ART THERAPY

The graduate program in art therapy trains exceptionally skilled therapists whose professional practice is grounded in a broad understanding of current clinical art therapy, counseling, and trauma theories. Students are taught effective research and evaluation methodologies, clinical skills, and studio expertise, all within a diverse, integrative, and culturally-responsive format. The student-focused approach allows each student to cultivate a unique identity as an art therapist.

GRADUATE

Master’s programs

- Master of Arts in the field of art therapy (http://bulletin.gwu.edu/arts-sciences/art-therapy/ma)
- Master of Arts in the field of art therapy practice (http://bulletin.gwu.edu/arts-sciences/art-therapy/ma-practice)

FACULTY

Assistant Professors H. Bardot (Director), D. Betts, L. Garlock, T. Tripp (Teaching), E. Warson


Lecturer C. Cox

COURSES

Explanation of Course Numbers

- Courses in the 1000s are primarily introductory undergraduate courses
- Those in the 2000-4000s are upper-division undergraduate courses that can also be taken for graduate credit with permission and additional work
- Those in the 6000s and 8000s are for master’s, doctoral, and professional-level students
- The 6000s are open to advanced undergraduate students with approval of the instructor and the dean or advising office

Note: The following courses are open to non-art therapy students with permission of the instructor or program director: ARTH 6206 Human Development and Art Therapy, ARTH 6231 Child Art Therapy, ARTH 6232 Art Therapy with Adolescents, ARTH 6233 Marital and Family Art Therapy/Counseling, ARTH 6234 Group Process, ARTH 6235 Social and Cultural Diversity, ARTH 6242 Psychopathology/Art and Diagnosis, ARTH 6261 Ethics and Professionalism.

ARTH 6201. Survey of Art Therapy. 3 Credits.
ARTH 6205. History and Theory of Art Therapy. 2 Credits.
Art therapy history and theory, milestones and practitioners. The development of art therapy as a distinct therapeutic practice. Overview of psychotherapy theories relevant to art therapy. Open only to art therapy students.

ARTH 6206. Human Development and Art Therapy. 3 Credits.
Psychological and artistic development across the life span. Theories of personality development; cultural and environmental influences. Human behavior, including developmental crises, disability, exceptional behavior, and addictive behavior.

ARTH 6210. Counseling/Art Therapy Process. 3 Credits.
Theoretical and clinical dimensions of counseling and art therapy explored through study of current research concerning the diverse elements affecting the therapeutic process. The goals of each phase of treatment; development of the therapeutic alliance; assessment of client readiness; therapeutic techniques and interventions as practiced in short- and long-term treatment.

ARTH 6211. Counseling/Art Therapy Theory. 3 Credits.
Overview of major theories in counseling and psychotherapy in light of the creative process and other aspects of the clinical practice of art therapy. Client art and art-making, and the therapeutic encounter and treatment, as influenced by attachment, trauma, psychoneurobiology, and multicultural issues. Prerequisite: ARTH 6210.

ARTH 6221. Studio/Technique of Art Therapy. 3 Credits.
Direct experience of the therapeutic utility and psychological influence of art processes and materials. Identifying the effect of art-making leading to assessment and intervention strategies. Open only to art therapy students.

ARTH 6231. Child Art Therapy. 2 Credits.

ARTH 6232. Art Therapy with Adolescents. 2 Credits.
Practical, theoretical, and ethical considerations involved in treating adolescents in clinical and educational settings. Assessment and treatment issues integrating the use of art techniques specifically designed for this population. Application of art therapy and counseling principles and practice for diverse adolescent populations. Development of interventions for varied DSM-IV diagnoses.
ARTH 6233. Marital and Family Art Therapy/Counseling. 3 Credits.
Principles of work with couples and families, including an overview of systems theories and stages of family life cycle development. The use of art techniques for evaluation of family dynamics. Videotaped observation of family art evaluations in clinical settings. Intervention strategies address cultural issues and ethical considerations.

ARTH 6234. Group Process. 3 Credits.
Theoretical and experiential understanding of group art therapy and counseling methods and skills. Principles of group dynamics, therapeutic factors, member roles and behaviors, leadership styles and approaches, selection criteria, and short- and long-term group process.

