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funded organization

# Utilization of Therapies when Educating Pupils in One-year Practical School and Two-year Practical School

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# Practical School

- \* **One-year Practical School 78-62-C/01 (total 10 pupils)**
- \* **Two-year Practical School 78-62-C/02 (total 39 pupils)**

## **In Practical School pupils with SEN are educated:**

- Pupils with light mental retardation (total 11 pupils)
- Pupils with moderate mental retardation (total 20 pupils)
- Pupils with autism (total 3 pupils)
- Pupils with multiple disabilities (total 13 pupils - including MR and physical disabilities - 10 pupils, MR and hearing impairment - 1 pupil, MR and visual impairment - 2 pupils )
- Blind pupils (total 2 pupils)



# Therapies in Educational Process

In 2008 we managed to get funding from the ESF from OP „Education for Competitiveness“ for the project „Modern environment for modern teaching“. We wrote the project ourselves and in its implementation we applied the experience gained in many years of educational work with pupils with handicap. Among other things the project focused on integration of therapies into educational process of pupils with special educational needs.

## **Into educational process we incorporated:**

- \* Music therapy
- \* Occupational therapy
- \* Drama therapy
- \* Art therapy

# Therapies in Educational Process - Music Therapy

**Music Therapy** is a targeted use of sounds and music for therapeutic purposes. Therefore Music therapy is about using music to achieve positive changes in psychological, physical, cognitive and social functioning of an individual with health or educational problems.

## **Targets of Music Therapy:**

- \* Enables the fulfillment of various physical, emotional, intellectual, social and other needs of an individual
- \* The cure, learning, development of social interaction and communication, self-expression, motivation, pain and stress management,
- \* Develops the relationship between the client and the therapist through common musical experience and communication
- \* Improves quality of life, personal and spiritual development of an individual

# Therapies in Educational Process - Occupational Therapy

**Occupational Therapy** is a therapy of motor-intellectual functions and social skills in order to achieve independence in personal, social and work life. It develops various work skills of the person with disability in the way that it is possible to incorporate him/her successfully into fulfilling life.

## **Targets of Occupational Therapy Intervention:**

- \* Through work to achieve improvement of functional damage in individuals
- \* To prevent progression and formation of secondary damage
- \* To achieve maximum autonomy (self-sufficiency)

Occupational therapy develops or improves gross and fine motor skills, motor coordination, visual-motor coordination, improves communication of pupils with special educational needs.

# Therapies in Educational Process

## - Drama Therapy

**Drama Therapy** is an intentional use of drama and theatre practices that evoke experience of emotions, gaining internal harmony. It works with the imagination of the individual.

### **Targets of Drama Therapy:**

- \* Teaches growing openness of self-confidence, reducing negative attitudes, relieves symptoms of impairment, alternatively teaches to live with them
- \* Develops skills of orientation in social situations, teaches how to react adequately in various social roles
- \* Removes stress factors and personal tension, has an impact on total relief, relaxation, overcoming barriers in ourselves and in the relation to others
- \* Develops empathy, creativity, self-confidence, self-awareness, develops cognitive processes and emotionality
- \* Improves the quality of life of individuals

# Therapies in Educational Processes - Art Therapy

**Art Therapy** is based on the artistic expression of individuals as the main therapeutic agent. It is about the art creation, where the result is not important, but the process of creation, the joy of activity.

## **Art Therapy techniques are suitable mainly:**

- \* To support the personal development of children – develops self-awareness, knowing others and communication
- \* For shy and anxious children
- \* For aggressive children
- \* As the prevention of occurrence undesirable behaviour
- \* To develop tolerance to children that are somehow different from others (racial difference, children with handicap etc.)
- \* To release the tension

# Preconditions for Implementation of Therapies into Educational Process in Practical School

- \* Building special therapeutical classrooms
- \* Therapeutical classrooms equipped with special tools
- \* Education of educational workers
- \* Creation of methodological material for educational workers

# Building Therapeutical Classroom for Music Therapy

## **Purchase:**

- \* Furniture, carpet, curtains
- \* Musical instruments
- \* Orffs instruments
- \* Publications with suggestions for music therapy
- \* songbooks
- \* Karaoke program
- \* DVD and CD with music



# Music Therapy Classroom





# Building Therapeutical Classrooms for Occupational Therapy

## \* Sewing and weaving workshop

### Purchase:

- 3 looms
- Frames for weaving
- Sewing machines
- furniture
- Aids for the implementation of occupational therapy
- Publications with suggestions for occupational therapy

## \* School kitchen

We used the existing school kitchen equipment.

### Purchase:

- Kitchen tools (special scales, knives and other tools for pupils with handicap)
- Food for implementation of occupational therapy

# Occupational Therapy Classroom – Sewing and Weaving Workshop



# Occupational Therapy – in the School Kitchen





# Building of Therapeutical Classroom for Art Therapy

We built the classroom from unused warehouse. New tiles on the floor and on the walls were placed.

