

# *Art and Creativity in Healing*

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## COURSE DURATION:

This course will be conducted for 4 weeks beginning on October 4th-October 25th, 2023

Time: 5:30pm-7pm

Location: Classroom BLUE

Address: University of Illinois at Urbana-Champaign

Osher Lifelong Learning Institute

301 N. Neil St., Suite 201

Champaign, IL 61820

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## COURSE DESCRIPTION:

This course will celebrate the creative process of artistic rendering and the healing benefits one can gain by practicing and encouraging their artistic abilities.

## OUTLINE:

Week 1: Introduction to Art and Creativity for Healing: using art as a coping mechanism for healing. What are the benefits? Learn some simple exercises to practice through breathing and drawing.

Week 2: What are the benefits of mindful doodling? Meditating? What is Zentangle? Learn to draw patterns, symbols and create a piece of art through doodling.

Week 3: How to express your feelings through art and channel stress/anxiety. Explore several art journaling techniques and create a painting or collage.

Week 4: Neurographic Art and its main principles will be discussed. Create a neurographic painting with watercolor.

## COURSE OBJECTIVES:

- Investigate your artistic talent by creating without assumptions and expectations, while exploring certain healing aspects of one's own experience of creative expression
- Focus upon the *process* of artful engagement versus the importance of the final product
- Explore various art processes each week through meditative drawing, mindful doodling, art journaling and neurographic art.
- Use various prompts and artistic exercises to gain insight into feelings and intuition.

## SUGGESTED READING MATERIALS:

Atlas of the Heart: Mapping Meaningful Connection and the Language of Human Experience by Brene Brown  
Zen Mind, Beginner's Mind by Shunryu Suzuki

Art Heals: How Creativity Cures the Soul, by Shaun McNiff

Find Your Artistic Voice: The Essential Guide to Working your Creative Magic, by Lisa Congdon

Paint, Play, Explore: Expressive Mark-Making Techniques in Mixed Media, by Rae Missigman

Steal like an Artist: 10 Things Nobody Told You About Being Creative, by Austin Kleon

The Artist's Way: A Spiritual Path to Higher Creativity, by Julia Cameron

The Body Keeps the Score: Brain, Mind & Body in the Healing of Trauma, by B. Van der Kolk