



**LEWIS & CLARK COLLEGE
GRADUATE SCHOOL OF EDUCATION AND COUNSELING**

AT 545: PROFESSIONAL AND CLINICAL PRACTICES IN ART THERAPY

SUMMER, 2019

When: May 6-July 15, 2019, 5:30pm-8:30pm

Where: Rogers Hall, Room 219

Instructor: Jillynn Garcia, MA, ATR-BC, LMFT

Office hours: By Appointment

Office location: TBD

E-Mail: jillynngarcia@lclark.edu

Credits: 2

CATALOG DESCRIPTION

Professional and Clinical Practices in Art Therapy includes exploring self-of-the-therapist, developing community program planning, engaging in equity-based practices, practicing methods of documentation that meet field standards, and building competency in the ethical practice of risk management.

COURSE DESCRIPTION

Students in this course explore their own social location and intersecting identities in relationship to their preparation to engage in equity-based practice. They are required to develop a community-based intervention that includes consciousness-raising art therapy. Students also develop an art therapy treatment program that can be delivered in an agency and serves to educate the mental health field about art therapy. The course focuses on practical skills and clinical knowledge required to assess and intervene in risk and document therapeutic progress.

CAAHEP STUDENT LEARNING OUTCOMES AND COMPETENCY AREAS

SLO-B - Distinguishing 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.
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SLO-E- Develop culturally appropriate, collaborative, and productive therapeutic relationships with clients.
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SLO-F- Know federal and state laws and professional ethics as they apply to the practice of Art Therapy.
SLO-G-Recognize and respond appropriately to ethical and legal dilemmas using ethical decision-making models, supervision, and professional and legal consultation when necessary.
SLO-H-Recognize clients' use of imagery, creativity, symbolism, and metaphor as a valuable means for communicating challenges and strengths and support clients' use of art-making for promoting growth and well-being.
SLO-J-Apply principles of human development, artistic and creative development, human sexuality, gender identity development, family life cycle, and psychopathology, to the assessment and treatment of clients.
SLO- L-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.
SLO-N-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.

COMPETENCY OBJECTIVES

Competen cy	COMPETENCY Description	How assessed
b.K.1	Define the professional role and function of an Art Therapist	Program design,
b.K.2	Recognize the ethical principles for practice of the American Art Therapy Association and the Art Therapy Credentials Board, as well as those of related fields as applicable (e.g., American Counseling Association)	Discussion
b.K.3	Describe the purpose and goals of supervision, including models, practices, and processes	Discussions, program design
b.K.6	Summarize roles and responsibilities as members of interdisciplinary community outreach and emergency management response teams	Community proposal, class discussions
b.S.2	Demonstrate how to complete professional documentation required in clinical mental health settings such as treatment plans and progress notes	Progress note, program design

c.S.1	Develop therapeutic goals and art-based intervention strategies based on the therapeutic effect of art making, including benefits, limitations and contraindications of art materials	Progress note, community based intervention
c.S.2	Develop strategies to effectively manage resistance to creative expression	Community based project
c.SA1	Incorporate ethical and cultural considerations in materials selection and therapeutic applications	Community based project, program design;
e.S.3	Consider purpose, goals, population characteristics, when designing art therapy groups in a variety of settings	Program design; community based project
i.K.6	Identify theories of effective programs in various settings including strategies for program development and evaluation	Program design; program evaluation methods discussed
i.S.3	Demonstrate case conceptualization skills	Community based project
i.S.5	Identify the steps of suicide risk assessment	Class discussion
k.S.1	Apply theory to practice through case analysis or critique of clinical scenarios	Community based project, program design
l.S.3	Recognize cultural, social, and co-occurring issues that affect assessment outcomes	Community based project
n.K.1	Identify research addressing characteristics of help-seeking behaviors of diverse cultural and social groups and implications for responsive practice	Community based project

ADDITIONAL LEARNING OUTCOMES:

This course will enable students to:

1. Develop an equity-based community intervention.
2. Develop program design, demonstrating an understanding of the clinical integration of art therapy within mental health setting.
3. Write concise, comprehensive progress notes in SOAP format.
4. Continue to develop clinical and ethical skills as applied to case management and approaches to treatment.
5. Develop an understanding of the importance and role of clinical documentation in the areas of risk assessment, case consultation, and functioning as part of a treatment team.

