

# Module Seven: Presenting Social Science Concepts and Research

This assignment does not contain any printable content.

## 7-1 Applying Social Science Perspectives

This assignment does not contain any printable content.

### Introduction to Art Therapy

#### Introduction to Art Therapy

Art therapy is a mental health profession that utilizes expression and creativity through visual art, dance, and music to address health issues and improve an individual's sense of mental and physical well-being.

# ART THERAPY

## what is it

Art therapy is a mental health profession that utilizes expression and creativity through visual art, dance, and music to address health issues and improve mental and physical well-being.

## why is it used

Art therapy is an excellent tool for people who cannot express themselves well verbally.

## where is it used

Art therapy is useful in many settings, including hospitals, schools, mental health facilities, crisis centers, senior communities, veteran's clinics, and prisons.

Adapted from the American Art Therapy Association

Art therapy is a relatively new specialization within psychology, but it has proven extremely useful for individuals that have difficulty expressing themselves verbally. For example, young children who have not yet developed enough language or emotional maturity to describe their experiences are good candidates for art therapy. This form of therapy is also helpful for people who can no longer communicate verbally, such as the elderly, or those who have had brain damage or stroke. It can help when the topic itself is difficult to talk about, such as trauma, combat, and physical abuse. Finally, art therapy can be useful when a person's mental state makes self-expression a challenge, such as in cases of anxiety or depression.

Art therapy is not exclusively for people with language difficulties; it can also be used as a springboard for verbal expression. For example, a therapist might ask a client to draw a picture related to his or her issue and then ask questions about the colors used, the emotions shown, the other objects included in the drawing, the position of each object, and so on. These types of questions can get the client explaining the issue, facilitating a more in-depth discussion.

While the specialization is still relatively new, research has shown positive outcomes in patients of art therapy. These include increased behavioral functioning and mood, decreased stress, fewer symptoms of mental and physical illness, improved self-image, and improved interpersonal interactions, among others (Slayton, D'Archer, & Kaplan, 2010).

---



American Art Therapy Association (AATA). (n.d.). *About the American Art Therapy Association*. <https://arttherapy.org/about/>

Slayton, S. C., D'Archer, J., & Kaplan, F. (2010). Outcome studies on the efficacy of art therapy: A review of findings. *Art Therapy: Journal of the American Art Therapy Association*, 27(3), 108–11.  
<http://www.arttherapy.org/upload/outcomes.pdf>

## Video: Art Therapy: A Universal Language for Healing

**This assignment does not contain any printable content.**

### 7-2 Personal Reflection

**This assignment does not contain any printable content.**

## Exercise: The Importance of Reflection

### The Importance of Reflection

When a person engages in reflection, they are thinking about events, thought processes, actions, beliefs, motivations, or status in order to gain insight. When this type of thought is directed at oneself, it is self-reflection or personal reflection.

Self-reflection helps you determine what you are good at and where you could improve. If you have ever overreacted, self-reflection allows you to pinpoint why. It lets you examine your behaviors to determine how others perceive you. In terms of achieving goals, honest self-reflection helps you understand whether your actions are moving you in the direction of your goals or not. By engaging in self-reflection, humans gather and evaluate evidence about themselves in order to form meaningful conclusions about who they are.

Self-reflection also presents an opportunity to assess whether and how things have changed over time. Small changes occurring over time can be difficult to notice; self-reflection allows a person to really step back and appreciate the impact of those changes.

Deliberate, purposeful reflection allows for processes to be tweaked, communication to be clarified, and behavior to be adjusted.

### 7-3 Reflecting on the Research Investigation

**This assignment does not contain any printable content.**

### Personal Reflection in the Narrative

**This assignment does not contain any printable content.**

### Reflecting on the Research Investigation

**This assignment does not contain any printable content.**

### 7-4 Creating the Presentation Script

**This assignment does not contain any printable content.**

# Presentation Scripts

## Creating Presentation Scripts

A presentation script is exactly what it sounds like — a document detailing the words that will be spoken during a presentation.

Presentation scripts can be very helpful, and in some cases, necessary. Those of you who get nervous at the thought of speaking in public may benefit from scripting what you will say. No matter how nervous you may be, if you have written, memorized, and practiced your presentation, you'll find that you'll feel confident and prepared.

It's not always necessary to write down what you will say word-for-word in advance of a presentation, especially if you know the material by heart or have presented on the topic before. However, there are many instances in which presentation scripts *must* be prepared. Just a few examples of these instances include:

- When the content of a presentation contains information that must be worded correctly for legal reasons, the presenter will create a script. It may even need to be approved before the person can present the content. For example, each of the TED Talk presenters needed to submit a script to TED for approval.
- When many people, departments, or organizations contribute to a single presentation, they may send their slides along with the script for the presenter.
- When a single presentation is used by many people (such as a training presentation), a script may accompany the slides.

### Guidelines for Creating A Presentation Script

- Your vocabulary, grammar, and syntax should be professional, polished, and free of errors.
- Your script should be directed at your chosen audience.
- You can incorporate conversational words and informal sentence structure to engage the audience; however, your main concepts must be presented using audience-appropriate language.
- Do not use foul language.

## Creating the Presentation Script

**This assignment does not contain any printable content.**

## Module Seven Short Responses

**This assignment does not contain any printable content.**