

# **LEWIS & CLARK COLLEGE**

## **GRADUATE SCHOOL OF EDUCATION AND COUNSELING**

### **AT 511: THE HELPING RELATIONSHIP: ART THERAPY TECHNIQUE**

**(3 Credits)**

**SPRING 2020**

When: Wednesdays 9 am-12:15 pm, 1/8-4/15

Where: Rogers Hall, Room 220

Instructor: Kristine Bella, LCAT, ATR-BC, ATCS

Office hours: Thursdays, 1 pm to 3 pm

Office location: Rogers Hall, Room 207

Phone: 503-768-6069

E-Mail: kbella@lclark.edu

#### **CATALOG DESCRIPTION**

Basic theoretical assumptions of art therapy therapeutic relationships, review and practice of helping skills with an overview of social and cultural contexts, types of practice, supervision, ethical principles, and professional orientation.

#### **COURSE DESCRIPTION**

Basic Art Therapy Counseling theories and methods are explored, including basic and advanced helping skills and processes. The dynamics and complexities of the therapeutic relationship are emphasized, and the impact of the work on the therapist. The complex relationship between the properties of varied media/art making processes, responsible clinical assessment/treatment, and the therapeutic relationship are studied in this class.

## CAAHEP STUDENT LEARNING OUTCOMES

<p><b>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.</b></p>
<p><b>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.</b></p>
<p><b>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.</b></p>
<p><b>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.</b></p>
<p><b>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.</b></p>
<p><b>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.</b></p>

## CAAHEP CONTENT AREAS

<b>Content Area</b>	<b>Description</b>	<b>Mastery Level</b>	<b>Assessment</b>
d.K.1	1) Describe theories and models of creativity	Introduce	Professional Identity Paper, Final Project

d.k.2	2) Describe theories and models for understanding symbolism, metaphor, and artistic language	Introduce	Final Project
I.K.1	1) Identify evidence-based strategies and clinically-grounded approaches for assessment and treatment	Introduce	Professional Identity Paper, Observation Paper
i.K.2	2) Describe approaches to crisis intervention	Introduce	Class Participation
i.K.3	3) Describe trauma-focused art therapy interventions	Introduce	Class Participation
i.K.4	4) Describe theories, assessment, and treatment of addictive behaviors and disorders	Introduce	Class Participation
i.K.5	5) Review therapeutic process (relationship building; mid-phase; termination)	Introduce	Professional Identity Paper, Observation Paper
i.K.6	6) Identify theories of effective programs in various settings including strategies for program development and evaluation	Introduce	Professional Qualities Paper, Class Participation
i.K.7	7) Understand a systems approach (family, community, political)	Introduce	Class Participation

## OBJECTIVES

Specific objectives for this course address these Student Learning outcomes by helping students:

1. Identify the relationship between art therapy approaches and theories from psychology, counseling (a.K.2)
2. Demonstrate understanding of therapeutic utility and psychological properties of a wide range of art processes and materials (i.e., traditional materials, recyclable materials, crafts) in the selection of processes and materials for delivery of art therapy services (c.S.3)

3. Utilize art materials and processes within the context of building the therapeutic relationship (i.S.1)
4. Describe theory of specific properties and effects of art processes and materials informed by current research such as Expressive Therapies Continuum (c.K.1)
5. Value the benefits of student/therapist reflective art-making to inform clinical practice (d.A.3)

## **NON-DISCRIMINATION POLICY/SPECIAL ASSISTANCE**

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 themselves 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 video prior to attending class. This will allow us to focus on application of readings in class. Watching videos will help bring models to life, allowing you to better understand the material and ask questions.

## **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, there are additional articles assigned throughout the course.

### **Required Texts:**

Case, C., & Dalley, T. (2014). *The handbook of art therapy* (3rd ed). Philadelphia: Brunner Routledge.

Corey, M. S., & Corey, G. (2016). *Becoming a helper* (7th ed). Belmont, CA: Brooks/Cole.

Hinz, L. D. (2009). *Expressive therapies continuum: A framework for using art in therapy* (2nd ed). New York, NY: Routledge, Taylor & Francis Group.

Kahn, M. (1997). *Between therapist and client: The new relationship*. New York: Owl Books, Henry Holt & Company. (Chapters 1,6,7,8)

Seiden, D. (2001). *Mind over matter: The use of materials in art, education and therapy*. Chicago IL: Magnolia Street Publishers.