6. Become competent with and aware of handling artworks and case material in accordance with ethical guidelines of the ATCB, concerning confidentiality of clients, and protection of artworks and reproductions of artworks.

Required Reading

Reading is assigned for discussion in class and to assist with learning course material, due on weeks 1 – 9. The weekly reading assignments are listed in the Course Outline. Because there is a lot of material to present in this course (by instructors and students), it is not always possible to discuss all of the readings. Please be sure to complete the reading, ask specific questions in class when needed, and incorporate newly learned material in class activities and written assignments.

Books

Ingram, B. L. (2011). *Clinical Case Formulations: Matching the Integrative Treatment Plan to the Client* (2nd ed.). Wiley.

Robbins, A. (2000). *The artist as therapist*. London & Philadelphia, PA: Jessica Kingsley.

Talwar, S. (2018). *Art Therapy for Social Justice: Radical Intersections*. Routledge.

McDowell, T., Knudson-Martin, C. & Bermudez, J. M. (2018). *Socioculturally Attuned Family Therapy: Guidelines for Equitable Theory and Practice*. Routledge.

Kramer, E. (2000). *Art as therapy: collected papers*. London: Jessica Kingsley. Chapters 1, 6, 7, 9, 15.

Articles

Anderson E. (2012) Epistemic Justice as a Virtue of Social Institutions, *Social Epistemology*, 26:2, 163-173.

Ball, B. (2002). Moments of change in the art therapy process. *The Arts in Psychotherapy*, 29(2), 79-92.

Brik, A. (2007). Art therapy with adolescents: Vehicle to engagement and transformation. *The Canadian Art Therapy Association Journal*, 20(1), 2-15.

Franks, M., & Whitaker, R. (2007). The image, mentalisation and group art psychotherapy. *International Journal of Art Therapy*, 12(1), 3-16.

Giscombe, K. (2011, December 19). *Navigating organizational cultures; A guide for diverse women and their managers*. Retrieved from <http://catalyst.org>

Hanes, M.J. (2008). Signs of Suicide: Using Road Drawings With Inmates on Suicide Observation at a County Jail. *Art Therapy: Journal of the American Art Therapy Association*, 25(2) pp. 78-84.

McDowell, T., Knudson-Martin, C. & Bermudez, J. M. (2019). Third order thinking in family therapy; Addressing social justice across family therapy practice. *Family Process Institute*, 58(1), pp. 9-22

Suggested Readings:

Students will be required to read and summarize an article that relates to the population of their internship site. Students may choose their own article or choose from one of the articles listed below.

Crespo, V. R. (2003). Art therapy as an approach for working with schizophrenic patients. *International Journal of Art Therapy*, 8(3), 183-193.

Horay, B. (2006). Moving towards gray: Art therapy and ambivalence in substance abuse treatment. *Art Therapy: The Journal of the American Art Therapy Association*, 23(1), 14-22.

Huckvale, K., & Learmonth, M. (2009). A case example of art therapy in relation to dialectical behavior therapy. *International Journal of Art Therapy*, 14(2), 52-63.

Lyshak-Stelzer, F., Singer, P., St. John, P., & Chemtob, C. M. (2007). Art therapy for adolescents with posttraumatic stress disorder symptoms: A pilot study. *Art Therapy: The Journal of the American Art Therapy Association*, 24(4), 163-169.

Rusted, J., Sheppard, L., & Waller, D. (2006). A multi-centre randomized control group trial on the use of art therapy for older people with dementia. *The Group-Analytic Society (London)*, 39(4), 517-53

Stewart, E. G. (2004). Art therapy and neuroscience blend: Working with patients who have dementia. *Art Therapy: The Journal of the American Art Therapy Association*, 21(3), 148-155.

