

## BHSC105 Creative Therapies

ECTS Value: 5 ECTS  
Self-Study Hours: 60

Contact Hours: 25  
Assessment Hours: 40

### Module Description

Within the Health and Social Care environment one meets different individuals ranging from babies and toddlers to older adults. Some of these people may be suffering from different conditions or may be passing from different emotional and psychological situations. In such circumstances they may benefit from different types of therapies. These include a variety of creative therapies which one should learn about and even have hands on practice. They are simple effective activities (music, drama, dance, art, photography, cooking, gardening, sport, swimming, ICT) which can form part of how to meet the needs of different individuals of all ages. In this module creative therapy background knowledge and practical skills will be highlighted. This module will discuss ways of how to incorporate creative therapy in the teaching of Health and Social Care.

### Overall Objectives and Outcomes

By the end of this module, the learner will be able to:

#### Competences

- a. Outline the needs of individuals of different ages and suffering from different conditions found in Health and Social Care settings.
- b. Identify the appropriate creative therapy for such individuals based on knowledge of effective processes to be carried out.
- c. Create sessions using different creative therapies appropriate for different individuals.
- d. Carry out practical sessions using different creative therapies.

#### Knowledge

- a. Identify different creative therapies that are used to help different individuals according to their specific needs.
  - i. : physically
  - ii. : intellectually
  - iii. : emotionally
  - iv. : socially
- b. Identify the individual's physical, intellectual, emotional and social needs so that aims of therapies can be considered.
- c. Describe different conditions of people who may benefit from such therapies.
- d. Indicative Content:
- e. Children with Down's syndrome, delayed development, autism, cerebral palsy.
- f. People of different ages with emotional difficulties.
- g. People of different ages who passed through a trauma.
- h. Older adults with physical difficulties like arthritis, stroke, dementia.

- i. Describe the effects of each creative therapy session on individual.

## Skills

- a. Use appropriate creative therapies to meet the needs the individual may have.
- b. Understand the different abilities of the individuals in Health and Social Care situations in order to provide a good service through creative therapy.
- c. Demonstrate the tasks needed to be carried out in the session.
- d. Prepare the session taking into consideration all resources needed.
- e. Prepare equipment needed for the session making sure that it is safe by carrying out a risk assessment.

## Mode of Delivery

This module adopts a Blended Approach to Learning. Information related to the structure and delivery of the module may be accessed through the IfE Portal. For further details, kindly refer to the Teaching, Learning and Assessment Policy and Procedures found on the Institute for Education's website.

## Assessment Methods

This module will be assessed through: Portfolio, Practical Session and Assignment.

## Suggested Readings

1. Hall, Tara & Kaduson, Heidi & Schaefer, Charles. (2002). Fifteen Effective Play Therapy Techniques. Professional Psychology Research and Practice. 33, p.515-522.
2. Lowenstein, L. (2011). Favourite Therapeutic Activities for Children, Adolescents, and Families: Practitioners Share their Most Effective Interventions. Canada: Champion Press.
3. Serlin, Ilene. (2007). Theory and practices of art therapies: Whole person integrative approaches to healthcare.. 3.

## Suggested Websites

1. <https://positivepsychology.com/art-therapy/>
2. <https://www.whiteswanfoundation.org/mental-health-matters/understanding-mental-health/understanding-movement-therapy>
3. <https://www.goldencarers.com/how-to-plan-music-activities-for-dementia-care/3192/>
4. <https://www.umh.org/assisted-independent-living-blog/stimulating-activities-for-the-elderly>