INTRODUCTORY COURSES OF ART THERAPY

METAFORA
art therapy

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What is Art Therapy?

According to the Asociación Profesional Española de Arteterapia (ATE), art therapy is a profession based on the psychotherapeutic application of the artistic process and on the importance of the relationship between the client and the art therapist.

Visual arts are primarily used as a means to facilitate communication and the exploration of psychological or emotional conflicts, as well as to promote meaningful change in individuals, supporting their development and growth as both individual and social beings. From this same understanding, Metàfora's art therapy training follows a psychodynamic orientation.

Art therapy is one of the four expressive or creative therapies: Art Therapy, Music Therapy, Drama Therapy, and Dance Movement Therapy. It is important to distinguish art therapy from other practices that use "art as therapy," such as arts-based mediation, community art, or art and health projects that focus solely on the therapeutic benefits of the artistic process without a psychotherapeutic framework.

Art therapy is an interdisciplinary profession that can work in a complementary way alongside other therapeutic approaches.

About Metàfora's Introductory Courses

The Introductory Course offers a first approach to the conceptual framework of art therapy, its origins, basic principles, and areas of application, providing students with an initial theoretical foundation from which to understand art therapy practice from a psychodynamic perspective.

It also facilitates an understanding of the role of the art therapist, the therapeutic framework, and artistic–therapeutic processes through the analysis of case studies, allowing theory to be connected with real intervention contexts.

This training is worth 1 ECTS, equivalent to 25 hours of class and study.

Learning Objectives and Methodology

- To introduce the foundations of art therapy.
- To learn about art therapy through case studies.
- To experience the art therapy process within a didactic framework.
- To understand art therapy as a profession with its own identity and theoretical and ethical framework.

The Introductory Course includes theoretical classes on art therapy, art therapy experiential groups, and case presentations that illustrate the practice of art therapy with different populations. Art therapy groups allow students to explore the use of artistic language as a means of expression, communication, and reflection through their own experience within a small group led by a teaching art therapist.

Qualification and Professional Recognition

As a standard criterion for calculating the workload of Metàfora's art therapy training, the European Credit Transfer and Accumulation System (ECTS) is used, according to which 25 hours (including classes and study) are equivalent to 1 ECTS.

This is a postgraduate-level own degree, accredited both by the Asociación Profesional Española de Arteterapia and by the Federación Española de Asociaciones Profesionales de Arteterapia.

Upon completing the master's programme, students receive a graduation diploma and a certificate of studies, which may be used to apply for professional recognition both in Spain and abroad. These procedures must be managed directly by each interested individual, and their outcome depends on the criteria established by the relevant authorities and the regulations in force in each country.

Formats and Schedule

The Introductory Course in Art Therapy is offered in in-person, blended, and online formats, with four editions each year: winter, spring, summer, and autumn. The summer edition is the only one offered in a fully in-person format. All courses are taught in both Spanish and English.

BLENDED FORMAT

100% ONLINE			BLENDED (in Barcelona)	
TUESDAY	WEDNESDAY	THURSDAY	SATURDAY	SUNDAY
17:45 - 18:00 Welcome			9:00 - 9:15 Welcome	
18:00 - 19:30 Theory of Art Therapy	18:00 - 19:30 Theory of Art Therapy	18:00 - 19:30 Theory of Art Therapy	9:15 - 10:45 Experimental Art Therapy Group	9:15 - 10:45 Experimental Art Therapy Group
19:45 - 20:45 Case Study	19:45 - 20:45 Case Study	19:45 - 20:45 Case Study	11:15 - 12:45 Experimental Art Therapy Group	11:15 - 12:45 Experimental Art Therapy Group
			13:00 - 14:00 Case Study	13:00 - 14:00 Closing Dynamics

100% ONLINE FORMAT

100% ONLINE				
TUESDAY	WEDNESDAY	THURSDAY	SATURDAY	SUNDAY
17:45 - 18:00 Welcome			16:15 – 17:45 Experimental Art Therapy Group	16:15 – 17:45 Experimental Art Therapy Group
18:00 - 19:30 Theory of Art Therapy	18:00 - 19:30 Theory of Art Therapy	18:00 - 19:30 Theory of Art Therapy	18:00 – 19:30 Experimental Art Therapy Group	18:00 – 19:30 Experimental Art Therapy Group
19:45 - 20:45 Case Study	19:45 - 20:45 Case Study	19:45 - 20:45 Case Study	19:45 - 20:45 Case Study	19:45 - 20:45 Closing Dynamics

Admission Requirements

The Introductory Course in Art Therapy represents the first step within Metàfora's complete training pathway in art therapy, providing access to the Postgraduate Diploma in Art Therapy and Community Art and, subsequently, to the Master's Degree in Art Therapy.

No previous knowledge of art therapy is required to participate in this course, and it can be taken independently from the two subsequent levels.

Attendance

Attendance at 80% of the classes is mandatory. This is the only requirement to pass the course; therefore, failure to meet this requirement will result in not receiving the certificate of studies.

Educational Resources

The educational platform includes Classlife and Zoom, to which access is provided before the start of the course. All course information (such as the schedule, Zoom links to join the classes, and educational resources) is shared through the Classlife platform.

It should be noted that after each class, the teaching team provides the materials used only in the theoretical sessions. Case presentations are not shared in order to protect the sensitive information derived from real art therapy clients' experiences. For this reason, taking photographs or screenshots of this material during the class is also not permitted.

Art materials are available at the school for in-person classes, while for online classes they are provided by the students, following Metàfora's recommendations.

Team

Director: Carles Ramos i Portas
Academic Coordination: Rosa Barquero
Internship Coordination: Liz Sosa
Technical Coordination: Adriana Civit
Management Assistant: Moeki Yamada
Admissions: Òscar Cruañas
Marketing: Sarah Ramos Bjerg
Teaching Team: Varies depending on the edition

Contact

Metàfora's administrative team is available to answer any questions you may have and to assist you with the application process. We will be happy to assist you in person, by phone, or by email.

Office hours:
Monday to Thursday: 9:00 – 17:00
Friday: 9:00 – 14:00

Location:
Papin 29 · 08028 Barcelona

School visits:
By appointment only

Contact:
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