



ARTHEWE

Multiform Pedagogy in Arts, Health and Well-being Education

**The Process of Professional Growth as a
Professional of Creative Well-being, Syllabus**





Study unit/course	The Process of Professional Growth as a Professional of Creative Well-being
Level of studies	Master's Degree Programme
ECTS	5
Duration	Form the beginning to the end of the Master's degree programme, 1,5-2 years.
Evaluation	1-5 or passed/failed
Learning methods	Face-to-face and/or online learning sessions, approximately once a month. Digital storytelling, personal reflection through diary writing, reflective discussions, other reflective, arts-based and embodied group activities and exercises, writing an expert text for publication, final reflection.

Competence objectives of study unit

Goals:

The student actively participates in the reflective identity process, in which his/her self-knowledge, experience and understanding related to creative well-being increase.

During the process, the student analyzes his/her strengths and development needs as a professional in his/her field and develops his/her skills in a goal-oriented manner.

In the process, the student applies creative autobiographical, arts-based and embodiment methods to reflect on his/her own developing identity and professional competence.

By the developing professional identity the student recognizes various professional opportunities in the field of creative wellbeing and applies them in own operating environment and professional tasks.

The active and reflective identity process supports the ability to create and maintain partnerships and networks that support the development of one's own professionalism and encourages competences for contributing to them.

Content of the study unit:

Recognizing, appreciating, and strengthening one's own relationship to arts and culture.

Setting goals for the development of one's professional profile.

Enabling and reflecting creative wellbeing experiences.

Processing own identity work: past, present, future. Transformation of professional identity.

A holistic understanding of people and wellbeing.

Arts based and embodied autobiographical and wellbeing supporting methods.



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Different professional identities, roles, and professional paths in the field of creative wellbeing.

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Awareness of the importance of interprofessional work, networks and cooperation in the field of creative wellbeing in relation to one's own background education, working environments and basic tasks there.

Detailed information in the article in the Arthewe project publication: [Process of Professional Growth in Creative Wellbeing Studies](#) (Juppi, P; Lilja-Viherlampi, L-M & Tanskanen, I, 2023) pages: 92-110.