NONDISCRIMINATION

Lewis & Clark College adheres to a nondiscriminatory policy with respect to employment, enrollment, and program. Lewis & Clark does not discriminate on the basis of actual or perceived race, color, sex, religion, age, marital status, national origin, the presence of any physical or sensory disability, veteran status, sexual orientation, gender identity, or gender expression and has a firm commitment to promote the letter and spirit of all equal opportunity and civil rights laws, including Title IX of the Education Amendments of 1972, Section 504 of the Rehabilitation Act of 1973, Title VII of the Civil Rights Act of 1964, the Age Discrimination Act, the Americans with Disabilities Act of 1990, and their implementing regulations.

DISABILITY SERVICES STATEMENT

If you have a disability that may impact your academic performance, you may request accommodations by submitting documentation to the Student Support Services Office in the Albany Quadrangle (503-768-7192). After you have submitted documentation and filled out paperwork there for the current semester requesting accommodations, staff in that office will notify me of the accommodations for which you are eligible.

TEACHING METHODS

A variety of teaching methods will be used during this course in order to achieve the above objectives. Among those methods will be assigned readings, class discussions, experiential activities, and lectures. Students will watch videos clips, engage in group learning tasks, and participate in role-play demonstrations.

CPSY DEPARTMENTAL ATTENDANCE POLICY

Class attendance is expected and required. Any missed class time will be made up by completing extra assignments designed by the instructor. Missing more than ten percent of class time may result in failure to complete the class. This would be 4.5 hours of a 45-hour class (3 credits), 3.0 hours for a 30-hour class (2 credits) or 1.5 hours for a 15-hour class (1 credit.) In case of extreme hardship and also at the discretion of the instructor, a grade of incomplete may be given for an assignment or the entire course. In such cases, the work to be submitted in order to remove the incomplete must be documented appropriately and stated deadlines met. Students are expected to be on time to class and tardiness may be seen as an absence that requires make-up work.

DISCLOSURE OF PERSONAL INFORMATION

Each student should decide for him/herself what information to disclose. Students are advised to be prudent when making self-disclosures. The program cannot guarantee confidentiality of student disclosures given the group environment, although personal comments should be considered private and confidential – and remain only in the classroom – unless an exception to confidentiality applies.

CELL PHONES

Cell phones must be silenced and text messaging is not allowed during class time. If there is an emergency you may exit the class to use your cell.

CLASS PREPARATION

You must complete all assigned readings and watch any assigned videos prior to attending class. This will allow us to focus on application of readings in class. Students are expected to be prepared to discuss the ideas and concepts discussed in the readings. You are responsible for all of the assigned readings, whether or not they are discussed in class. Please note that there are more readings assigned for some topics than for others.

ASSIGNMENTS AND COURSE REQUIREMENTS

Because of the skill development nature of this course, it is required that students complete **ALL** assignments to pass this class.

1. Attendance and participation in all classes (5 points)

Class participation	Possible points
Attending all classes and being on time. Giving attention to the instructor and/or other students when they are making a presentation. Demonstrating ability to recognize and use subtle nonverbal communication cues to assess your impact on your peers and participate in class. Demonstrating ability to be open about discussing the impact of your comments on your peers.	1
Coming to class prepared (having read the assignment for the day) Engaging in group discussions with attention and energy. Asking questions of the instructor and/or other students regarding the material examined in that class.	1
Contributing to in-class discussion based on the topics of discusses and the readings assigned. Contributions may include how you feel about the material but merely articulating your feelings is not sufficient. You are expected to put those feelings in context of your thoughts and analysis of the material.	1
Providing examples to support or challenge the issues talked about in class. Making comments or giving observations about topics in the course, especially those that tie in the classroom material to "real world" problems, or try to integrate the content of the course.	1
Dealing with other students and/or the instructor in a respectful fashion. Listening actively. Students will be asked questions related to the course's readings randomly in class by other students and by the instructor. Your participation in small group discussions is also required.	1
Total	5

2. Process Notes and Progress Notes (5 points)

Process and SOAP Note #1 **due Week 1 = 2.5 pts**

Process and SOAP Note #2 **due Week 2 = 2.5pts**

3. Article Summary (5pts)

Students will pick an article that relates to an aspect of the population they will be working with in their internship and summarize the most pertinent points of the article, connecting it to their future work with clients. Bring additional copies of the article to class to share with classmates. **Due Week 3**