ARTH 6235. Social and Cultural Diversity. 3 Credits.
Consideration of stereotypes and biases that interfere with effective treatment of patients who are racially, ethnically, and otherwise diverse. The role of the art therapist in conflict resolution, advocacy, and social justice. Exploration of the therapist’s heritage, expectations, and values. Racial identity development; skills for multicultural counseling.

ARTH 6241. Assessment Procedures. 3 Credits.
Instruments and procedures used in assessment of psychological health and psychopathology as manifested in artwork and art-making. Statistical concepts, including reliability and validity; selection and administration of the assessment tool; effects of developmental level and cultural factors; documentation of the assessment; and formulation of treatment goals.

ARTH 6242. Psychopathology/Art and Diagnosis. 3 Credits.
Criteria of psychiatric diagnoses, such as the Diagnostic and Statistical Manual multiaxial system, theories of psychopathology, and relevant literature. Evaluation of potential indicators of functional and organic disorders in behavior and artwork of clients. Ethical issues; cultural and environmental influences on diagnostic categorization. Basic introduction to psychopharmacology.

ARTH 6243. Substance Abuse and Addictions. 3 Credits.
Overview of substance abuse and addictions for art therapy and counseling, including theory and treatment applications. Screening and assessment tools; treatment models specific to the field of addictions. Art therapy techniques in the treatment of substance abuse for adolescents and adults in a variety of treatment settings. Restricted to ARTH majors only.

ARTH 6251. Research Methods. 3 Credits.
Planning, conducting, and evaluating relevant methodologies, including qualitative and quantitative approaches and basic statistics. The importance of research in the psychotherapy professions; ethical and legal considerations; and the use of research to assess effectiveness of mental health and art therapy services.

ARTH 6261. Ethics and Professionalism. 3 Credits.
Professional identity and role of the art therapist; the ethical practice of art therapy, including familiarity with ethical standards of AATA and ATCB as well as ACA and related fields; credentialing and licensure; public policy and advocacy for patients and for the profession.

ARTH 6262. Career Counseling and Art Therapy. 3 Credits.
The theoretical foundation and practical experience necessary to understand and support career development needs for diverse individual clients and groups. Career development over the lifespan; assessments, tools, and resources; occupational and labor market trends and resources. Specific art therapy techniques applicable to career counseling in educational and work settings. Restricted to ARTH majors only.

ARTH 6265. Advanced Issues in Psychotherapy and Art Therapy. 1-3 Credits.
Overview and application of one or more treatment models or theories to various mental and emotional disorders. Connections between the practice of art therapy and the techniques of other disciplines.

ARTH 6271. Art Psychotherapy and Trauma I: Theory and Approaches to Treatment. 0-3 Credits.
The etiology of trauma-related disorders, with conceptualization of symptoms as responses to overwhelming stress. The psychobiology of traumatic stress. How traumatic stress (physical or sexual abuse, severe neglect, rape, terrorism, natural disaster) affects the psyche. Neurophysiological research on trauma and the unique way traumatic memories are stored in the brain.

ARTH 6272. Art Psychotherapy and Trauma II: Loss, Countertransference, and Resiliency. 0-3 Credits.
The multimodal treatment of acute, serial, or complex trauma-related disorders, including psychodynamic, intensive short-term dynamic, cognitive behavioral, eye movement desensitization and reprocessing, somatic, and narrative and art-based approaches. Clinical opportunities for supervised treatment or observation of treatment of clients with trauma histories.

ARTH 6281. Practicum in Art Therapy. 1-2 Credits.
A total of 900 hours of clinical fieldwork in a professional setting. Supervised clinical experience with clients or patients in psychiatric, rehabilitation, and education settings with children, adolescents, and adults. On-site individual supervision by clinical instructors; on-campus group supervision by faculty. Open only to art therapy students.

ARTH 6292. Special Projects in Art Therapy. 1-12 Credits.
Individual work based on research. Empirical, clinical, and library research may be undertaken, as well as the development of new procedures. Details to be worked out with each student. May be repeated for credit with advisor’s approval. Open only to art therapy students.

ARTH 6998. Thesis Research. 3 Credits.
ARTH 6999. Thesis Research. 3 Credits.