

<b>Module Title:</b>	Creative Techniques
<b>Module Code:</b>	BAPC14H
<b>Level:</b>	6
<b>Credits:</b>	15
<b>Pre-requisites:</b>	Successful Completion of the Diploma of Higher Education in Person-centred Counselling Studies

**Module Description:**

This module is to introduce students to creative techniques that can be used with clients to engage and work in a unique and client led path.

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**Indicative Content:**

- Creative art
  - Sand play
  - Gestalt empty chair work
  - Guided imagery metaphor
  - Drama therapy
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**Learning and Teaching Methods:**

Lectures Seminars experiential work, and workshops

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**Specific Learning Resources:**

Moodle.

USB

Attendance at experiential sessions

**Bibliography**

Highly Recommended

Berne, E (1968). *Games People Play: The Psychology of Human Relationships*. London: Penguin Books

Harris, T (1995). *I'm OK - You're OK*. London: Arrow Books

Steiner, C (1990). *Scripts People Live: Transactional Analysis of Life Scripts*. 2nd ed. New York: Grove Press

Recommended Reading

Berne, E (1974). *What Do You Say After You Say Hello?* London: Corgi Books

Harris, A & Harris T (1985). *Staying OK* London: Arrow Books

*Art Therapy*

## Module Specifications: School of Health & Social Sciences

Malchiodi, C (2007). *The Art Therapy Sourcebook*. New York: McGraw-Hill  
Silverstone, L (1997). *Art Therapy - The Person-Centred Way: Art and the Development of the Person*. London Jessica Kingsley Publishers  
Silverstone, L (2009). *Art Therapy Exercises: Inspirational and Practical Ideas to Stimulate the Imagination*. London: Jessica Kingsley Publisher

### *Focusing*

Gendlin, E (2003). *Focusing: How to Gain Direct Access to Your Body's Knowledge*. 2nd ed. London: Random House

### *Gestalt*

Clarkson, P & Cavicchia, S (2014). *Gestalt Counselling in Action*. 4th ed. London: SAGE Publications Ltd

### *Guided Imagery*

Hall, E et al (2006). *Guided Imagery: Creative Interventions in Counselling & Psychotherapy*. London: SAGE Publications Ltd

### *Sand Tray*

Homeyer, L & Sweeney, D (2011). *Sand tray Therapy: A Practical Manual*. 2nd ed. Hove: Routledge

Turner, B (2005). *The Handbook of Sand play Therapy*. Cloverdale, CA: Temenos Press

### Background Reading

Freed, A & Freed, M (1985). *TA for Kids: Powerful Techniques for Developing Self-esteem*. 2nd ed. Fawnskin, CA: Jalmar Press, Inc

## Module Learning Outcomes

### Subject Specific Learning Outcomes

*On successful completion of this module you will be able to:*

<b>LO 1</b>	Critically analyse the use of creative techniques for client self-exploration
<b>LO 2</b>	Critically reflect on the suitability of creative techniques in a person centred frame
<b>LO 3</b>	Reflect on personal experiences of creative techniques in one's own personal development.

Assessment Title or element	Weighting (%)
3,000 word essay, comparing and contrasting creative techniques for self-discovery, with a traditional person centred approach.	100%

*Information correct at point of publication.*