

SUMMER COURSE

# AN INTRODUCTION TO ARTS THERAPIES AND PSYCHOLOGICAL COACHING SKILLS



**INTRODUCING ELEMENTS OF ARTS THERAPIES AND COACHING TO YOUR DISCIPLINE**

**23 - 27 JUNE 2025**

## DESCRIPTION

This course introduces you to the disciplines of art, play, music, drama and movement therapies through creative and practical exercises, equipping you to apply these approaches in your work. Additionally, psychological coaching will guide you in navigating the complexities of problem-solving, especially when focus is lost in defining and pursuing desired outcomes. All workshops are interactive and led by experienced lecturers actively working in the healthcare and social care fields.

## LEARNING OUTCOMES

After completing this course, you will be able to:

### Learning outcome 1

Plan how to use various art forms (crafts, music, movement, drama and dance) to achieve a goal within your own field of expertise. The ideas are supported by theory and presented in a persuasive way.

#### Criteria

- The goal for using arts in your field of expertise is authentic and is clearly linked to the field
- The goal is based on sound theory

### Learning outcome 2

Articulate and present the skills gained during the course, as well as outline goals for future development in your field of expertise.

#### Criteria

- Feedback from the presentation has been used to evaluate personal learning outcomes.
- Goals have been formulated for future development that involve the creative arts and these have been described verbally in a presentation and in writing in a personal evaluation report



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## LEARNING ACTIVITIES

- Workshops in dance, psychomotor, crafts, music and mindfulness
- Lectures on the use of play and related theoretical frameworks
- Field trip to Forensic psychiatric hospital the Pompekliniek to observe arts and psychomotor therapies in practice within the forensic field
- Supervision for the final presentation and written reflection

## EXAM FORMAT

Presentation and written reflection.

## STUDY LOAD

12 hours: Self-study and preparation

6 hours: Field trip

32 hours: Contact hours

3 hours: Final presentation

3 hours: Evaluation report

## PREPARATION

- Introduction assignment
- Articles to read

## FIELD TRIP

Visit to a forensic psychiatric hospital the Pompekliniek to observe arts and psychomotor therapies in practice in the forensic field.

## CREDITS

If you successfully complete this course, including preparation and assignments, you earn 2 ECTS credits.

## ADMISSION REQUIREMENTS

- You're an undergraduate student from a partner university. We also accept master students.
- You have an interest in the field of Education.
- If you are not a native speaker of English, your English proficiency level is at least B2 (CEFR), IELTS 6.0 or TOEFL iBT 80.

## OPEN UP NEW HORIZONS.

### HAN CAMPUS NIJMEGEN

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6525 EN Nijmegen  
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### MORE INFORMATION?

Check our website:  
[www.hanuniversity.com](http://www.hanuniversity.com)

### QUESTIONS?

Send an email to:  
[SummerSchool@han.nl](mailto:SummerSchool@han.nl)