

ID	2569
Curricular Unit	Foundations of Expressive Therapies
Regent	Paula Lebre
Learning Outcomes	<ul style="list-style-type: none"> - To know, from a conceptual and practical basis, the main therapeutical basis of expressive therapies and the relation with psychomotor intervention. - Acquire knowledge on the recognition of the different signs and meanings of expressive body language, namely the influence of conceptual approaches of body, bodily lived experience, imagination, creativity, improvisation and symbols. - To acquire knowledge and plan artistic expressions in activities under psychomotor intervention. <p>Identify the role of expressive activities on the promotion of psychomotor factors and their influence on creativity and therapeutic mediation.</p>
Syllabus	<ol style="list-style-type: none"> 1. The body and the corporeality. 2. Foundations of Expressive Therapies 3. Embodiment and Imagination - Case of creative thinking (concepts and exercises)
Evaluation	<p>Individual written work: Development of a thematic issue on the scope of the discipline contents. This issue should be prepared in advance with the teachers of the discipline. Portfolio, composed by: Synthesis using texts related with the contents covered in theoretical and practical lessons, personal reflection and bibliographic search. Description of activities proposals, which are considered of significant use in psychomotor sessions (including the use of music, creative writing, dance, drama, dance, visual arts, play) (10 activities)</p> <p>Group work: on one of these topics: Body, corporeal and non-verbal communication; Art, culture and expressions; Fundamentals of expressive therapies; The anthropological domain in expressive therapies: healing rituals; Creativity, spontaneity and improvisation; Arts, aesthetics and education by the arts. The emphasis of the theme development should be placed in the conjunction with the content of psychomotor rehabilitation.</p>

Bibliography

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