

Name of university, Name of faculty: Trnava University
Faculty of Philosophy and Arts

INFORMATION SHEET OF THE SUBJECT

Code: XPSb096		Name: Introduction to art therapy			
Cover: Department of Psychology					
Type of educational activity: Scope of educational activity (in hours): Weekly: - For term of study: LS Method of educational activity: Combined				Number of credits: 3	Recommended semester: ST
					Study grade:
Recommended semester	Study programme				
2.year ST	Psychology (XPSYCH-Bc)				
3.year ST	Psychology (XPSYCH-Bc)				
Underlie subjects:					
Conditions for passing the course:					
Method of evaluation: Completion by a continuing assessment					
Continuous evaluation: Throughout the semester, students actively participate in class and complete individual assignments; the total score of these assignments is a maximum of 50 points. Students in the end of semester write a final paper based on information from class and their independent study of the recommended literature; the maximum score is 50 points.					
Final evaluation: Grading: 93–100 points corresponds to a grade of A; 87–92 points corresponds to a grade of B; 79–85 points corresponds to a grade of C; 72–78 points indicates a D grade; 65–71 points indicates an E grade. An Fx grade is awarded to a student who scores less than 65 points in the final grade and to a student who receives 0 points in the midterm assessment.					
Finished: Completed following a midterm evaluation.					
Learning outcomes: After passing the course, student is able to: -understand basic techniques of art therapy -critically analyze the appropriateness of using the chosen technique as a whole or its elements; -apply basic skill in using chosen techniques; -interpret the results of art therapy activities in relation to the client; -apply knowledge about safe environment in relation to the client.					
Schedule of subject: 1. Introduction to art therapy 2. Basic art elements and their symbolism 3. Art therapy process and relationship 4. Techniques of working with drawing and painting, collage and assemblage 5. 3D creation, art therapy and working with the body 6. Art therapy in group work 7. Expressive therapies (music therapy, drama therapy)					
Recommended reading: Šicková-Fabrice, J. (2002). Základy arteterapie. Portál. 168s. D'Amico, D. (2023). Arteterapeutické aktivity a mindfulness: pro děti a dospívající s psychickými obtížemi. Portál. 224s. Lhotová, M., Perout, E. (2024). Praktická arteterapie. Portál. 232s. Campbell, J., Šárová, M. (2000). Techniky arteterapie ve výchově, sociální práci a klinické praxi. Portal. 199s.					
Language requirements:					
Notes:					
Course evaluation: Assessed students in total: 0					
A	B	C	D	E	FX
0%	0%	0%	0%	0%	0%
Lecturers: Mgr. Veronika Mihaliková, PhD., lecturer, examiner, instructor, seminary supervisor					
Date of last change: 01.09.2026					
Approved by: prof. Mgr. Peter Halama, PhD.					