### **Readings from Text on Reserve**

Perry, B. D., & Szalavitz, M. (2008). *The boy who was raised as a dog: And other stories from a child psychiatrist's notebook: what traumatized children can teach us about loss, love, and healing*. New York: Basic Books. (Chapters Introduction, 1 & 4)

Fish, B. J. (2016). *Art-based supervision: Cultivating therapeutic insight through imagery*. Routledge. (Chapter 6, Harm's Touch)

Lipsky, L. V. D., & Burk, C. (2009). *Trauma stewardship: an everyday guide to caring for self while caring for others*. (Chapter 2, 3 & 4)

## **ASSIGNMENTS AND COURSE REQUIREMENTS**

### **1. Attendance and participation in all classes (10 points)**

1. Attending all classes and being on time.
2. Giving attention to the instructor and/or other students when they are making a presentation.
3. Demonstrating ability to recognize and use subtle nonverbal communication cues to assess your impact on your peers and participate in class.
4. Demonstrating ability to be open about discussing the impact of your comments on your peers.
5. Coming to class prepared (having read the assignment for the day and watched any assigned videos)
6. 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.
7. Engaging in group discussions with attention and energy.
8. Asking questions of the instructor and/or other students regarding the material examined in that class.
9. Providing examples to support or challenge the issues talked about in class.
10. Dealing with other students and/or the instructor in a respectful fashion.
11. 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.
12. Adhering to all Professional Qualities. The form for evaluating Professional Qualities requirements will be distributed in class.
13. 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. Professional Identity Paper (15 points) Due Week 8**

Students will write a 4 page paper addressing their perception of self as an art therapist. Students will explore ethical issues, cultural considerations, and personal bias while clearly explaining their professional persona and theoretical orientation.

	Not Met: 0 pts	Proficient: 3 pts	Accomplished: 5 pts
--	----------------	-------------------	---------------------

Professional Qualities and Personal Perceptions	Minimal reflection regarding personal beliefs and professional presentation.	Showed a basic understanding of the complexities between personal beliefs and professional presentation.	Demonstration of thoughtful self-reflection and analysis of the complexities regarding therapeutic engagement.
Theoretical Integration	Lacks connection to theoretical understanding	Connections between personal insights and theoretical orientation are underdeveloped.	Integration of theoretical material clearly supports student's findings and personal insights
Professional Format	Lacks required sections, professional language is missing, and not formatted to APA standards.	Information is presented in a well-organized and concise manner although there are missing sections and/or significant grammatical and APA formatting errors.	All required sections are present within a well-organized format; wording is professionally based and concise. Free of writing, grammatical, and APA formatting errors

**3. Observation Paper and Art (35 pts) Due Week 11**

Students will write a 5 page paper demonstrating the integration of observational and analytical skills; knowledge of theoretical material; individual needs and appropriate methods of intervention; creativity and media used by individual; clear depiction of individual's behavioral processes. This project is in 3 parts:

1. Select media and themes to offer one person who volunteers to help you with this school project. Obtain a release and do not identify the person by name in this project. Your goal is to stimulate creativity and artistic expression while providing a safe holding environment. Sit with the person while the art is being created. Carefully observe the person's creative process as he/she begins, develops, and completes the art. If possible, take detailed written notes on the person's process as you observe: behavior, verbalization, affect, use of media, development of the image, specific times when significant changes take place in the art. If you are not able to/it is not appropriate to take notes during the session, make notes immediately afterwards.
2. In a quiet place, situate yourself with the art on a wall in front of you. Have only the same media selection available that you offered the person. Reproduce the art. Refer to your process notes. Work at the same pace and develop the art just as you observed the person working. You may need to make several attempts. Be attentive to your own feelings throughout this process.

- Based on your process notes, recollections, the person's art and your own experience in reproducing the art, write a 5-page paper discussing how the person's art processes, behavior, comments and art product seem to reflect the person's sense of self. Include your observations of strengths. Explain why you offered the medium or media and theme you chose. Assess the appropriateness of your choices. If, after reproducing the art and reflecting on the process you would change your selection, explain why. Go on to describe the next directive and medium (media) you would offer this person, were you to see her/him one more time. Explain your rationale for these choices.

**Note:** You are not being asked to function as a therapist with this person; however, you are expected to make careful choices regarding art media, processes, and themes and to explain your successes and/or lack of such in a mindful way, based on class content.

Conciseness and depth of content are valued. Integration of your practical experience and theory from this course's readings and class work is expected. Reference pages are not included in the 5-page limit.

