

## The Creative Classroom: Therapy Through the Creative Arts

<b>Audience:</b>	K-12 Classroom Teachers	<b>Cost:</b>	\$225 TEC Members / \$265 Non TEC
<b>Instructor:</b>	Aimie Ciluffo Larson	<b>Earn:</b>	15 PDPs
<b>Dates &amp; Times:</b>	Mondays, March 1, 8, 15, 22 & 29, 2012 4:00 – 7:00 PM		22.5 PDPs for graduate credit
<b>Location:</b>	Wellesley Middle School	<b>Grad. Credit:</b>	1 credit available from Worcester State University for an additional \$100, payable at the first class

**Course Description:** Art therapy is a mental health profession that uses the creative process of art making to improve and enhance the physical, mental and emotional well-being of individuals of all ages. It is based on the belief that the creative process involved in artistic self-expression helps people to resolve conflicts and problems, develop interpersonal skills, manage behavior, reduce stress, increase self-esteem and self-awareness, and achieve insight.

Art therapy integrates the fields of human development, visual art (drawing, painting, sculpture, and other art forms), and the creative process. Art therapy is used with children, adolescents and adults to assess and treat anxiety, depression, and other mental and emotional problems. © 2009 American Art Therapy Association, Inc. All Rights Reserved

This course is designed to offer an opportunity to learn about the therapeutic benefits through the arts and to assist in personal expression. It will help you to be more comfortable with the application of a variety of art modalities (drawing, painting, sculpture, and other media) as a way of connecting with your students. Learn techniques that incorporate art and creative expression through journaling, page preparation techniques and therapeutic methods through art to help students connect to the curriculum using language and image. We will learn book binding techniques and simple approaches to enrich your lessons through mixed media. A sample assignment is as follows: Poetry: Bring in a poem of your own or a published one that you find inspiring or interesting. We will read them and talk about them. Create a visual response to your selection.

**A materials list will be sent prior to the first meeting. A \$20 lab fee will be collected at the first class.**

**About the Instructor:** Amie Ciluffo Larson is a Visual Art specialist at Wellesley High School where she teaches Introduction to Drawing and Painting, Creative Journaling, Wheel-Throwing, Sculpture and Ceramics Intensive.

*Cancellations: No credits or refunds will be given on withdrawals less than 10 business days before the first class.*

*Checks will be processed approximately two weeks prior to the start date of the course; other payments are processed immediately.*

**Note: After January 27, a \$25 late fee is required with each course registration.**

To register: Visit our Online Registration Form at [http://www.tec-coop.org/PDL\\_RegForm.html](http://www.tec-coop.org/PDL_RegForm.html) or complete this form and send, along with your check or purchase order, to:  
TEC Professional Development, P.O. Box 186, Dedham, MA 02027

Please register me for "The Creative Classroom" beginning on 3/1/12!  
Enclosed is a check or purchase order for: \_\_\_\$ 225 TEC / \_\_\_\$265 Non-TEC

Name: \_\_\_\_\_ School: \_\_\_\_\_  
Home address: \_\_\_\_\_ Role: \_\_\_\_\_  
City, state, zip code: \_\_\_\_\_ Address: \_\_\_\_\_  
Email: \_\_\_\_\_ City, state, zip code: \_\_\_\_\_  
Home phone: \_\_\_\_\_ Work phone: \_\_\_\_\_

*Online registration available! - see TEC website for more information*

**www.tec-coop.org**

1112 High Street • P.O. Box 186 • Dedham, MA • 02027

Phone: 781.326.2473 • Fax: 781.251.0874 • Email: [tec@tec-coop.org](mailto:tec@tec-coop.org)