

Course title: **Museotherapy in Children and Youth Education**

Lecturer: **Monika Czyżewska, PhD**

Description:

The knowledge and skills gained in this course can be applied in the workplace by teachers, librarians, after-school program staff, and school counselors. For children, visits to museums may be associated with the tedious viewing of one painting after another or with participating in an intellectually demanding museum lesson. However, museums offer yet another form of engagement, one that is even more focused on experience, the senses, and emotions than the first two: museotherapy. It combines the richness of cultural heritage with practical tools for working with emotions, and its goal is to help people find inner balance.

This innovative method relies on using museums and galleries as places of inspiration and therapy for people of all ages and with diverse needs. Unlike art therapy, museotherapy does not involve creative manual work, but rather engagement with works of art, the museum space, the atmosphere, and the narrative of exhibitions or collections. Many topics presented to children and young people within formal and non-formal education (for example: emotions, crisis, conflict, migration, community, the search for one's own identity, and many others) can be perfectly illustrated through works of art. Participants in museum therapy can be guided along a pre-planned path or encouraged to independently choose places or works in the museum that influence their experience of the visit.

During four sessions, participants will have the opportunity to explore the fundamental concepts of museum therapy.

The first session will serve as an introduction, during which participants will be introduced to the theoretical and research foundations of museum therapy, as well as examples of its application with various groups of children and adults facing difficulties or challenging situations.

The next two sessions will take place at selected museums in Warsaw.

The final session will be devoted to summarising the participants' experiences from the practical sessions in the museums and to a presentation of the participants' work.