

# How to create and sustain an arts-based program in your occupational therapy practice

## Online course Syllabus

| Week   | Presentation topic(s)  | Homework overview   |
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| Week 1 | <p>Introduction to arts-based programs</p> <p>Overview of evidence on arts-based programs</p>  | <p><b>Introduction Post:</b><br/>Use the discussion forum to post your answers to the following questions:</p> <ul style="list-style-type: none"> <li>• What do you hope to gain from this course?</li> <li>• What is your practice area and how do you plan to incorporate this into your practice?</li> </ul> <p><b>Creative Journal Exercises:</b></p> <ol style="list-style-type: none"> <li>1. Find a journal that you will use and have fun with throughout this course to document your learning and reflections.</li> <li>2. Read the World Health Organization (WHO) Health Evidence Network synthesis report on arts and health, and find a study related to your practice or interest. Use your creative journal to reflect on evidence on arts-based programs in your area of practice.</li> <li>3. Find a song you love and sing or dance to it throughout the week. How does it make you feel? Use your creative journal to reflect on your experiences using music/dance throughout the week.</li> <li>4. Either take a snapshot from your creative journal and post your work or write out your experiences in the discussion forum.</li> </ol> |
| Week 2 | <p>From practice to research knowledge translation and filmmaking</p> <p>Discoveries made from 3 phases of research</p> <p>Knowledge translation film <i>'What's Art Got To Do With It?'</i></p> | <p><b>Creative Journal Exercises:</b></p> <ol style="list-style-type: none"> <li>1. Use your creative journal to reflect on how to begin a creative journey to bring out the creativity in you and your clients.</li> <li>2. What were some thoughts and feelings that you had after watching the film, <i>'What's Art Got To Do With It?'</i> Reflect in your creative journal.</li> <li>3. Either take a snapshot and post your work from your creative journal or write out your experiences in the discussion forum.</li> </ol>   |

\*Homework and exercises subject to change\*

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| <p>Week 3</p> | <p>Occupational therapy and arts-based programs</p> <p>Instructions for mindful watercolours</p>  | <p><b>Creative activity:</b></p> <ol style="list-style-type: none"> <li>1. Mindful watercolours</li> <li>2. Take a snapshot of your work and post it on the discussion forum.</li> </ol> <p><b>Creative Journal Exercise:</b></p> <ol style="list-style-type: none"> <li>1. Use your creative journal to reflect on your experience using mindful watercolours.</li> <li>2. Continue doodling in your journal and adding text throughout the week.</li> <li>3. Either take a snapshot and post your work from your creative journal or write out your experiences in the discussion forum.</li> </ol>   |
| <p>Week 4</p> | <p>Funding, grant-writing and sustaining arts-based programs</p> <p>Development of the Creative Works Studio Program (case example)</p> <p>Nourishing your own creativity</p> | <p><b>Creative activity:</b></p> <ol style="list-style-type: none"> <li>1. Mixed Media</li> <li>2. Take a snapshot of your work and post it on the discussion forum</li> </ol> <p><b>Creative Journal Exercise:</b></p> <ol style="list-style-type: none"> <li>1. Use your creative journal to reflect on your experience using a mixed media canvas.</li> <li>2. Use your creative journal to reflect on how to fund and sustain art-based programs. Who would your potential stakeholders/partners be? Where would you find them?</li> <li>3. Continue doodling in your journal and adding text throughout the week.</li> <li>4. Either take a snapshot and post your work from your creative journal or write out your experiences in the discussion forum.</li> </ol> |
| <p>Week 5</p> | <p>Creating a culture of connection, community and enablement</p> <p>Songwriting, music and recording to stage (case example)</p>   | <p><b>Creative Journal Exercise:</b></p> <ol style="list-style-type: none"> <li>1. Use your creative journal to brainstorm ideas of how you could create a celebratory experience that links your client(s) to the public. How would your ideas achieve the goal of increasing community engagement and reducing stigma?</li> <li>2. Use your creative journal to reflect on something you are very passionate about or something that you would like to change in your world. Write about it in your journal, freely and unedited, as if no one is watching. Use the material to write a poem, collage or song.</li> <li>3. Either take a snapshot and post your work from your creative journal or write out your experiences in the discussion forum.</li> </ol>       |

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| Week 6 | Tailoring arts-based programs to various populations | <b>Creative Journal Exercise:</b> <ol style="list-style-type: none"><li data-bbox="683 233 1390 369">1. Research and prepare a plan for how you can tailor an arts-based program in your area of practice. Consider issues such as time of day, activities included, closed or open group, staff involvement, etc.</li><li data-bbox="683 373 1406 478">2. Use your creative journal to reflect on what engages you and what the possible barriers may be. How would you address the barriers?</li><li data-bbox="683 483 1360 583">3. Either take a snapshot and post your work from your creative journal or write out your experiences in the discussion forum.</li></ol> |
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