

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

## **AT 580 ART THERAPY PRACTICUM (1 credit)**

**FALL 2022**

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When: Thursdays 9/8-12/15, In person every other week 6:00-8:00pm

Where: Rogers Hall, 105

Instructor: Margaret Hartsook LCAT, LPC, ATR-BC, ATCS

Office Hours: By Appointment

Phone:

E-Mail:

### **CATALOG DESCRIPTION**

Students participate in art therapy faculty facilitated supervision to complement their practicum work in the community. The focus of the class is on providing ethical and competent client care. Skills that receive particular attention include the use of response art to aid in developing a therapeutic relationship, counselor empathy, compassion, and art therapist identity.

### **COURSE DESCRIPTION**

This class is designed to provide instruction and supervision to first and second semester practicum students working with clients at their Art Therapy Practicum Sites. Students will receive live supervision and feedback as designated by CAAHEP requirements. The focus of the class will be to provide ethical and competent client care. Skills that will receive particular attention will include the use of response art to aid in developing a therapeutic relationship, counselor development of professional boundaries will be central as students become aware of countertransference and vicarious trauma while growing professionally as an art therapist. empathy and compassion. The recognition of the impact of race, culture, gender, sexual orientation and poverty as well as other societal and political influences that define the context of the therapeutic relationship will be highlighted as well. The establishment of a self-care practice and development of professional boundaries will be central as students become aware of countertransference and vicarious trauma while growing professionally as an art therapist.

### **CAAHEP STUDENT LEARNING OUTCOMES**

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-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-M - Pursue professional development through supervision, accessing current Art Therapy literature, research, best practices, and continuing educational activities to inform clinical 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.

### CAAHEP CONTENT AREAS

| Content Area | Description                                                                                                                                                                        | Mastery Level | Assessment                                                    |
|--------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------|---------------------------------------------------------------|
| <b>b.K.3</b> | Describe the purpose and goals of supervision, including models, practices and process.                                                                                            | Introduce     | Practicum Goals, Discussion/Participation                     |
| <b>b.A.1</b> | Acknowledge the value of developing a strong professional Art Therapist identity founded in ethical practice.                                                                      | Introduce     | Response Art, Class Discussion/Participation                  |
| <b>b.A.5</b> | Recognize the impact of personal and professional development through supervision, self-care practices appropriate to the Art Therapy professional role, and continuing education. | Introduce     | Weekly Response Art, Class Discussion/Participation           |
| <b>c.A.1</b> | Incorporate ethical and cultural considerations in materials selection and therapeutic applications.                                                                               | Introduce     | Weekly Response Art, Readings, Class Discussion/Participation |

### COURSE OBJECTIVES

Upon completing this course, students will be able to:

1. Describe the purpose and goals of supervision, including models, practices and processes. Students should be able to integrate course material and experiences into their site supervision.

2. Utilize personal and response art to conceptualize client casework, practice self-care, and strengthen their professional art therapist identity.
3. Develop an understanding of basic models of ethical decision making and clinical practices.

#### **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.

#### **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.

#### **ETHICAL AND PROFESSIONAL PRACTICE**

The Art Therapy profession requires a high level of personal integrity, self-awareness, and personal maturity. These attributes may also be considered by faculty in assessing the student's overall grades, and qualifications for a career as a professional art therapist. All students in the class will demonstrate behavior that is consistent with the Codes of Ethics of the American Counseling Association and the Art Therapy Credentials Board, in class and at their practicum sites.

## **SUPERVISOR EVALUATIONS AND OBSERVATIONS**

will be assessed, and performance at site will be incorporated into class evaluations. Students are expected to meet or exceed expectations within their evaluations at a rate of 80% by the end of the semester. Faculty supervisors will work closely with students and site to ensure any issues or inadequacies are resolved or remediated in a timely manner.

The Practicum Manual will be reviewed extensively within the course, however please refer to the manual for any questions regarding expectations or requirements with-in practicum.

## **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 prior to attending class. This will allow us to focus on application of readings in class.