4. Art therapist identity project (through social justice lens)(25 pts)

Student will examine the various intersections and understanding of self at this point in their learning and becoming an art therapist. Student will create a piece of artwork that expresses their understanding of self, write a 2 page reflection. **Due Week 5**

Criteria	Possible Points
Student articulates their intersectional identity as it relates to their development as an art therapist	5
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.	5
Student acknowledges biases, blind spots, privilege and plan for continued social awareness	5
2 page reflection integrates an intersectional understanding of self	5
Artwork reflection integrates an intersectional understanding of self	5
Total	25

5. Proposed community based art therapy intervention (45 pts)

Students will develop a community-based intervention that includes consciousness-raising through art therapy. Students will design a hypothetical group or project that explores an issue of social inequity. Project will bring actors together to create cohesion, awareness and action. The project should 1) define the impact of inequity on mental health and relational well-being, 2) include a visual map that illustrates the impact of societal systems on the issue of inequity, 3) develop an art therapy directive that supports the community-based intervention, including how it will be implemented, and 4) the rationale for the chosen directive with literature to support this proposed project. Student is expected to share the proposed population with the instructor 1-2 weeks prior to the due date for approval. **Due Week 7**

Criteria	Possible Points
Proposal clearly describes a community-based intervention that includes consciousness-raising through art therapy.	3
Project includes an in depth reflection on what the student is able to bring within their own strengths and limitations in bringing work to the identified audience	3
Project clearly defines the impact of inequity on mental health and relational well-being of identified audience	3
Project will bring actors together to meet three goals: create cohesion, develop awareness and facilitate action.	3
Project examines power dynamics including costs and benefits of project on all involved parties.	3
Visual map illustrates the impact of societal systems on the issue of inequity.	3
A cohesive explanation is provided for how the art therapy directive supports the community-based intervention	3
A detailed description is provided regarding how the art therapy directive will be implemented (who, when, where, with what materials, etc.)	3
Rationale for the chosen directive is clearly articulated with literature (2-3) to support this proposed project	3
Overall Organization	3
Preparedness	3
Visual Aids Quality and Effect	3
Clinical Content	3
Professional Delivery	3
Effective Use of Time	3
Total	45

6. Program Design (15 points)

Design an art therapy program for a practicum or internship site. See outline distributed in class. Student will prepare a powerpoint and handout for intended site. Proposal is written with the intent to share with a program director, administrator or individual who is interested in considering providing art therapy services at this site. **Due Week 9**

Criteria	Possible Points
Organization: clear organizational plan, concise, informative and objective	2
Demonstrates understanding of clinical needs of site population in relation to art therapy programming. Including screening procedures, specific goals, directives, evaluations and limitations.	4
Presentable: written to present to a program director, administrator, or individual who is interested in providing art therapy services.	2
Program design considers social cultural context, explores and recognizes 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.	5
Project is well written, clear and accompanying power-point & handout is free from grammatical errors with 2-3 citations	2
Total	15

EVALUATION AND GRADING

Class Participation	5%
Article Summary	5%
Process and Progress Notes	5%
Art Therapist Self Reflection	25%
Community Based Project	45%
Program Design	15%

An important consideration in the development of professional and clinical skills in art therapy counseling is the development of professionalism and good judgment. Grading criteria include the quality of **oral, written and interpersonal expression**, and the **degree of responsibility and initiative demonstrated**. It is important to create a positive learning environment. Please completely power down cell phones and do not use laptop computers for reasons other than taking notes during class lectures if needed. **Audio or Video recording of any portion of class is prohibited.** Demonstrate basic listening skills; no side talk while others are speaking or presenting to the class; in other words, participate in creating a mindful discourse in a classroom

community. Demonstrate appropriate professional behavior and foster a thoughtful and

respectful learning environment.

A = 94-100%	B = 83-87%	C = 73-77%
A- = 90-93%	B- = 80-82%	C- = 70-72%
B+ = 88-89%	C+ = 78-79%	

NOTE: All assignments must be turned in at the beginning of class (before class starts) on the day they are due. Five points will be deducted for each day an assignment is late.

COURSE SCHEDULE

The instructor reserves the right to make adjustments to class content and sequencing of topics based on pacing and requirements of each class.

