



**CULTURE ON
PRESCRIPTION**



Curriculum Workshop

Art Course | Germany



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PARTNERS AND CONTACTS

The Erasmus+ project Culture on Prescription Europe started in January 2022 and runs until the end of March 2024. The project involves partner organisations in six European countries:

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**AFEdemy, Academy on age-friendly
environments in Europe BV, The Netherlands**

🌐 www.afedemy.eu

SHINE 2Europe, Lda, Portugal

🌐 www.shine2.eu

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Course Outlines for a “Prescription Course “

Presented by the example of an art course, conducted by Gesundheitsamt Frankfurt am Main (Frankfurt Public Health Authority), Germany

Art Course

Target Group: Lonely people at the age of 60 and above

Course facilitator: Andreas Hett, art therapist, social worker and „Non-medical Practitioner for Psychotherapy“ (Heilpraktiker für Psychotherapie)

Time frame: 10 sessions in a small group (weekly or every 2 weeks), each session lasts 2.5 hours (Thursdays from 10.30 am to 1 pm)

Number of participants: 10

Location: Töngesgasse 4, 60311 Frankfurt am Main (a building that has been rented by FPHA). The course took place in a bright room on the 4th floor.

Session 1 (2nd of March 2023):

A visit to the local art museum „Schirn Kunsthalle Frankfurt“ combined with a presentation of the artwork shown (at that time Niki de Saint Phalle), to get inspiration and learn about art and to share their own individual perception on art. The participants got the chance to take pictures of „favourite pieces“ that might be worked with at a later stage in the course.

Afterwards the group went to the course location and there was time to get to know each other, to present the course facilitator and the course frame as well as the general „COPE idea“. Also the participants' wishes looking at the course content were discussed. Moreover, the art materials that the group worked with was presented.

At the beginning and after the museum visit the art therapist offered different artistic media. After the exhibition of Niki de Saint Phalle the group created relief pictures on square wooden painting backgrounds, inspired by the artist in the exhibition. Later the squares could be brought together to a collective picture.

Sessions 2 – 9 (9th, 16th, 23rd & 30th of March; 6th, 13th, 20th & 27th of April 2023):

The participants work on their several individual art pieces in a group setting. The course facilitator advises and leads the individuals in an empathic and supportive way. The creation of art is not about perfection, but about bringing ideas and thoughts into reality in a creative and fun environment.

Depending on their former experiences, the participants learned about different materials, techniques and ways of expressing themselves. This helped the participants to open up in a safe space, make new learning experiences and foster the personal exchange in a small group setting.

Regular breaks with coffee and tea, where the participants got to know each other better and better, were very important as well.

For the second appointment the group worked with collage. There were a variety of newspapers and magazines that could be used.

During the third appointment, the group worked with a "blind doodle". At the beginning the participants scribbled with the left hand and closed eyes, under Andreas Hett's guidance, about 15 to 20 seconds with a pencil. Afterwards he invited the participants to develop a picture from the „scribble“.

At the fourth appointment, the art therapist offered to start with a picture, free with the "favourite colour" and later with other colours and shapes to develop further.

On the fifth date, it was the groups' desire to work three-dimensionally. Andreas Hett offered air-drying modelling clay. Showed and explained the basics of processing and the participants developed their objects and sculptures, which were coloured after drying, a week later.

In the following sessions Andreas Hett invited the group to make further experiences with the learnings and each participant deepened the techniques individually. Brought new ideas. Along the way Andreas Hett explained the handling and the difference of acrylic, watercolour and gouache colours, according to individual desire.

Session 10 (4th of May 2023):

The participants finalised their works and prepared a small „exhibition“ of the created art pieces and certificates of achievement were handed out to each participant. Also, there was time for reflection and feedback with the course facilitator. The group celebrated with a food buffet.

COPE course materials consisted of:

Papers in different styles and formats, canvasses, acrylic, aquarell and water colours, chalk pastels, coloured crayons, pencils, China ink, modelling compound or clay, just to name a few.



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