## **ASSIGNMENTS AND COURSE REQUIREMENTS**

### **1. Attendance and participation in all classes**

- a. Attending all classes and being on time.
- b. Giving attention to the instructor and/or other students when they are making a presentation.
- c. Demonstrating ability to recognize and use subtle non-verbal communication cues to assess your impact on your peers and participate in class.
- d. Demonstrating ability to be open about discussing the impact of your comments on your peers.
- e. Coming to class prepared (having read the assignment for the day and watched any assigned videos)
- f. Contributing to in-class discussion based on the topics of discussion 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.
- g. Engaging in group discussions with attention and energy.
- h. Asking questions of the instructor and/or other students regarding the material examined in that class.
- i. Providing examples to support or challenge the issues talked about in class. Dealing with other students and/or the instructor in a respectful fashion.
- j. 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.
- k. Adhering to all Professional Qualities. The form for evaluating Professional Qualities requirements will be distributed in class.
- l. 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. **Weekly Response Art**

Students are expected to bring to class response art that they've created outside of class time. Response art should be created in relation to experiences at students' practicum site; this could include client interactions, site supervisor relationship, personal feelings related to practicum placement, anti-racism/decolonization of art therapy practice, social justice, etc. Due each week of the semester.

| Weekly response art |                                                                                                                                                                                    |
|---------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| b.A.5               | Recognize the impact of personal and professional development through supervision, self-care practices appropriate to the Art Therapy professional role, and continuing education. |
|                     | Work reflects on client interactions, site supervisor relationship, personal feelings related to practicum placement.<br><br>Prepared with response art weekly                     |
|                     | SOAP / Process notes, as assigned                                                                                                                                                  |

## 3. **Practicum goals (not graded)**

Students will think critically about their goals and expectations for their practicum experience. Students will create at least two realistic and appropriate goals to work towards during the semester. Goals will be shared within the supervision course and posted on Moodle discussion board. Goals will be reviewed and referenced throughout the semester and revised as necessary. Practicum goals due week 3.

| GOALS                       |                                                                                                                                                                                                                                                                         |
|-----------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Content</b>              | Goals are thoughtful and reflect numerous areas of growth relevant to student's practicum site, personal development, professional identity and <b>social justice practices</b> as an art therapist, and ethics.<br><br>Goals are specific, measurable, and achievable. |
| <b>Clarity of writing</b>   | Writing is clear and concise. Unbiased, professional language is used.                                                                                                                                                                                                  |
| <b>Application of Goals</b> | Student identifies methods of achieving goals, goals are discussed and revised as needed throughout the semester. Student seeks support in achieving goals when needed.                                                                                                 |

#### 4. **Brief Case Presentation and Image Theater**

- Students will present on a dilemma they are experiencing within their placement related to a client, group, ethical, and/or systemic issue. The student will create a piece of response art which represents the dilemma from their perspective.
- Case presentations should be about 10-15 minutes and should include:
1. Behavioral and process observations (related to art media and client's artistic process), if applicable
  2. Developmental stage of art in relation to client and images or replicas of client artwork, if applicable
  3. Themes, metaphors in the client's art, if applicable
  4. Student's ethical and/or theoretical framework in relation to their dilemma
  5. Type of feedback student needs from peers and instructor/demonstrate ability to utilize supervision for feedback and guidance

Due on week that student signs up. Peers and instructor will be responsible for creating response art to provide feedback on the case presentation.

|                                       |                                                                                                     |
|---------------------------------------|-----------------------------------------------------------------------------------------------------|
| <b>Content</b>                        | Case presentation covers all material described in the syllabus                                     |
| <b>Organization/Clarity</b>           | Presentation is clear and concise. Unbiased, professional language is used.                         |
| <b>Participation in Image Theater</b> | Students will provide weekly response art as feedback to the case presentation.                     |
| <b>c.A.1</b>                          | Incorporate ethical and cultural consideration in materials selection and therapeutic applications. |

#### 5. **Supervisor evaluation (No grade, P/F)**

On-site supervisor will complete supervisor evaluation, and review with student in supervision at the end of the semester. Evaluation will be submitted through Taskstream.

