Creative Play with Art Making:  
Exploring Domains of Perception and  
Experiential Awareness  
Spring 2017  
Faculty: Caroline Peterson, ATR-BC, LPC

This experiential class uses basic art materials as a means to explore perception and awareness through creative play. The exploratory expressive practices in this program are intended to expand your capacity for making sense of experience and to develop skills to process experience more fully. Students last year reported their experience, as refreshing, stress relieving and relaxing supporting their medical school experience and well being and providing new ways of information processing. No art experience is necessary to learn from and enjoy this program!

**Class 1**: 2.5 Hrs.  
Orientation to class format, activities and assignments; introduction to tools and materials; introductory creative activities.

**Class 2**: 1.5 Hrs.  
Expressing from direct experience.

**Class 3**: 1.5 Hrs.  
Giving visual form to the feeling tone of what's unseen.

**Class 4**: 1.5 Hrs.  
Exploring perception and appraisal as sources of image creation.

**Class 5**: 1.5 Hrs.  
Creating a tabletop sculpture from found objects.

**Class 6**: 1.5 Hrs.  
Free art-making period, group process to close.

**Requirements for course credit:**  
Attend all 6 classes. (Make-up assignment is available for missing class.)  
Make-up Assignment: 15-minute walkabout with observation. Take time to slow down and walk mindfully on your everyday path. Observe the changing shape of your experience in the environment you move through. Document your observations and share by text or email: carolinepetersonlpc@me.com

Course materials fee $25, participants share/receive art supplies at close of program. PRE-REGISTRATION IS REQUIRED. Contact humanities.coordinator@drexelmed.edu with your intention to attend, providing your year and email. Contact Caroline Peterson for any additional information.


**Caroline Peterson** is a Board-Certified Art Therapist and Licensed Professional Counselor who is know for her work developing interventions which integrate mindfulness skills training with art therapy (MBAT). This work has been the focus of a number of NIH funded research studies. A pilot study of her most recent MBAT program, Walkabout, at the Abrasion Cancer Center at Pennsylvania Hospital, was conducted in the summer of 2015. Caroline has worked in oncology for 16 years following receiving her graduate degree from The Hahnemann/Drexel Creative Arts in Therapy program; she has a number of publications to her credit. Caroline has been making art throughout her adult life and her work is held in a number of private collections.