## **Purchase:**

- furniture
- Tools for the implementation of art therapy
- Material for non-traditional art techniques.
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# Art Therapy Classroom – Workshop for Handicrafts



# Building of the Therapeutical Classroom for Drama Therapy

For drama therapy we used existing room, so called mirror lounge.

## **Purchase:**

- \* 15 pcs costumes
- \* Puppet theatre including puppets
- \* Glove puppets
- \* Publications with suggestions for drama therapy
- \* other special tools necessary for implementation of drama therapy



# Drama Therapy Classroom



# Special Pedagogy Education – Experience Seminars for Educational Workers

## Seminars focus:

- \* Educational music therapy
- \* Educational occupational therapy
- \* Educational drama therapy
- \* Educational art therapy



# Seminars for Educational Workers – Theoretical Assumptions about Particular Therapies



# Two-day Experience Seminar for Educational Workers





# One-day Seminar for Educational Workers – Music Therapy





# One-day Seminar for Educational Workers – Occupational Therapy





# One-day Experience Seminar for Educational Workers – Drama Therapy



# One-day Experience Seminar for Educational Workers – Art Therapy



# Creation of Methodological Material for Educational Workers who Work with pupils with SEN

## Following methodological materials were created:

- \* Educational music therapy
- \* Educational occupational therapy
- \* Educational drama therapy
- \* Educational art therapy
- \* Collection of practical suggestions, games and exercises

Methodological materials were given to all educational workers and they are available in school library.



# Utilization of Therapies among Pupils of One-year Practical School and Two-year Practical School

## **Therapies are used:**

- \* In leisure education in therapeutic workshops
- \* At excursions
- \* At adaptive stay of practical school
- \* At implementation of therapies into teaching



# Leisure Education in Therapeutic Workshops

- \* Therapeutic Workshop of Art Therapy
- \* Therapeutic Workshop of Occupational Therapy
- \* Therapeutic Workshop of Music Therapy
- \* Therapeutic Workshop of Drama Therapy

Therapeutic workshops are held once in 14 days (or once a week), always in the afternoon (after school). Pupils attend the workshops voluntarily according to their own interest. The workshops are lead by teaching staff who have been trained in the field of therapies.

# Methods and Means of Music Therapy

- \* Playing the musical instrument
- \* singing
- \* Tapping the rhythm
- \* Music-motor plays, playing on the body
- \* Listening and experience of music
- \* Orff instruments
- \* Preparatory breathing exercises
- \* Relaxation and breathing techniques

# Example of Work in Music Therapy Workshop







# Methods and Means of Occupational Therapy

- \* Practice of everyday activities (dressing, cooking, housework, shopping, etc.)
- \* Handling various subjects
- \* Creative activities



# Example of Work in Occupational Therapy Workshop



# Occupational Therapy – in the School Kitchen





# Methods and Means of Drama Therapy

- \* Empatic behaviour, correction of behaviour, opinions and attitudes
- \* Establishing of contact, communication, stimulation
- \* Games to develop perception, relaxation, concentration, sensory games
- \* Dramatic methods and techniques – plays with a glove puppet, work with a story, mime, dance drama, theatre, dialogue improvization



# Example of Work in Drama Therapy Workshop



# Drama Therapy





# Drama Therapy – Father Frost





# Drama Therapy – Cinderella



# Drama Therapy – Cinderella



# Methods and Means of Art Therapy

- \* Drawing and painting
- \* Work with paper
- \* Modeling, engraving, relief
- \* Work with textiles, paper, strings
- \* Creative activity



# Example of Work in Art Therapy Workshop





# Art Therapy





# Art Therapy





# Sample Products of Leisure Education in Therapeutic Workshops





# Sample Products of Leisure Education in Therapeutic Workshops





# Sample products of Leisure Education in Therapeutic Workshops





# Sample Products of Leisure Education in Therapeutic Workshops



# Sample Products of Leisure Education in Therapeutic Workshops





# Excursion of Leisure Education Great-Grandfather Gallery





# Excursion of Leisure Education Shikl mill



# Adaptation Stays

Every year at the beginning of the school year we hold adaptation stay for pupils of practical school, where all the therapies are applied – including canistherapy ang hipotherapy.





# Integration of Therapies in Teaching

Trained educational workers implement therapeutic methods into teaching within their subjects:

- \* Educational art therapy
- \* Educational drama therapy
- \* Educational occupational therapy
- \* Educational music therapy



# Educational Music Therapy

## Connecting to teaching

Music therapy finds its application primarily in lessons of music, Czech language, family and health education, PT, art, drama, music and motor education and health education.

# Educational Occupational Therapy

## **Connecting to teaching:**

Occupational therapy methods are mainly used in subjects focused on pupils gaining job skills. That is teaching in professional subjects, preparing meals, handicrafts, technical education, gardening.

