

Creative Interventions Clearinghouse

Teaching Counselor Creativity: Creative Assignments for Counseling Students

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Purpose:

The purpose of this creative intervention is to provide counselor educators with ways to implement creativity in the classroom.

Materials Needed:

None

Procedures:

Me as a Metaphor

Students use a metaphor to present themselves to the class. Students select a form of creative arts to describe their work as helpers. For instance, a counselor-in-training uses the metaphor of clay to sculpt a tree to describe his or her development. Another example includes a student creating a flip book with a small pad of paper and markers to represent him or herself as being in motion and changing throughout the counseling program.

What's Out There?

Encourage students to examine professional literature and bring examples to class. This activity helps students explore how creative approaches are being used in the profession.

Process Questions and Follow-Up:

None

Practice Setting:

Counselor Education

For full article and case examples, please see Smith, A. L. (2011). Teaching a course on creativity in counseling: Ideas for counselor Educators. *Journal of Creativity in Mental Health*, 6(2), 149-165
