Assumption University
Theodore Maria School of Arts
Department of General Education
Course Outline 2/2026

Course: **GE 2218 Healing Through Art and Sound**

Credit : **3**

Status **General Education (Free Elective)**

Prerequisite: **None**

Lecturer : **Sasinut Lhaitananont**

Course Description: Enhancing mental, emotional, and physical well-being through the art creation process and promoting relaxation and stress relief with music and/or musical elements such as sound, rhythm, and harmony

Course Objectives: **The course aims to enable students to**

1. To explore art and sound as tools for emotional healing and stress reduction know how to improve their self-esteem.
2. To develop self-awareness and mindfulness through creative expression and sound-based practices.
3. To integrate art and sound techniques into daily self-care and well-being routines

Teaching-Learning Activities:

1. Lectures
2. Case Study
3. Short Motivational and Inspirational Clips
4. Individual Reflection Project
5. Individual Project
6. Group Project

Course Components and Mark Allocation:

1. Attendance	**10%**
2. Assignment	**40%**
3. Individual Project	**20%**
4. Group Project	**20%**
5. Active Learning	**10%**
Total	**100%**

Class Requirement:

1. Attendance is at least 80% in all onsite classes. Class participation will combine with your attendance. Students are expected to attend class and participate in the learning activities from the beginning until the end of the class. (An unexcused absence will result in a deduction of **Two** point from the attendance grade)
2. Please mute your microphone when you are not speaking, and do not distract others.
3. Students are requested to dress appropriately.

Remarks: Dress code for attending class and obtaining class attendance:

To obtain permission to attend classes and be granted class attendance, undergraduate students must strictly comply with permissible classroom entry time stipulated in the provided course syllabus and the university dress codes. Ref: Assumption University of Thailand Regulations of Uniform and Dress Code for Day Program Students, issued on January 22, 2021(https://sa.au.edu/)

Evaluation:	**80% - 100%**	**=**	**A**
	78% - 79%	**=**	**A-**
	73% - 77%	**=**	**B+**
	70% - 72%	**=**	**B**
	68% - 69%	**=**	**B-**
	63% - 67%	**=**	**C+**
	60% - 62%	**=**	**C**
	58% - 59%	**=**	**C-**
	50% - 57%	**=**	**D**
	< 50%	**=**	**W**

Textbook:
García, H., & Miralles, F. (2017). ***Ikigai: The Japanese secret to a long and happy life*****. Penguin Books.**

References:

1. **Baer, R. A. (2006).** ***Mindfulness-based treatment approaches: Clinician's guide to evidence base and applications*****. Academic Press.**
2. **Bishop, S. R., & Segal, Z. V. (2004).** ***Mindfulness-based cognitive therapy for depression: A new approach to preventing relapse*****. Guilford Press.**
3. **Brown, K. W., Creswell, J. D., & Ryan, R. M. (Eds.). (2015).** ***Handbook of mindfulness: Theory, research, and practice*****. Guilford Press.**
4. **Germer, C. K., Siegel, R. D., & Fulton, P. R. (Eds.). (2016).** ***Mindfulness and psychotherapy*** **(2nd ed.). Guilford Press.**
5. **Grossman, P., & van Dam, N. T. (Eds.). (2011).** ***Mindfulness, acceptance, and positive psychology: The seven foundations of well-being*****. Routledge.**
6. **Kabat-Zinn, J. (2013).** ***Full catastrophe living: Using the wisdom of your body and mind to face stress, pain, and illness*** **(Revised ed.). Bantam.**
7. **Kabat-Zinn, J. (2005).** ***Coming to our senses: Healing ourselves and the world through mindfulness*****. Hyperion.**
8. **Khoury, B., & Tang, Y. Y. (Eds.). (2017).** ***The Oxford handbook of mindfulness*****. Oxford University Press.**
9. **Lomas, T. (2017).** ***Mindfulness in positive psychology: The science of meditation and wellbeing*****. Routledge.**
10. **McCown, D., Reibel, D., & Micozzi, M. S. (2011).** ***Teaching mindfulness: A practical guide for clinicians and educators*****. Springer.**
11. **Nyanaponika Thera. (1996).** ***The heart of Buddhist meditation: A handbook of mental training based on the Buddha's way of mindfulness*****. Samuel Weiser.**
12. **Shapiro, S. L., & Carlson, L. E. (2009).** ***The art and science of mindfulness: Integrating mindfulness into psychology and the helping professions*****. American Psychological Association.**
13. **Siegel, D. J. (2010).** ***The mindful therapist: A clinician's guide to mindsight and neural integration*****. W. W. Norton.**
14. **Stahl, B., & Goldstein, E. (2019).** ***A mindfulness-based stress reduction workbook*** **(2nd ed.). New Harbinger Publications.**
15. **Williams, J. M. G., & Penman, D. (2011).** ***Mindfulness: An eight-week plan for finding peace in a frantic world*****. Rodale.**

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Study Plan and Schedule:

Week	Topic(s)
1	**Class introduction** **Element of** Art: Express music through lines
2	**Color:** Emotional Dimension of Color; Mood board making **Types of Patterns:** Design Your Identity Pattern
3	**Meditation:** Present Moment Awareness in Sitting Meditation **Meditation:** Exploring Walking Meditation with music
4	**Art, Sound, and Serenity:** A Creative Video Journey **From Hands to Hearts**: Paint to give
5	**Tai Chi:** Mindful moving **The Art of Chinese Calligraphy**: Healing Through Brush and Ink
6	**Presentation:** A Day in My Life Through Cinematic Storytelling **Tibetan Singing bowl:** Sound Bath Meditation for Stress Relief
7.	**Bead Making**: Expressing Creativity Through Bead Design **Individual Project:** The Art of Me I
8.	**Individual Project:** The Art of Me II **Individual Project**: The Art of Me III

