

# ART THERAPY

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

Visit the department website (<https://arththerapy.columbian.gwu.edu/>) for more information.

## GRADUATE

### Master's program

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

## FACULTY

Associate Professors: H. Bardot (*Director*), J. King, J. Potash

Assistant Professors: L. Garlock, M.E. Ruff, T. Tripp (*Teaching*)

Professorial Lecturers: R. Albert, J. Baldwin, D. Brancheau, D. Bunkley, T. Councill, M. Efozdi, K. Faulkner, C. Knebel, O. Kraybill, L. Milofsky, S. Nelson, D. Preston-Dillon, D. Sabados, M. Scher-Phillips, A. VanBrunt, L. Vance, L. Yoder

## COURSES

Explanation of Course Numbers

- Courses in the 1000s are primarily introductory undergraduate courses
- Those in the 2000s to 4000s are upper-division undergraduate courses that also may be taken for graduate credit with permission and additional work assigned
- 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:

ARTH 6201 Survey of Art Therapy

**ARTH 5099. Variable Topics. 1-99 Credits.**

**ARTH 6201. Survey of Art Therapy. 3 Credits.**

The use of the visual arts to enhance personal development and growth; illustrated lectures, readings, discussion, and studio work presented by experts in the field. Instruction is delivered online via Blackboard. No previous art experience is necessary.

**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; and human behavior, including developmental crises, disability, exceptional behavior, and addictive behavior. Restricted to students in the art therapy program.

**ARTH 6207. Human Development and Art Therapy I: Child and Adolescent. 2 Credits.**

Practical and developmental considerations when working with adults and senior adults in art therapy; psychological, cultural, environmental, and artistic influences and expectations; life span impacts of human behavior, developmental crises, disability, and exceptional behavior. Restricted to students in the art therapy program.

**ARTH 6208. Human Development and Art Therapy II: Adults and Senior Adults. 2 Credits.**

Practical and developmental considerations when working with adults and senior adults in art therapy; psychological, cultural, environmental, and artistic influences and expectations; life span impacts of human behavior, developmental crises, disability, and exceptional behavior. Restricted to students in the art therapy program. Prerequisite: ARTH 6207.

**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. Process of Counseling and Art Therapy: Theory. 3 Credits.**

Major theories in counseling and art psychotherapy through the lens of the creative process and other aspects of clinical practice; the influence of multicultural issues, contemporary and evidence-based practices, and various settings on art-making and the therapeutic encounter. Restricted to students in the art therapy program. Prerequisite: ARTH 6210.

**ARTH 6212. Creativity, Symbolism, and Metaphor. 2 Credits.**

Theories of creative development, aesthetics, and art interpretive strategies for engaging metaphor, symbolism, and personal association to client artwork; integrating personal, familial, cultural, and social meanings for insight and revelation. Restricted to students in the art therapy program.

**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.**

Practical, theoretical, and ethical considerations involved in treating children in clinical, community, and educational settings; application of art therapy and counseling principles and practices for diverse child populations; development of interventions for varied DSM diagnoses. Restricted to graduate students in the art therapy program.

**ARTH 6232. Art Therapy with Adolescents. 2 Credits.**

Practical, theoretical, and ethical considerations in treating adolescents in clinical, community and educational settings. Assessment and treatment issues in art therapy. Application of art therapy and counseling principles and practices for diverse adolescent populations. Development of interventions for varied DSM diagnoses. Restricted to art therapy students. Restricted to students in the art therapy program.

**ARTH 6233. Marital and Family Art Therapy/Counseling. 3 Credits.**

Principles of working with families and couples, including an overview of systems theories and stages of family life cycle development; art techniques for evaluating of family dynamics; intervention strategies and cultural and ethical considerations. Restricted to art therapy students. Restricted to students in the art therapy program.

**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.**

Exploration of the therapist's heritage, expectations, worldview and values; racial/cultural identity development; skills for multicultural counseling. Stereotypes and biases that interfere with effective treatment of culturally different clients. The role of the art therapist or counselor in conflict resolution, advocacy, and social justice. May be repeated for credit if taken through the study abroad course option. Restricted to art therapy students.

**ARTH 6241. Assessment Procedures. 3 Credits.**

Instruments and procedures used in assessment of psychological health and psychopathology; diagnostic and developmental criteria as manifested in artwork and art-making; statistical concepts, including reliability and validity; selection and administration of assessment tools; treatment planning; report writing. Restricted to students in the art therapy program.

**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. Restricted to students in the art therapy program or with permission of the instructor.

**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 students in the art therapy program.

**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. Restricted to graduate students in the art therapy program.

**ARTH 6261. Ethics and Professionalism. 3 Credits.**

Professional identity and the role of the therapist; the ethical practice of counseling and art therapy, including familiarity with ethical standards of various professional organizations; credentialing and licensure; public policy and advocacy for patients and for the profession. Restricted to graduate students in the art therapy program.

**ARTH 6262. Career Counseling and Art Therapy. 3 Credits.**

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 students in the art therapy program.

**ARTH 6263. Ethics and Professionalism I: Principles. 1 Credit.**

The ethical standards of art therapy, counseling and related mental health professions. Restricted to students in the art therapy program.

**ARTH 6264. Ethics and Professionalism II: Applications. 2 Credits.**

Applying ethical principles and values for professional identity and the role of the therapist; credentialing and licensure; public policy and advocacy for patients and for the profession. Restricted to students in the art therapy program. Prerequisite: ARTH 6263.

**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. 3 Credits.**

Introduction and overview of theory, practice, and treatment related to complex, trauma-related problems; psychobiology of traumatic stress, impact of traumatic stress on individuals, and specific treatment modalities in clinical setting; somatic (body-based) and nonverbal (art and image-based) treatment modalities. Supervised treatment or observation of treatment of clients with trauma histories. Restricted to art therapy students. Restricted to students in the art therapy program.

**ARTH 6272. Art Psychotherapy and Trauma II: Loss, Countertransference, and Resiliency. 3 Credits.**

Multi-modal treatment of acute, serial, or complex trauma; theoretical, practical, moral, cross cultural, and personal aspects as seen through an art therapy and counseling lens. Supervised treatment or observation of treatment of clients with trauma histories. Restricted to students in the art therapy program. Prerequisite: ARTH 6271.

**ARTH 6281. Practicum in Art Therapy. 1-2 Credits.**

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. A total of six semesters of practicum are required while completing 900 internship hours, 400 of which must be direct client contact. Restricted to graduate students in the art therapy program.

**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.**