

Art Therapy: Boost Your Organisation Productivity Through Interpretation of Drawings and Meaning Behind Them

Keen to know how art therapy works?

Are you interested in helping others through art therapy?

Want to boost your organisation productivity through art therapy at your workplace?

Introduction

Anyone who is creative has made time to play. It loosens up the brain and enables you to be open to new ideas. This includes playing around with paint or words or wood. Be open to what happens and let what happens tell you what to do next. Pictures, symbols, signs—that was the language of man. Long before words held the meaning, we communicated through art. On the walls of caves, images of animals were drawn one over the other. Art has always held power over humans—the power to connect, to cleanse, and, lest we forget, to intensify.

Program Objectives

This training program aims to

- Understand the concept of art therapy
- Interpretation of drawing and the meaning behind them
- Identify and understand our subconscious mind

Learning Outcomes

After completing this program, participants should be able to

- Understand the concept of art therapy
- Interpret our subconscious mind and subconscious needs
- Create a strategy to boost the organisation productivity from the results of art therapy

Who should attend?

Non-managerial, first-line management, middle management, senior management and anyone who wants to boost organisation productivity through art therapy

Methodology

Case studies, forum discussion, role-play, presentations, gamification

Program Outline

Time	Day One
9.00am– 10.30am	<p>Why Study Drawings?</p> <p>This module starts with the introduction of art therapy and some reasons for interest in conducting art therapy. In this module, the participants would learn ways of approaching drawings.</p>
10.30am-11.00am	<p>Morning Break and Networking</p>
11.00am-1.00pm	<p>Venturing into Art Therapy Concepts</p> <p>The participants would pick up some useful concepts in art therapy such as Rudolf Arnheim, Drora Booth and Rhoda Kellogg. Then, the participants would start to apply these concepts into analysis in the next module.</p>
1.00pm-2.00pm	<p>Lunch and Networking</p>
2.00pm-3.30pm	<p>Drawings as Patterns</p> <p>In this module, participants would learn the organisation of units, lines and boundaries, how to reach its own space and the patterns and sequences in a drawing.</p>
3.30pm-4.00pm	<p>Tea Break and Networking</p>
4.00pm-5.00pm	<p>Sequence in Art's Drawings</p> <p>In this practical session, the participants would learn the free drawings, constrained drawings, the limits to the effects of earlier units and some unanswered questions in the previous modules.</p>
Time	Day Two
9.00am– 10.30am	<p>Copying Simple Shapes</p> <p>This module covers the topic such as describing sequences and rules; variation is a sequential pattern, the consequences of sequence and the sequential patterns and teaching.</p>
10.30am-11.00am	<p>Morning Break and Networking</p>
11.00am-1.00pm	<p>Developing Conventional Equivalents</p>

	In this module, the participants would learn what should be included in analysis and art therapy, learn the orthodox equivalent and agree on the point of view while conducting art therapy.
1.00pm-2.00pm	Lunch and Networking
2.00pm-3.30pm	From Old to New Equivalents The participants would learn to analyse the repeated drawings, requesting movement and the aspect of change in art therapy. The practical session is conducted in this module.
3.30pm-4.00pm	Tea Break and Networking
4.00pm-5.00pm	Art Therapy and Organisation Productivity This module focuses on the techniques and strategies after completing the art therapy and the way forward to boost the organisation productivity.