



**LEWIS & CLARK COLLEGE**

**GRADUATE SCHOOL OF EDUCATION AND COUNSELING**

**ART THERAPY INTERNSHIP STUDIO AT 583 (2 Credits)**

**FALL 2019**

---

When: Monday, 9/9-12/9: Section 1 meets 9am-12, Section 2 meets 1pm-4pm

Where: TBA

Instructor: Dr. Mary Andrus DAT, ATR-BC, ATCS, LPC

Office hours: Thursday 11:15-1pm or by appointment

Office location: Rogers 209

Phone: 503-768-6068

E-Mail: [mandrus@lclark.edu](mailto:mandrus@lclark.edu)

**CATALOG DESCRIPTION**

Art Therapy Internship Studio encourages intensive involvement in personal artistic expression, creative exploration, and reflection on these processes through self-inquiry in the role of an emerging practitioner. Particular attention is paid to developing understandings of artistic process as a form of inquiry and the integral roles of ongoing artistic activity in the professional identity as an art therapist.

**COURSE DESCRIPTION**

AT 583: Art Therapy Internship Studio (2Credits) Students explore and develop their clinical work at internship sites through supervision, peer consultation and art experiences.

Students explore their development as therapists through completion of a developed body of artwork, case presentations and papers; this work addresses the personal and professional challenges in the transition to becoming a therapist. Prerequisites: Taken concurrently with AT 582.

**COURSE OBJECTIVES**

1. Student demonstrates understanding of counseling theories/art psychotherapy from a personal and clinical perspective through writing and discussion of art processes and products.
  
2. Student develops awareness of self-care practices and skills and uses the class experience to address challenges including difficulties with clients, stress and possible countertransference concerns that can affect growth as a therapist.
  
3. Student demonstrates the understanding of how the careful use of art media/themes and processes and the resulting visual language can be used to develop clinically sound assessments, treatment plans and therapeutic relationships.
  
4. Students provide peer support by demonstrating creative methods that have been successful with specific client populations.
  
5. Student brings art therapy case examples to class for discussion and supervision and leads informal case consultations.
  
6. Student’s artwork and writing demonstrates creativity, investment in the process and thoughtful content.

**CAAHEP LEARNING OUTCOMES**

SLO-B	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.
SLO-C	Recognize that Art Therapy, from a multicultural perspective, takes into consideration the specific values, beliefs, and actions influenced by a client’s race, ethnicity, nationality, gender, religion, socioeconomic status, political views, sexual orientation, geographic region, physical capacity or disability, and historical or current experiences within the dominant culture.
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.
	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.
--	--

## CAAHEP CONTENT AREAS

Content	Area	Mastery Level	Course Assessment
d.A.1	Demonstrate belief in the value of using art-making as a method for exploring personal symbolic language	Master	Final project
d.A.2	Recognize the need for awareness of and sensitivity to cultural elements which may impact a client's participation, choice of materials and creation of imagery	Master	Casepresentations/ discussions
d.A.3	Value the benefits of student/therapist reflective art-making to inform clinical practice	Master	In class artmaking
d.S.2	Practice skills for developing awareness and insight into art processes and images	Master	In class art-making and final project
d.K.2	Describe theories and models for understanding symbolism, metaphor, and artistic language	Master	Casepresentations/ discussions
o.A.1	Display connections to a personal creative process and artist identity	Master	Final art project
o.S.3	Recognize personal symbolic language (student recognition of their own imagery as opposed to client imagery)	Master	Final art presentations

## NONDISCRIMINATION STATEMENT

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 experiential art making, assigned readings, class discussions and lectures.

## CLASS ROUTINE

We will meet every session for in class art making. The remaining time will be spent processing cases that you present to the class for consult and discussing any issues at your sites. We will keep the reading discussions on Moodle, at times we will weave the online discussion into class. We will also engage in experientials and directives throughout the term exploring transference/countertransference and self-care related to your work at your internship.

## REQUIRED TEXTS & READINGS:

Weekly readings are to be completed for the day indicated. 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.

## REQUIRED TEXTS AND ARTICLES

Cozolino, Louis. (2004). *The Making of a Therapist: A Practical Guide for the Inner Journey*. WW Norton.

