

Curriculum Unit Title

Capturing Mental Health with Comics

Author

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KEY LEARNING, ENDURING UNDERSTANDING, ETC.

Sequential art, such as comics and cartoons, is a topic that is rapidly expanding in the ever challenging and trauma-informed world that we live in. Within this unit, students will explore the place that comics and cartoons have in therapeutic settings and demonstrate implementation of effective techniques.

ESSENTIAL QUESTION(S) for the UNIT

How can comics and cartoons be therapeutic?

How can comics and cartoons be used effectively in therapy?

CONCEPT A

Existing Art Therapy

CONCEPT B

Comics and Cartoons As Therapeutic

CONCEPT C

Comics and Cartoons Within Therapy

ESSENTIAL QUESTIONS A

ESSENTIAL QUESTIONS B

ESSENTIAL QUESTIONS C

How can art skills and techniques be used in a variety of settings and contexts?

How has art already been used as therapy or within therapeutic settings?

How can sequential art be therapeutic to both the artist and reader?

How can sequential art create a bond between artist and reader?

How effective have sequential art skills and techniques been in therapy?

How can comics and cartoons be effectively integrated into existing therapy sessions?

VOCABULARY A

Sequential art, graphic medicine

VOCABULARY A

Self-expressing characters, gutter, stigma

VOCABULARY A

Critical art therapy, graphic novel, narrative therapy, graphic memoir

ADDITIONAL INFORMATION/MATERIAL/TEXT/FILM/RESOURCES

During the unit, students will be tasked with using technology to expand their learning as well as research specific topics related to sequential art as therapeutic and within therapy. Students should consistently use reliable search engines that will help provide students with valid information related to their searches. The search engines that students use here are ERIC, Google Scholar, and UDLibSearch from the University of Delaware.

Students will also use a variety of visual and text sources. This includes a Charlie Brown short comic strip to start a discussion on what comics can tell us about therapy, as well as a news article from The Atlantic on how digital comics can be used in the classroom to get students thinking about comics in a variety of contexts. The range of sources allows students to experience and learn from written and visual text, which is what comics and cartoons are comprised of.