

Capture Mental Health with Comics

Shelby Borst

Synopsis

What place does art and comics have in the field of abnormal psychology? Using art in therapy and using art as therapy are concepts that are reluctantly explored. Establishing art and comics as being a valid and reliable method of support in therapy is essential for a holistic view of effective therapy. This curriculum unit is meant to serve as an extension on the existing unit of abnormal psychology, focusing on how art and comics can be therapeutic for individuals and also how art and comics can be used effectively in therapy. In this unit, students research existing usage of sequential art in therapy and whether these methods are beneficial to the client. Students then use this research to evaluate the purpose and effectiveness of art and comics in therapeutic settings. Using this knowledge, students will then will engage in an interactive group activity that challenges them to design and implement their own method of sequential art therapy. In doing so, students are able to apply the content to real world scenarios, demonstrate their understanding and application of content, as well as reach the highest level of creative thinking.