

Building skills & interdisciplinary collaboration through Arts-Based Education (ABE)

An experiential workshop from the Department of Occupational Therapy & the Tufts University Art Galleries

Roadmap

11:00 AM - 11:10 AM → Introduction & warm-up

11:10 AM - 11:50 AM → Experiential activity

11:50 AM - 12:00 PM → Wrap-up: Debrief, reflection, sharing our experience

Background information

- Arts-based education (ABE) refers to the use of art forms in teaching to build reasoning & communication skills.
 - Art forms: Drama, music, visual arts, dance, literature, etc.
- Research suggests ABE is an effective educational tool in healthcare training & that it can support many professional capacities, including:
 - Attention to detail
 - Cognitive flexibility
 - Comfort with uncertainty
 - Creativity
 - Cultural humility
 - Empathy & emotional reasoning
 - Interpersonal communication
 - Passion for the practitioner role

Let's get into it!





Wrap-up: Debrief

Warm-up: Headlines

Artful Thinking, Project Zero

- Clarifies big ideas & central themes
- Dispels need for a “right answer”
- With sharing, supports awareness of/learning from other perspectives
- When revisited, shows how thinking evolves

Activity: Second Look

Alexa Miller, Arts Practica

- Supports slow looking to move beyond first impressions/reveal complexity & dynamic nature of work observed
- Taps into observation/communication skills
- Brings personal reflection into learning

Recall the evidence-based benefits of ABE from our introduction:

Attention to detail, cognitive flexibility, comfort with uncertainty, creativity, cultural humility, interpersonal communication, passion, empathy & emotional reasoning.

Take a moment to reflect on how these benefits may or may not have been brought about through these activities.

Wrap-up: Reflection

- How does engaging with visual art **compare** to engaging in your professional/academic field? (e.g., Do you draw on similar or different skills?)
- Describe your dream arts-based **interdisciplinary collaboration**. Who would you work with & what would you do?
- How might arts-based education support **reconnecting, reengaging & cultivating relationships** between educators &/or students?
- ★ How can you **apply** your experience in this workshop to your professional/academic field?

Jot down thoughts on your index card, then we'll discuss!

Wrap-up: Our experience of interdisciplinary collaboration



Supplemental material: ABE educator toolkit

Scan it!



Click it!

[Educator Toolkit](#)

Includes: ABE background information, tips & tricks from art educators, findings from OT pilot program, nearly 20 pages of activity ideas

More from our departments

[Occupational Therapy Doctoral Student
Scholarship Webpage:](#)



[Tufts University Art Galleries Webpage:](#)



References

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Thank you!

- [Rebecca](#), [Liz](#) & [Mary](#)