Redefining the pedagogical landscape: methodologies in art therapy research education

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Unnur Ottarsdottir: Research through art: art therapy research, grounded theory and drawn diagrams

Mimmu Rankanen: Interdisciplinary context and cooperation as an approach to art therapy research education

Celine Schweizer: Arts therapies student's research attitude in each part of the AT education programme

This roundtable aims to scrutinise the diverse methodologies in art therapy research, conceptualised as a 'rainbow spectrum.' Rather than limiting the discussion to formalised programs, the session will examine the broader pedagogical implications for research education in the field. Through interdisciplinary dialogue, participants will discuss how these methods elucidate the complexities of therapeutic interactions. The overarching goal is to foster a more inclusive and adaptive research education landscape, enhancing both theoretical understanding and practical applications across various educational levels in art therapy.

The discussion seeks to convene a group of art therapy researchers and educators for an in-depth exploration of the educational landscape surrounding art therapy research within academic institutions.

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This dialogue aims to evaluate the current pedagogical strategies, methodologies, and emerging trends in the field. The panelists will offer valuable insights from their scholarly and practical pursuits, focusing on key thematic areas such as the structural components of art therapy research education, the nuanced role of non-participatory observers, the interplay between art-making and empirical investigation, the symbiotic relationship between research and clinical practice, and the vital importance of cross-disciplinary partnerships.

Through this collaborative discourse, attendees will acquire a nuanced understanding of the complexities and opportunities inherent in art therapy research education. The interactive nature of the roundtable aspires to not only inform but also inspire participants, catalyzing innovative approaches to enhancing the field's contributions to mental health and well-being. By fostering an environment conducive to the free exchange of ideas, this roundtable aims to serve as a pivotal moment in the ongoing evolution of art therapy research education at universities.

Biography

Dr. Unnur Ottarsdottir is an art therapist, artist, and researcher at the Reykjavik Academy in Iceland. Her research interests include art educational therapy, memory drawing, and various ways of drawing for research and well-being.

Prof. Mimmu Rankanen is a professor at Oslo Metropolitan University with extensive teaching and research experience in art therapy. She's a psychotherapist and educator, focusing on adult mental health and supervisory roles.

Dr. Celine Schweizer is an art therapist and researcher in the Netherlands, focusing on autism spectrum disorders. She leads multiple research projects, and actively contributes to EFAT committees.

Recent publications and conference presentations

Ottarsdottir, U. (2023). **Non-verbal connection, communication and mirroring through joint mirror drawing in art therapy and museums.** The European Federation of Art Therapy (EFAT). Art Academy of Latvia, Riga.

Schweizer, C. (oct. 2023). **Studio Connect. Online presentation of first results of an art therapy student's research project.** EFAT's Special Interest Group Art Therapy in Museums.

Fernández-Cao, M. L., Camilli-Trujillo, C., & Fernández-Escudero, L. (2020). Projecta: an art-based tool in trauma treatment. Frontiers in Psychology, 11, 568948.

Rankanen, M., Leinikka, M., Groth, C., Seitamaa-Hakkarainen, P., Mäkelä, M., & Huotilainen, M. (2022). P**hysiological measurements and emotional experiences of drawing and clay forming.** The Arts in Psychotherapy, 79, 101899. https://doi.org/10.1016/j.aip.2022.101899