Class Date	Topic	Readings & Assignments Due
Week 1	<p>Review of syllabus, assignments, outlines of assessment documents.</p> <p>Review of practicum/Internship sites (populations and clinical issues) as related to class assignments and course content.</p> <p>Art making re: internship hopes and fears.</p> <p>Video of session</p> <p>Review of process vs. progress notes.</p> <p>Review of art therapy assessment; Informed consent; the clinical record; ethical aspects of documentation and case management, informing clients about treatment plans, who owns artwork.</p>	<p>Readings due: ATCB Ethics Codes ACA Ethics Codes</p> <p>PROCESS/PROGRESS NOTE #1 DUE (completed in class in response to video)</p>

<p>Week 2</p>	<p>Social justice model versus Medical model. Trauma informed care, person first language</p> <p>Video- process notes & progress notes</p> <p>Structuring sessions to promote safety and self-expression.</p> <p>Documentation of safety issues</p>	<p>Readings due:</p> <p>Ingram, Chapters 1-4</p> <p>PROCESS/PROGRESS NOTE #2 DUE (completed in class)</p>
<p>Week 3</p>	<p>View video from <i>Counseling in Therapy on Video</i> series: <i>Understanding and Preventing Suicide: An Educational Program for the Public</i> (30 minutes)</p> <p>Discuss video and 3 cases featured, risk assessment protocol examples.</p> <p>Discuss reading: reporting abuse, suicidal, homicidal & violent clients, ethical dilemmas, documentation, and supervision.</p> <p>Review ethical dilemmas and considerations in treatment</p> <p>Response art/discussion</p>	<p>Readings due:</p> <p>Hanes article</p> <p>Kramer, Chapters 1 & 6</p> <p>Robbins, Chapter 2 & 5</p> <p>Article Summary Due</p>
<p>Week 4</p>	<p>Identity of art therapist through social justice lens</p> <p>Exploring the art therapist self identity formation/transformation</p> <p>Instructor presentation</p> <p>Navigating systems and attuning, assessing and implementing or proposing change (meta level of systems within systems)</p>	<p>Readings due:</p> <p>Talwar, Chapters 1-3</p> <p>McDowell, et al article - Third order thinking</p> <p>Giscombe article</p>
<p>Week 5</p>	<p>Critical conscious raising of self</p>	<p>Readings due:</p>

	<p>and others</p> <p>Guest lecture- Carmen Knudson-Martin</p> <p>A.N.V.I.E.T. framework</p> <p>Community based projects discussion</p>	<p>McDowell, T., et al - Socioculturally attuned family art therapy - Chapter 14</p> <p>Ball - article</p> <p>Kramer, Chapter 15</p> <p>Talwar- Chapter 4</p> <p>Art Therapy Identity project due</p>
Week 6	<p>Screen film Sins Invalid</p> <p>Community based project development</p>	<p>Readings due:</p> <p>Briks article</p> <p>Suggested Readings Due: Lyshak-Stelzer, et al. article</p>
Week 7	<p>Older Adults, Neuroscience, Dementia</p> <p>How to write program designs</p>	<p>Suggested Readings due:</p> <p>Stewart article</p> <p>Rusted, et al article</p> <p>COMMUNITY PROJECTS DUE</p> <p>Community Project Student presentations:</p> <hr/>
Week 8	<p>Treating Schizophrenia in Art Therapy</p> <p>Substance abuse in Art Therapy</p>	<p>Suggested Readings due:</p> <p>Crespo article</p> <p>Horay article</p> <p>Community Project Student presentations:</p> <hr/>

<p>Week 9</p>	<p>Dialectical Behavioral Therapy and Art Therapy</p> <p>Discussion of uses of media and metaphor.</p>	<p>Readings Due:</p> <p>Franks & Whitaker article</p> <p>Suggested Readings Due:</p> <p>Huckvale & Learmonth article</p> <p>Program designs due</p> <p>Program design presentations:</p> <hr/>
<p>Week 10</p>	<p>Review course competency areas.</p> <p>Art experiential</p> <p>Course evaluations.</p>	<p>Program design presentations:</p> <hr/>