	Not Met 0 pts	Proficient 5 pts	Accomplished 10 pts
Observation and Analytical Skills	Minimal reflection regarding process and product in relationship to art therapy.	Showed a basic understanding of the interplay between process and product.	Demonstration of thoughtful reflection and analysis of process and product and how it relates to art therapy engagement.
Creative Process	Minimal to no exploration of creative process and use of media.	Creative process is explored. Some insights regarding process, media are evident however not fully developed.	Thorough exploration of creative processes, methods, media, and how it interventions impact engagement.
Empathetic Understanding	Lacks insight into client's process and behavior.	Exploration of art material although minimal insight into client's process and/or behavior.	Demonstrates in- depth insight into client's process and behavior through personal exploration of creative process.
	Not Met 0 pt	Proficient 3 pts	Accomplished 5 pts



Professional Format	Lacks required sections, professional language is missing, and not formatted to APA standards.	Information is presented in a well-organized and concise manner although there are missing sections and/or significant grammatical and APA formatting errors.	All required sections are present within a well-organized format; wording is professionally based and concise. Free of writing, grammatical, and APA formatting errors
---------------------	------------------------------------------------------------------------------------------------	---------------------------------------------------------------------------------------------------------------------------------------------------------------	------------------------------------------------------------------------------------------------------------------------------------------------------------------------

#### 4. Art Project, Reflection Paper, In Class Presentation: (40 points) Due Week 15

Creative in-depth involvement and thoughtful analysis of process and product. Integration of theoretical material presented in this course with personal insights related to creative processes, and the therapist/client relationships. Beginning exploration of counter-transference.

An individual art project in three parts using a wide range of mixed media and material, to explore the theme of the therapist/client relationship. Use the following prompts to explore three separate aspects of the helping relationship:

1. a piece of art depicting “someone who needs help”
2. a piece of art depicting “personal feelings about people who need help”
3. a piece of art depicting “self-perception as a helper”

After completing these pieces, reflect on both the product and the process for each art piece. Consider the art in relation your studies of the helping relationship thus far in class. Reflect on the pieces from the perspective of your growth as a student therapist, including challenges and strengths. Consider and discuss the following: 1. Media/ Materials: selection process; physical reactions and responses to the media; uses or limitations of media in the development of the piece; changes, adjustments and transformations the art went through as it developed. 2. Physical art piece: what you actually see in the visual language of the art - form, color, spatial relationships, relative sizes, positioning, color, texture, etc; as well as the visual relationship between the pieces you created. 3. Creative process/emotional response: discuss struggles, chaos/control, resistance and sublimation - all in relation to yourself as a student therapist and your understanding of the helping relationship; explore any inconsistencies between your intentions as you began the art and the final art forms.

Remember to relate all of this to the assigned themes of the three art pieces, to yourself as a student therapist and to your learning about the nature of the helping relationship. Ask yourself what the art and your reflections about it suggest to you about your present and future work with clients and your role as a therapist. Integrate your learning about counter-transference.

The paper is not to exceed 6 pages double spaced. Reference page(s) are not included in the 6-page limit. Be concise. Your art and paper should demonstrate that you took the necessary

time to reflect on the project in some depth. The art is to be brought to class on the final day. Be prepared to briefly share about your process, product, and insights.

	Not Met 0 pts	Proficient 5 pts	Accomplished 10 pts
Process and Product Understanding	Minimal to no reflection regarding process and product in relationship to art therapy.	Showed a basic understanding of the interplay between process and product.	Demonstration of thoughtful reflection and analysis of process and product and how it relates to art therapy engagement.
Theoretical Integration	Lacks connection to theoretical material presented in class.	Connections between personal insights and theoretical support are underdeveloped.	Integration of theoretical material learned in course clearly supports student's findings and personal insights
Creative Process	Minimal exploration of creative process and its connection to the therapeutic relationship.	Personal creative process is explored. Some insights regarding process and therapeutic relationships are evident however not fully developed.	Thorough exploration of creative processes and how it impacts therapist/client relationships.
	Not Met 0 pt	Proficient 3 pts	Accomplished 5 pts
Professional Format	Lacks required sections, professional language is missing, and not formatted to APA standards.	Information is presented in a well-organized and concise manner although there are missing sections and/or significant grammatical and APA formatting errors.	All required sections are present within a well-organized format; wording is professionally based and concise. Free of writing, grammatical, and APA formatting errors
Class Presentation	Minimal explanation of art and process.	Explains connections between process and product.	Clearly communicates insight and connection between process and product

## 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
Case Presentation	15
Practicum Observation Paper and Art	35
Art Project and Reflection Paper	40
Total Points in the Course:	100