Baker, Ellen. (2012). *Caring for ourselves*. Washington, DC: American Psychological Association.

Brown, C. (2008). The importance of making art for the creative arts therapist: An artistic inquiry. *The Arts in Psychotherapy*, 35(3), 201–208.

Wadeson, H. (2003). Making art for professional for professional processing. *Art Therapy: Journal of the American Art Therapy Association*, 20(4), 208–218.

Additional reading as assigned.

## SUGGESTED READINGS

Bush, A. (2015). *Simple Self-Care for Therapists*. W.W. Norton & Company.

Fineberg, J. (Ed.) (2007). *When we were young*. Berkeley: University of California Press.

Moon, C. H. (2002). *Studio art therapy: Cultivating the artist identity in the art therapist*. London, England: Jessica Kingsley.

## 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 her/him/themself 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.

## ASSIGNMENTS, EVALUATION AND GRADING

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

Assignment	Point Value
Class participation	10
Online discussion posts	25
Case presentations (1)	20
Artwork project	20

Final Paper	25
Total Points in the Course:	
	100

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.	2
Demonstrating ability to recognize and use subtle non-verbal 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 and ready to engage in your creative process. 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.	2
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.	2
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.	2
<b>Total</b>	<b>10</b>

Discussion Posts:	
Students will be required to read the assigned chapters each week and submit an original post and a response to 1-2 a peers' post on Moodle prior to the class meeting.	
Summarize three points that you gained from the reading in a short 200-word paragraph.	
Please use these guidelines:	
	Possible points

Discussion posts (Points will be assigned in each category across postings for the semester.)		
<b>Critical Analysis</b> <b>(Understanding of Readings and Outside References)</b>	Discussion postings display an excellent understanding of the required readings and underlying concepts including correct use of terminology. Postings integrate an outside resource, or relevant research, or specific real-life application (work experience, prior coursework, etc.) to support important points. Well-edited quotes are cited appropriately. No more than 10% of the posting is a direct quotation.	3
<b>Participation in the Learning Community</b>	Discussion postings actively stimulate and sustain further discussion by building on peers' responses including <ul style="list-style-type: none"> <li>— building a focused argument around a specific issue or</li> <li>— asking a new related question or</li> <li>— making an oppositional statement supported by personal experience or related research.</li> </ul>	2
<b>Regularity of Discussion Postings</b>	Discussion postings are distributed throughout the module (not posted all on one day or only at the beginning or only on the last day of the module).	1
<b>Etiquette in Dialogue with Peers</b>	Written interactions on the discussion board show respect and sensitivity to peers' gender, cultural and linguistic background, sexual orientation, political and religious beliefs.	1
<b>Weekly Postings</b>	Completed postings of self (1) and peer (1) each week (8 weeks)	16
<b>Quality of Writing and Proofreading</b>	Written responses are free of grammatical, spelling or punctuation errors. The style of writing facilitates communication.	2
Total		25

### **CASE PRESENTATION (30 min)**

Students will present once in Fall term a case to explore in depth and to dialogue with peers for feedback and consultation. Each student will create or bring to class, examples of client's work for discussion. The student should prepare and display the artwork, label (if applicable) provide a brief (10-15 min) synopsis of the bio/psycho/social overview of the client in the treatment setting. Student should prepare a clinical question to pose to the class.

NOTE: As mentioned this class differs from the Internship class yet there is some crossover. It works best if students do not introduce cases they have taken or will take to Internship Seminar 582 except under unusual circumstances. As clinical cases are discussed in this class ethical guidelines must be followed.

