

## OFFICIAL UNDERGRADUATE COURSE OUTLINE FORM

Note: The University reserves the right to amend course outlines as needed without notice.

<b>Course Code and Number:</b> CYC 470		<b>Number of Credits:</b> 3 <u>Course credit policy (105)</u>																	
<b>Course Full Title:</b> Play/Expressive Therapies <b>Course Short Title (if title exceeds 30 characters):</b>																			
<b>Faculty:</b> Faculty of Professional Studies		<b>Department (or program if no department):</b> Child Youth & Family Studies																	
<b>Calendar Description:</b> <p>Five different expressive therapies will be taught by five different practitioners in the field of CYC, highlighting the benefits of each. Play, art, outdoor adventure, horticulture, and music will be explored and experienced, along with a variety of techniques used in each of these areas, all in the context of play.</p> <p>Note: This course is dual-listed with CYC 770. Students with credit for CYC 360N or CYC 770 cannot take this course for further credit.</p>																			
<b>Prerequisites (or NONE):</b>		Admission to the Bachelor of Arts in Child and Youth Care and (45 university-level credits or department head's permission).																	
<b>Corequisites (if applicable, or NONE):</b>		None																	
<b>Pre/corequisites (if applicable, or NONE):</b>		None																	
<b>Equivalent Courses (cannot be taken for additional credit)</b> Former course code/number: Cross-listed with: Dual-listed with: CYC 770 Equivalent course(s): CYC 360N, CYC 270 <i>Note: Equivalent course(s) should be included in the calendar description by way of a note that students with credit for the equivalent course(s) cannot take this course for further credit.</i>		<b>Transfer Credit</b> Transfer credit already exists: <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No Transfer credit requested (OREg to submit to BCCAT): <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No (if yes, fill in transfer credit form) Resubmit revised outline for articulation: <input type="checkbox"/> Yes <input type="checkbox"/> No To find out how this course transfers, see <a href="http://bctransferguide.ca">bctransferguide.ca</a> .																	
<b>Total Hours: 45</b> <b>Typical structure of instructional hours:</b> <table border="1"> <tr> <td>Lecture hours</td> <td>15</td> </tr> <tr> <td>Seminars/tutorials/workshops</td> <td>20</td> </tr> <tr> <td>Laboratory hours</td> <td>10</td> </tr> <tr> <td>Field experience hours</td> <td></td> </tr> <tr> <td>Experiential (practicum, internship, etc.)</td> <td></td> </tr> <tr> <td>Online learning activities</td> <td></td> </tr> <tr> <td>Other contact hours:</td> <td></td> </tr> <tr> <td><b>Total</b></td> <td><b>45</b></td> </tr> </table>		Lecture hours	15	Seminars/tutorials/workshops	20	Laboratory hours	10	Field experience hours		Experiential (practicum, internship, etc.)		Online learning activities		Other contact hours:		<b>Total</b>	<b>45</b>	<b>Special Topics</b> Will the course be offered with different topics? <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No If yes, different lettered courses may be taken for credit: <input checked="" type="checkbox"/> No <input type="checkbox"/> Yes, repeat(s) <input type="checkbox"/> Yes, no limit <i>Note: The specific topic will be recorded when offered.</i>	
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<b>Total</b>	<b>45</b>																		
		<b>Maximum enrolment (for information only):</b> 24 <b>Expected frequency of course offerings (every semester, annually, every other year, etc.):</b> Annually																	
<b>Department / Program Head or Director:</b> Dr. Maple Melder Crozier		<b>Date approved:</b> May 2017																	
<b>Faculty Council approval</b>		<b>Date approved:</b> June 2, 2017																	
<b>Campus-Wide Consultation (CWC)</b>		<b>Date of posting:</b> October 13, 2017																	
<b>Dean/Associate VP:</b> Dr. Tracy Ryder Glass		<b>Date approved:</b> June 2, 2017																	
<b>Undergraduate Education Committee (UEC) approval</b>		<b>Date of meeting:</b> December 15, 2017																	

**Learning Outcomes**

Upon successful completion of this course, students will be able to:

- Critique expressive therapies and their uses with children, youth and families;
- Distinguish play, music, outdoor adventure, art, and horticultural from a perspective of indigenous culture;
- Integrate techniques of play/expressive therapy into their skills;
- Assess when to use various techniques of play/expressive therapies in their practice with children, youth, families;
- Differentiate between a medium such as play, and the therapy it can produce;
- Compile several innovative techniques to engage children and youth in therapy.

**Prior Learning Assessment and Recognition (PLAR)**

☒ Yes ☐ No

**Typical Instructional Methods (guest lecturers, presentations, online instruction, field trips, etc.; may vary at department's discretion)**

Enquiry-based, lectures, discussions, experiential learning activities, storytelling, small group tasks.

**Grading system:** Letter Grades: ☒ Credit/No Credit: ☐ Labs to be scheduled independent of lecture hours: Yes ☐ No ☒

**NOTE: The following sections may vary by instructor. Please see course syllabus available from the instructor.**

**Typical Text(s) and Resource Materials (if more space is required, download Supplemental Texts and Resource Materials form)**

	Author (surname, initials)	Title (article, book, journal, etc.)	Current ed.	Publisher	Year
1.	Landreth, G.	Play Therapy: the Art of the Relationship	<input checked="" type="checkbox"/>	Routledge	
2.	Davis, William B., Gfeller, Kate E., Thaut, Michael H.	An Introduction to Music Therapy Theory and Practice	<input checked="" type="checkbox"/>	The American Music Therapy Association	
3.	Santostefano, Sebastiano	Child Therapy in the Great Outdoors: A Relational View	<input checked="" type="checkbox"/>	Routledge	
4.	Wadson, Harriet	Art Therapy Practice: Innovative Approaches with Diverse Populations	<input checked="" type="checkbox"/>	Wiley	
5.	Haller, Rebecca, & Kramer, Christine	Horticulture Therapy Methods: Making Connections in Health Care, Human Service, And Community Programs (Through Horticulture)	<input checked="" type="checkbox"/>	CRC Press	

**Required Additional Supplies and Materials (software, hardware, tools, specialized clothing, etc.)**

Reading lists or a course-pack of chapters from the above textbooks may be used.

**Typical Evaluation Methods and Weighting**

Final exam:	%	Assignments:	%	Midterm exam:	%	Practicum:	%
Quizzes/tests:	%	Lab work:	%	Field experience:	%	Shop work:	%
Essay:	60%	Participation journal:	30%	Hands on experiences:	10%	Total:	100%

**Details (if necessary):**

**Typical course content and topics:**

- Play Therapy (directive and non-directive)
- Art Therapy
- Outdoor Therapy
- Horticulture Therapy
- Music Therapy
- Using expressive therapies in the context of play to help children and youth cope in their daily lives
- A variety of techniques such as puppetry, sand play, books, humour, and games
- Guiding children and youth to psychological health through expressive therapies and play