#### 6. **Supervisor observations (No grade, P/F)**

Supervisor observations are completed twice per semester. Supervisors must observe student facilitating art group and complete the observation form. The second per term observation form should be completed prior to the supervisor evaluation. Due weeks 7 and week 13. Each observation must be submitted to Taskstream

**\*\*\*All Practicum Forms are available here:**

<https://graduate.lclark.edu/programs/art-therapy/handbooks-and-forms/>

## **EVALUATION AND GRADING**

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

| <b>Assignment</b>                     | <b>Due Date</b>                         |
|---------------------------------------|-----------------------------------------|
| Class Participation                   | N/A                                     |
| Brief Case Presentation/Image Theater | Varies, student will sign up for a date |
| Response Art                          | Each Class                              |
| Practicum Goals                       | 9/29                                    |
| Supervisor Observations               | 10/13 and 12/8                          |
| Supervisor Evaluation                 | 12/15                                   |

## **COURSE OUTLINE**

| <b>Class Date</b> | <b>Topic</b>                                                                                   | <b>Readings &amp; Assignments Due</b>                                                                                                                                          |
|-------------------|------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 9/8               | Welcome, Housekeeping, and Syllabus and Practicum Manual Review, sign up for case presentation | Practicum Manual:<br><a href="https://graduate.lclark.edu/programs/art-therapy/handbooks-and-forms/">https://graduate.lclark.edu/programs/art-therapy/handbooks-and-forms/</a> |
| 9/15              | Online Check-In, Moodle discussion of reading                                                  | *Weekly Response Art Due<br><br>Reading: Chapter 3 in Foundations of Art Therapy Supervision, "What Supervisees Need to Know About Supervision"                                |
| 9/22              | Art-Based Supervision                                                                          | *Weekly Response Art Due<br><br>*Student Case Presentation Due<br><br>Fish, B. J. (2012). Response art: The art of the art therapist. Art Therapy, 29(3), 138-143.             |

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|-------|----------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 9/29  | Online Check-In, Moodle discussion of practicum goals                                                    | <b>*Post Practicum Goals on Moodle discussion board.</b><br>*Weekly Response Art Due<br>Comas-Díaz, L. (2005) Becoming a multicultural psychotherapist. Journal of Clinical Psychology, 61(8), 973-98                                                                                                                                                                                                                                                                                                                                                                                         |
| 10/6  | Art-Based Supervision & Case Presentation; Review upcoming supervisor observations                       | *Weekly Response Art Due<br>*Image Theater Response Due<br>* Student Case Presentation Due                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| 10/13 | Online Check-In, Moodle discussion of Self-Care and Counselor Wellness                                   | <b>*Supervisor Observation Due-Submit to Taskstream</b><br>*Weekly Response Art Due<br>Moodle Discussion of video and article<br><br>Audre Lorde: Self Care As Political Warfare<br><a href="https://www.youtube.com/watch?v=q8V1nVpal4E">https://www.youtube.com/watch?v=q8V1nVpal4E</a><br><br>Substance Abuse and Mental Health Services Administration. (2016). Creating A Healthier Life: A Step-By-Step Guide to Wellness.<br><br><a href="https://store.samhsa.gov/sites/default/files/d7/priv/sma16-4958.pdf">https://store.samhsa.gov/sites/default/files/d7/priv/sma16-4958.pdf</a> |
| 10/20 | Art-Based Supervision & Case Presentation                                                                | *Weekly Response Art Due<br>*Image Theater Response Due<br>* Student Case Presentation Due                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| 10/27 | Online Check-In, Moodle discussion of practicum goals/revisions based on supervisor observation feedback | Moodle Discussion<br>*Weekly Response Art Due                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| 11/3  | Art-Based Supervision & Case Presentation, Discussion of SOAP notes                                      | *Weekly Response Art Due<br>*Image Theater Response Due<br>* Student Case Presentation Due                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| 11/10 | Online Check-In, Moodle discussion                                                                       | Moodle Discussion<br>*Weekly Response Art Due                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |



|       |                                                            |                                                                                                                     |
|-------|------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------|
| 11/17 | Art-Based Supervision & Case Presentation                  | *Weekly Response Art Due<br>*Image Theater Response Due<br>*Student Case Presentation Due<br>*SOAP Note Due         |
| 12/1  | Online Check-In, Moodle discussion                         | Moodle Discussion<br>*Weekly Response Art Due                                                                       |
| 12/8  | Art Based Supervision;                                     | <b>*Supervision Observation Due-Submit to Taskstream</b><br>*Weekly Response Art Due<br>*Image Theater Response Due |
| 12/15 | Online Check-in, Moodle discussion; Reflection of semester | <b>*Supervisor Evaluation Due-Submit to Taskstream</b>                                                              |