	Case Presentation	Possible points
SLO-B	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.	4
SLO-C	Recognize that Art Therapy, from a multicultural perspective, takes into consideration the specific values, beliefs, and actions influenced by a client's race, ethnicity, nationality, gender, religion, socioeconomic status, political views, sexual orientation, geographic region, physical capacity or disability, and historical or current experiences within the dominant culture.	4
SLO-G	Recognize and respond appropriately to ethical and legal dilemmas using ethical decision-making models, supervision, and professional and legal consultation when necessary.	4
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.	4
d.K.2	Describe theories and models for understanding symbolism, metaphor, and artistic language	1
d.A.2	Recognize the need for awareness of and sensitivity to cultural elements which may impact a client's participation, choice of materials and creation of imagery	1
	Student is prepared, with a professional presentation, deepening identity as student counselor.	3
	TOTAL	20

## ARTWORK

One or two long term projects are required for this class that could span over both terms, 2 credits in Fall and 1 credit in Spring. They may comprise the entire body of art work for the class, or they may be part of a larger body of work. They may be related, connected to each other or stand alone. It is expected that they will demonstrate intensive involvement with the creative process, thoughtful reflection on concepts relating the art to the experience of being a student therapist, and awareness of the psychological properties of art media/art processes and the visual language. You may use journaling as part of these projects or may simply use your journal as a resource in writing your papers.

The suggested projects are:



- Altered Book or a book entirely of your own making
- 3-dimensional construction using at least 3 forms of attachment
- Portrait(s)

### Suggestions

Concurrently with your “big project” each term, you could develop a daily art/writing journal with responses to therapy sessions visually recorded, immediately and quickly after each session (individual and group). You might choose to use these quick impressions as the basis for one or more bigger art project(s); or you may find it useful to depict your therapeutic relationship with one client each week representing yourselves working together. Then look at the art from the perspective of how the visual language and the processes with media may reflect countertransference or other significant aspects of the therapy. These spontaneous experiences and reflections can provide the basis for more developed work.

	ART WORK	Possible points
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.	4
o.A.1	Display connections to a personal creative process and artist identity	4
o.S.3	Recognize personal symbolic language (student recognition of their own imagery as opposed to client images)	4
d.A.3	Value the benefits of student/therapist reflective art-making to inform clinical practice	2
d.S.2	Practice skills for developing awareness and insight into art processes and images	2
d.A.1	Demonstrate belief in the value of using art-making as a method for exploring personal symbolic language	2
	Work conveys investment of time, critical thought and reflexivity	2
	<b>Total</b>	20

### FINAL PAPER

It is expected that you will approach your art work seriously, creatively and in ways that will help you arrive at a deeper understanding of the art therapy process, your treatment relationships with clients and your own experiences as an art therapy counseling intern. Since development of awareness of self-care skills is part of the purpose of the class, students are expected to address this in their papers. Your insights are to be included in the papers accompanying each project (5-8 pp. each). Integrate at least 3-5 sources from related readings into the paper.

	FINAL PAPER	Possible points
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.	4
o.A.1	Display connections to a personal creative process and artist identity	4
o.S.3	Recognize personal symbolic language (student recognition of their own imagery as opposed to client images)	4
d.A.3	Value the benefits of student/therapist reflective art-making to inform clinical practice	2
d.S.2	Practice skills for developing awareness and insight into art processes and images	2
d.A.1	Demonstrate belief in the value of using art-making as a method for exploring personal symbolic language	2
	Paper conveys investment of time, critical thought and reflexivity	2
	Written responses are free of grammatical, spelling or punctuation errors. The style of writing facilitates communication.	3
	Paper is limited to 5-8 pgs and includes 3-5 sources	2
	<b>Total</b>	25

## FINAL GRADING

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 OUTLINE

Class Date	Topic	Readings & Assignments Due
Week 1: Sept 9th	Art Experiential, review course structure, sign up for presentations	
Week 2: Sept 16th	Self-care	Cosolino, Ch. 1-2
Week 3: Sept 30th	Systems reflection	Cosolino, Ch. -3-4
Week 4: Oct 7th	Countertransference	Cosolino, Ch. 5-6
Week 5: Oct 14th	Self-Care	Cosolino, Ch. 7 Brown article
Week 6: Nov 4th	Student presentations	Baker, Ch. 1-2
Week 7: Nov 11th	Student presentations	Baker, Ch. 3-4
Week 8: Nov 18th	Student presentations	Baker, Ch. 5-6

Week 9:	Identity/Role	Baker, Ch 7
Nov 25th		Wadeson article
Week 10:	Artwork presentations, evaluations	
Dec 9th	Final paper due	