## 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 percent will be deducted for each day an assignment is late.**

## COURSE OUTLINE

Class Date	Topic	Readings & Assignments Due
------------	-------	----------------------------

Week 1: 1/8	Introduction and Course Review  Art Therapist Identity in the Helping Relationship	Professional Qualities Handout  Text: Case & Dalley, Chapters 1 and 2  Text: Corey & Corey, Chapters 1, 2, 3, and 5
Week 2: 1/15	Art Therapist Identity	Text: Case & Dalley, Chapters 3, 4, and 5  Lumpkin, C. L. (2006). Relating cultural identity and identity as art therapist. <i>Art Therapy</i> , 23(1), 34-38.
Week 3: 1/22	Personal Limitations and Bias	Response art relating to student's perceived personal bias and limitations. Be prepared to discuss in class.
Week 4: 1/29	Art Therapy Theory Applied to Practice	Text: Case & Dalley, Chapter 8  Text: Kahn, Chapters 2, 3, 4 and 5  Text: Corey & Corey, Chapters 6 and 7  Text: Hinz, Chapters 1 and 2
Week 5: 2/5	Equity/Inclusion and Ethical Issues	Text: Corey & Corey, Chapters 4 and 8  Boston, C. G. (2005). Life story of an art therapist of color. <i>Art Therapy</i> , 22(4), 189-192.  Karcher, O. (2017) Sociopolitical oppression, trauma, and healing: Moving toward a social justice art therapy framework. <i>Art Therapy</i> , 34:3, 123-128.
Week 6: 2/12	Therapeutic Art Space	Response art demonstrating current understanding of the therapeutic art space. Be prepared to discuss in class.
Week 7: 2/19	Materials & Elements	Text: Seiden, Section I  Text: Seiden, Section II

Week 8: 2/26	Expressive Therapies Continuum	<b>Due:</b> Professional Identity Paper and Art Text: Hinz, Chapters 3, 4, 5, 6, 7, 8, and 9
Week 9: 3/4	Expressive Therapies Continuum	Text: Hinz, Chapters 10, 11, and 12
Week 10: 3/11	Self-Care Response Art Supervision	Text: Corey & Corey, Chapters 13 Text: Fish, Chapter 6, Harm's Touch Fish, B. J. (2012). Response art: The art of the art therapist. <i>Art Therapy</i> , 29(3), 138-143. Leclerc & Drapeau. (2018) Response-art as reflective inquiry: Fostering awareness of racism. <i>The Arts in Psychotherapy</i> , 60, pages 9-18.
Week 11: 3/18	Boundaries Counter-transference Vicarious Trauma	<b>Due:</b> Observation Paper and Art Text: Corey & Corey, Chapter 9 Text: Kahn, Chapters 1, 6, 7 and 8 Text: Lipsky and Burk, Chapter 2, 3, and 4
Week 12: 3/25	NO CLASS: SPRING BREAK	

<p>Week 13: 4/1</p>	<p>Working with Individuals and Groups</p> <p>Special Populations: Trauma</p>	<p>Text: Case &amp; Dalley, Chapter 6 and 7</p> <p>Text: Corey &amp; Corey, Chapter 11</p> <p>Text: Perry, Introduction, Chapter 1 and 4</p> <p>Grossman, F. G. (1981). Creativity as a means of coping with anxiety. <i>The Arts in Psychotherapy</i>, 8(3-4), 185-192.</p> <p>Pifalo, T. (2007). Jogging the cogs: Trauma-focused art therapy and cognitive behavioral therapy with sexually abused children. <i>Art Therapy</i>, 24(4), 170-175.</p> <p>Van Westrhenen, N., Fritz, E., Oosthuizen, H., Lemont, S., Vermeer, A., &amp; Kleber, R. J. (2017). Creative arts in psychotherapy treatment protocol for children after trauma. <i>The Arts in Psychotherapy</i>, 54, 128-135.</p>
<p>Week 14: 4/8</p>	<p>Special Populations: Crisis, Oppositional, Addiction</p>	<p>Text: Corey &amp; Corey, Chapter 14</p> <p>Nissimov-Nahum, E. (2008). A model for art therapy in educational settings with children who behave aggressively. <i>The Arts in Psychotherapy</i>, 35(5), 341-348.</p> <p><a href="#">Harnden et al., (2004)</a> Outpatient art therapy with a suicidal adolescent female. <i>The Arts in Psychotherapy</i>, 31 (3) 165-180.</p>
<p>Week 15: 4/15</p>	<p>Final Art Project &amp; Presentations</p>	<p><b>Due:</b> Art Project, Reflection Paper, and Presentation</p>