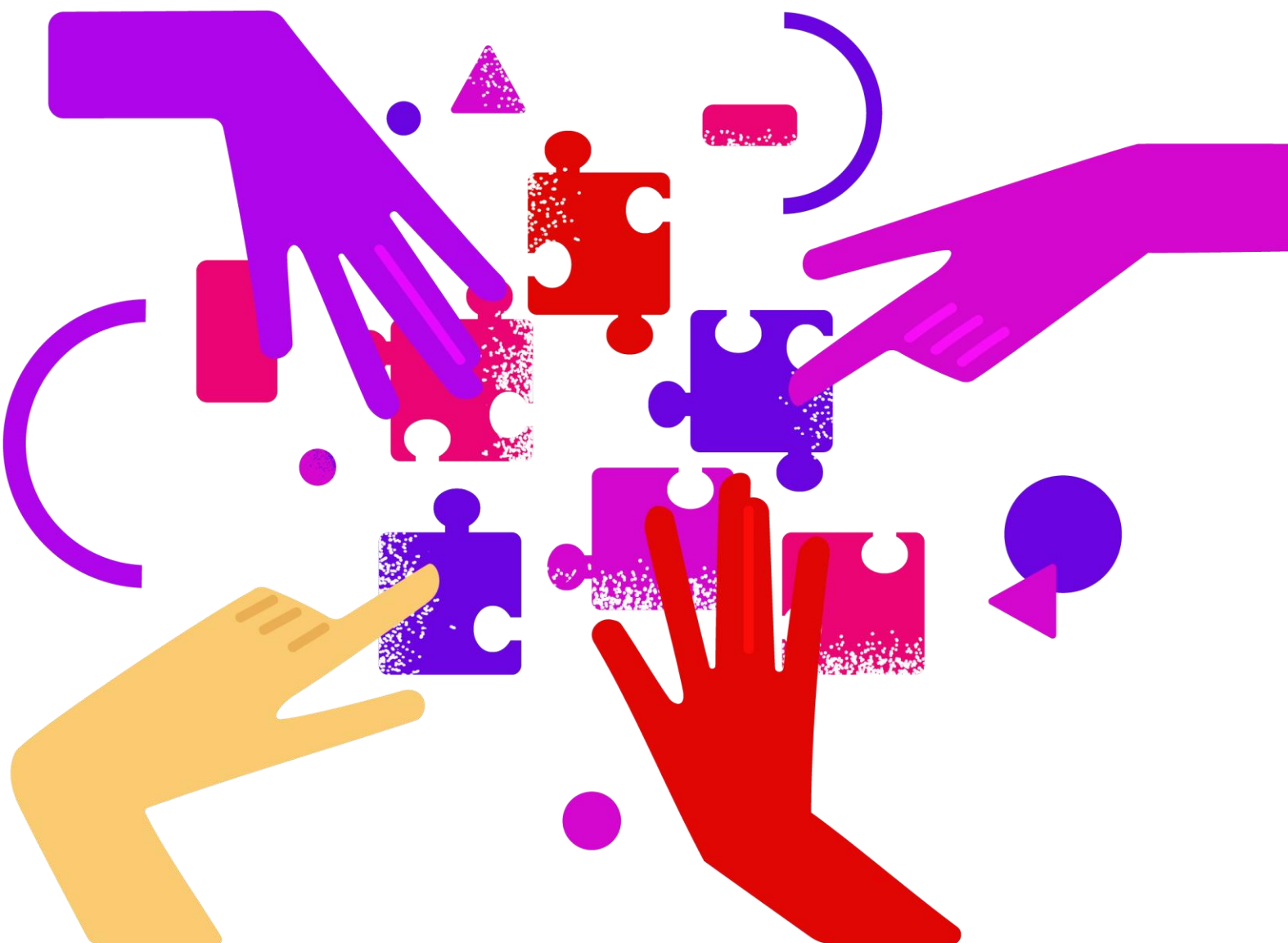


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Module __ Session Plan





Session Plan

Name of course: TUA Training

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



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	<u>Group Collage</u> Participants work in small groups to create a collaborative collage expressing a specific theme or emotion. This activity emphasizes teamwork and creativity.	<ul style="list-style-type: none"> Magazines, scissors, glue, large poster boards, markers
10 min	<u>Expressive Drawing</u> Participants engage in expressive drawing, allowing them to explore their emotions and thoughts through art. This activity promotes self-expression.	<ul style="list-style-type: none"> Drawing paper, coloured pencils, crayons
10 min	<u>Adaptation Exercise</u> 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.	<ul style="list-style-type: none"> Art materials such as clay, textured paper, and sensory-friendly materials
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