----------NO MIDTERM EXAMINATION----------

****Check and confirm the examination date and time with the registrar's notice again before the examination period.****

Week	
9.	**Infographic:** Digital Mindfulness Through Infographic Creation
	Yoga I: Breath & Balance
10.	**Yoga II:** Breath & Balance
	Crystal Singing Bowl Sound Healing: Experiencing deep relaxation through crystal bowl vibrations.
11.	**Meditation:** Sleep Wellness Through Meditation Practice
	Mindful Eating: Experiencing Food Through the Senses
12.	**The Healing Power of Art:** An Exhibition Reflection
	Upcycled Art: Healing Through Upcycle Creativity
13.	**Texture:** Inner Peace Through Creative Texture
	Scent Exploration: Small artwork inspired by scent
14.	**Flower of Peace:** Art, Blessing, and Inner Calm Through Flower Arrangement
	Presentation: My Healing Journey Through Art and Sound
15.	**Group Project Presentation**

----------NO FINAL EXAMINATION----------

*****************Check and confirm the examination date and time with the registrar's notice again before the examination period*****

February 19, 2027 : Last day to withdraw with "W"

*************Check and confirm the Last day to withdraw with "W" at AU Spark**

LOCATION AND CONTACT INFORMATION
GENERAL EDUCATION (GE) office hours are Monday through Friday, 8.30 a.m. – 16.30 p.m.
Office Location: CL10
Phone: 02-7832222 Ext.2485
Email Address: general_education@au.edu

Au VISION 2000

Assumption University of Thailand envisions itself as:

- an international community of scholars,
- enlivened by Christian inspiration,
- engaged in the pursuit of Truth and Knowledge,
- serving human society, especially through the creative use of interdisciplinary approaches and cyber technology.

ENVISIONING Au GRADUATES

Assumption University of Thailand envisions its graduates as:

- healthy and open-minded persons, characterized by personal integrity, an independent mind, and positive thinking,

- professionally competent, willing to exercise responsible leadership for economic progress in a just society,
- able to communicate effectively with people from other nations and to participate in globalization.

AU MISSION

Assumption University, an International Catholic University, is committed to be the light that leads learners and its stakeholders from all parts of the world towards wisdom, Truth, and Christian values and to discover "Treasure Within" themselves. Via effective teaching and research pedagogies of international standards as well as community engagement, the University aims to form individuals to be intellectually competent, morally sound, and spiritually enriching, accountable, righteous, and service-minded citizen, excelling in serving communities comprising of diverse cultures.

Au UNIQUENESS

"An International Catholic University"

Au IDENTITY

- Ethics
- English Proficiency
- Entrepreneurial Spirit

THEODORE MARIA SCHOOL OF ARTS
(www.arts.au.edu)
VISION AND MISSION

Vision

An international community of business communicators in Thailand

Mission

Theodore Maria School of Arts will ensure that: the School will…

1. Enhance business language skills
2. Promote cultural awareness
3. Foster academic networking
4. Encourage ethical standards and practices

TAGLINE

เติมเต็มศิลป์ภาษา พัฒนาศาสตร์ธุรกิจ

Language Education, Business Inspiration

ARTS ORGANIZATIONAL CULTURE: More than faculty, we are family

• Open communication
• Mentoring system
• Dedication
• Caring
• Teamwork
• Commitment
• Resource sharing

Core Values

A = Adaptability
R = Responsibility
T = Togetherness
S = Sustainability

Core Competencies

Employability
Multiculturalism
Internationalization

Quality Assurance Process

Students should understand and apply the Quality Assurance Process in their study. The Plan-Do-Check-Act Cycle (PDCA) provides an easy but effective approach for problem solving and managing change, ensuring that ideas are appropriately tested before the full implementation. It can be used in

all sorts of situations and can be clarified as follows:

Plan: Define the current problem, process, and issue and establish objectives and processes required to deliver the desired results.
Do: Implement the plans and new processes developed.
Check: Monitor and evaluate the implemented process by testing the results against the predetermined objectives.
Act: Apply actions necessary for improvement if the results require changes.

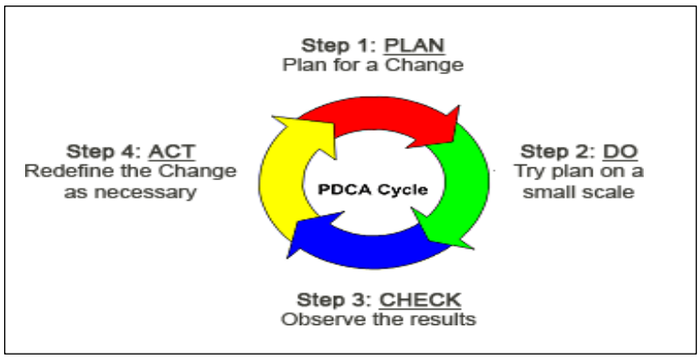


Figure 1: PDCA Cycle (http://www.swopehealth.org)

THEODORE MARIA SCHOOL OF ARTS
Advising and Counseling 2/2026

All Arts students (Business English, Business French, Business Chinese, Business Japanese, and English - Chinese for Digital Communication) must meet with their advisors before they pre-register for the 1/2027 semester. Students who fail to come for their advising and counseling session will not be allowed to register for 1/2027 during the pre-registration period.

Names of advisors for semester 2/2026 will be posted on the faculty website (www.arts.au.edu), at CL 11 and on the Department Boards at SM Bldg. Arts students are required to check their advisors' names every semester and meet with them before the pre-registration.