# Educational Drama Therapy

## **Connecting to teaching:**

Drama therapy finds its application in almost all the subjects at school . Within teaching in educational process of pupils with special educational needs it is mainly incorporated into Czech language, civic education, family and health education, drama education, social education, music and physical education.



# Educational Art Therapy

## **Connecting to teaching:**

Art therapy methods are primarily used in art and handicraft subjects.

That is teaching of art education, preparing meals, handicrafts, family and health education, gardening.

# Benefits of Therapies for Pupils in One-year Practical School and Two-year Practical School

- \* Enrichment of the teaching of pupils with nontraditional elements, methods and forms of work
- \* Elimination of health problems at individual pupils
- \* Easier and nonviolent inclusion of shy pupils into class
- \* Development of fine and gross motor skills
- \* Suitable and meaningful use of leisure time after school
- \* Appearance and product presentations in the public – e.g. Children Days at Silesian-Ostrava castle , Senior Days, European Days of Handicap etc.

# Benefits of Therapies for Educational Workers

- \* Better knowledge of pupils, understanding their problems and handicaps
- \* Teaching with interesting methods
- \* Work satisfaction
- \* Opportunity for further self-education
- \* Development of self-awareness, empathy, fantasy and creativity
- \* Team building of the teaching staff

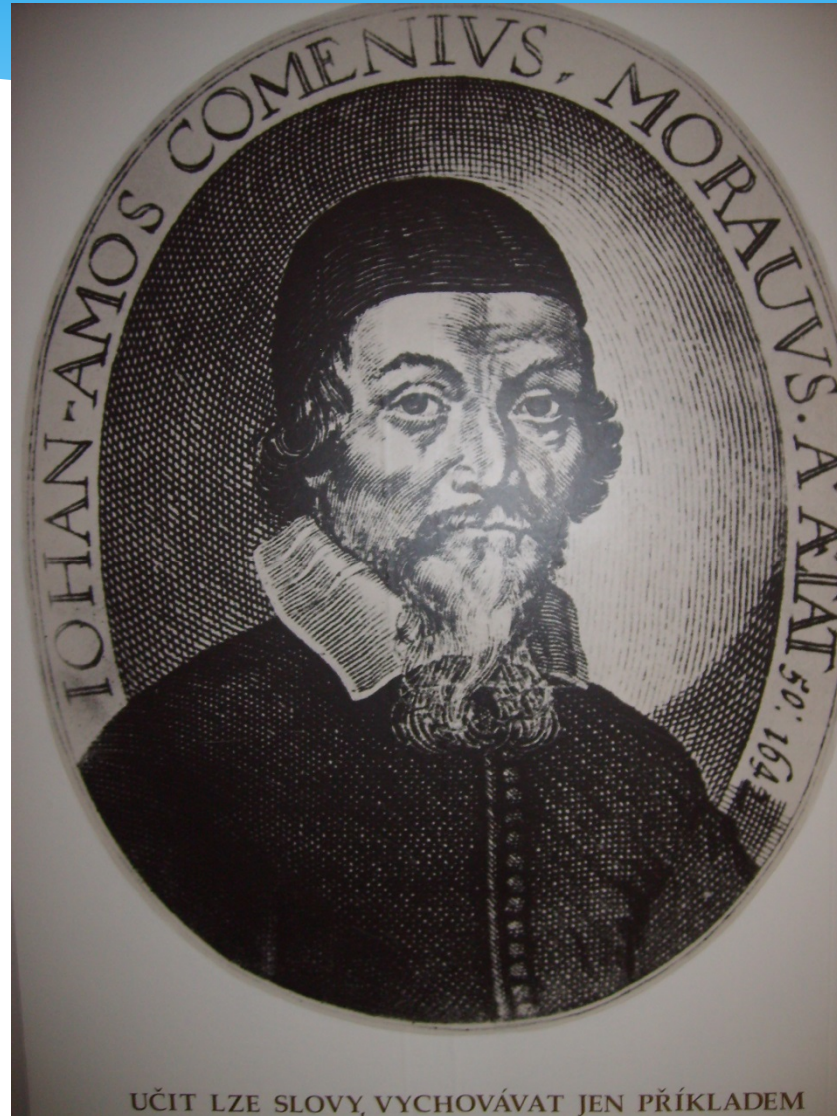


# The Importance of Therapy Implementation into Educational Process for the School

- \* Improvement of the social climate at school
- \* Increasing the skills of teaching staff – training
- \* Application of innovative methods and procedures and improvement of the quality of teaching
- \* School publicity in the media – on introducing therapies into teaching there was a television report made and several newspaper articles were published
- \* Achievement of higher prestige of the school (interest in education at our school)

„The school as a creative workshop of knowledge, where everybody finds his/her place, will apply and develop its assumptions.“

J.A. Komenský



**Thank you for your attention 😊**