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


Thank you!

- Rebecca, Liz & Mary