

Lewis & Clark Art Therapy Program

Lewis & Clark offers rigorous art therapy training to students to become qualified mental health practitioners and ethical leaders who advocate for social justice, provide service and clinically focused care to individuals, groups and families. Our mission is to educate students using art making to deepen self-awareness and to develop reflective practitioners who competently apply theory to practice.

This program prepares competent entry-level Art Therapists in the cognitive (knowledge), psychomotor (skills), and affective (behavior) learning domains.

Three Overarching Goals of the Art Therapy Program

1. Continuously deepen self-understanding through personal growth experiences, reflective practice, and personal art-making to strengthen a personal connection to the creative process, assist in self-awareness, promote well-being, and guide professional practice.
2. Distinguish among the therapeutic benefits of a variety of art processes and media, strategies and interventions, and their applicability to the treatment process for individuals, groups, and families.
3. Recognize the impact of oppression, prejudice, discrimination, and privilege on access to mental health care, and develop responsive practices that include collaboration, empowerment, advocacy, and social justice action.

Employment and Graduation Rate

Almost all of our students get jobs soon after graduating. The employment rate within 9 months to one year post graduation is around 85% but all of 2016 cohort was employed within a year. Often practicum sites will hire the student if they have an opening. It's not necessary to be registered or board certified in order to get a job. Indeed, with any counseling degree, there are a certain number of post-graduate experience hours required for credentialing and licensing that cannot be obtained when one is a student.

Certification information: <https://www.atcb.org/>

Acceptance Rate

Our program typically has 20 open spots per cohort, but that number can vary depending on the applicant pool. Our admission process is selective as we look for students with well-developed skills in painting, drawing and sculpture. Portfolios that demonstrate introspection of self and a commitment to social justice are a plus. We look for a self-awareness and technical proficiency; articulate well written essays, good academic records and experience in working with people (in mental health settings, treatment centers, hospitals etc.).

Art Therapy Prerequisites

Applicants do not have to have all prerequisites finished by the application deadline, but they must successfully complete the following prerequisite coursework prior to beginning the program. Credits must be earned at a college or university approved by a national or regional accrediting agency (minimum 100 level).

Studio Art Coursework: minimum of 18 semester credits (27 quarter credits). Must include one course in each of the following categories:

- Painting - oil, acrylics, watercolor, mixed painting
- Drawing - must include figure drawing
- Sculpture - must include clay or ceramics

Psychology Coursework: minimum of 12 semester credits (18 quarter credits) including:

- Intro to Psychology or General Psychology
- Abnormal Psychology - Psychopathology
- Developmental Psychology - Child Development; Adult Development; Life Span Development
- Psychology of Personality - Theories of Personality; Disorders of Personality; or Research Methods

Frequently Asked Questions

Can substitutions be made for the art/psychology courses?

Applicants will need at least 27 studio art credits, but only need one class in each of the painting, drawing and sculpture. The rest can be other media (printmaking, photography), provided their skill in painting, drawing and sculpture is satisfactory. Faculty will be taking into account an applicant's art skill, experience, and other application strengths. Applicants might be required to do more work in one of the three main areas after their application is reviewed.

If art courses are completed at a nonacademic art school or if the applicant is an established artist, their application can be reviewed case by case and a decision will be made once their application has been completely reviewed. There are ATR guidelines that need to be considered for this exception as this may impact their future licensing agreements.

ATR guidelines on Art Prerequisites:

- Eighteen (18) semester credits (or 27 quarter credits) in studio based art courses. Studio art coursework can be at the graduate or undergraduate level. Applicants must have successfully completed coursework in a variety of two- and three-dimensional art media (which may include digital art) and processes.
- At least 12 credit hours must be completed prior to beginning the art therapy coursework. The remaining six (6) hours may be completed after beginning the first art therapy course that will count toward this credential, but must be completed within a year of beginning graduate coursework in art therapy. Studio based courses taken within an art therapy program do not satisfy the prerequisite studio art courses.
- In lieu of academic based studio coursework, the ATCB will accept up to six (6) credits from a portfolio demonstrating competency, provided the applicant obtains a letter from a full-time or pro rata faculty member who has current ATR-BC or ATCS status and who teaches in a program that is within a regionally or nationally accredited institution of higher education, and who has reviewed the portfolio and is willing to attest that the applicant has demonstrated such competency. Applicants may also use non-credit art instruction.

- Applicants wishing to fulfill some or all of the studio art requirements through training received outside of traditional academic settings may document clock hours of studio instruction time using the ratio of 15 contact hours as equivalent to one semester credit. This documentation must be in the form of an original letter (on official letterhead) signed by the studio art instructor. Original letter(s) must be provided with this Verification of Coursework Form.

Is there any volunteer service required?

At least 300 hours of human services experience is required. This can be work that is volunteer or paid. Applicants are not required to show that they did artwork in the course of their experience, but supervision by a master's level mental health therapist is very valuable.

Explanation of human services: <http://www.nationalhumanservices.org/what-is-human-services>

What kinds of classes are required to get a degree in Art Therapy?

The program is 54 credits long and combines your knowledge of visual arts and art processes with in-depth studies of psychotherapy and counseling. Students use their creative work to understand theories of art therapy counseling, clients and therapeutic relationships.

What is the pay to be a therapist?

You could expect to earn the same salary as any mental health professional who has a master's degree and similar credentials. According to a 2009 survey conducted by the American Medical Association salaries for those just beginning in the career are generally around \$30,000 to \$40,000 while those with experience may earn salaries over \$70,000. Typically the salaries of experienced professionals range between \$40 and 50,000. Keep in mind that salaries will vary considerably, depending on experience, location and type of practice.

Can I start a private practice?

You cannot typically start a private practice straight out of graduate school. You need to first complete a 1,000 hours of supervised post-master's experience and apply for the professional credential of Registered Art Therapist (ATR). They require supervised post-degree clinical experience and successful completion of an examination. You will also want to have enough experience and connections to start a successful practice.

Do students benefit personally from studying Art Therapy?

The short answer is yes. Professional and personal development are difficult to separate and often go hand in hand. In the program you will develop professional skills to prepare for clinical work, learn from practicing therapists who are experienced teachers and gain extensive experience in therapeutic settings through the art therapy practicum and internship.

While your artistic focus may differ from what you have done in the past, it will lead to the creation of authentic and aesthetically satisfying work.

Where do they get hired?

Art Therapists are prepared to work with people of all ages in a variety of settings, such as community mental health clinics, therapeutic schools, residential and day treatment programs, hospitals, correctional treatment settings and nursing homes.

Some organizations at which our graduates have received jobs:

- The Salvation Army's White Shield Center
- Lutheran Community Services
- Luke-Dorf, Inc.
- Oregon State Hospital
- Lifeline Connections
- Cedar Hills Hospital
- Center for Enriched Living
- Domestic Violence Resource Center
- Way Will Open
- Lifeworks NW
- Sequoia Mental Health
- Washington County Juvenile Department
- Assisted living facilities
- Providence Hospital

Still researching the field?

Shadowing or interviewing an art therapists can be helpful, also working, alongside one or at least in a mental health setting.

Info about the field: <http://www.arttherapyblog.com> ;

Art Therapy Association: <http://www.arttherapy.org/>

Book recommendations:

The Handbook of Art Therapy by Case & Dalley

Approaches to Art Therapy by Judy Rubin

Art is a way of knowing- Pat Allen

Trust the process- Shawn McNiff

Materials and Media in Art Therapy- Catherine Moon