

**CEADAR CREST COLLEGE**  
**ART 208 70 2 – AUTUMN 2008**  
***INTRODUCTION TO ART THERAPY***

**Instructor:** Rebecca Arnold, MA, ATR-BC

**Contact:** CCCampus: 610-606-4666 ext.6433  
(e-mail) [rarnold@cedarcrest.edu](mailto:rarnold@cedarcrest.edu)  
(mailbox) “adjunct” box

**Availability:** By appointment.

**Class schedule:** **Thursday 4 – 6:30 pm**  
**CCC/ALH/202**

**COURSE DESCRIPTION:**

This course will present an introductory experience to the field of art therapy. The course will include principles and practices of art therapy and the use of art making as a healing modality.

**GOALS:**

Students will be introduced to art therapy theory and practice, art therapy history, and art therapy pioneers as well as the present day art therapy community and the (AATA) American Art Therapy Association. Students will explore, through discussion and experiential work, the curative aspects of images and art making.

**OBJECTIVES:**

- 1) Introduce students to the profession of art therapy. What is art therapy and how, where and with whom is art therapy practiced?
- 2) Introduce students to the American Art Therapy Association (AATA), the Art Therapy Credentials Board (ATCB), and how art therapists find employment.
- 3) Expose students through hands-on experience to the creative process as both a visual expression and as an approach to therapy and healing.
- 4) Develop the students’ cultural awareness related to artwork and therapy.
- 5) Develop the students’ ability to articulate the similarities and differences between professional and transformative art making.

## Introduction to Art Therapy class outline, con't

### METHODS:

Course information will be obtained through lecture, assigned reading, individual research, class discussion, and experiential art processes. Students will conduct one of two possible research projects, prepare the research for a class presentation, and will complete a final exam.

### COURSE OUTLINE:

1. **Attendance/Participation** – Students will receive an A in attendance by being in class on time, being prepared as related to reading materials and engaging in class discussions and activities.

*If, for any reason, you will be absent it is your responsibility to contact me.*

*If, for any reason, you will not be in class on time it is your responsibility to contact me within a reasonable amount of time.*

You will be responsible for gaining any missed lecture material and information from your peers.

- a. After four late arrivals you will receive one absence.
- b. After two absences your grade will drop one full letter grade.
- c. After four absences you will receive a failing grade for this course.

All assignments must be submitted on their scheduled due date. Any late submissions will result in a full letter drop. Unless prior arrangements have been made with me, no submissions will be accepted one week beyond the scheduled date due.

2. **Research Project** – Students will have the option to choose one of the following two projects (all project papers are due on **October 30<sup>th</sup>**):

- a. Option #1: Choose an art therapy pioneer, conduct research, and write a 5-7 page paper documenting the art therapist's career. The paper must be written in \*APA format and will contain at least 3 book references and 2 art therapy journal references. Research must include identifying information of the art therapist and a description of his/her contribution to the field of art therapy.

## Introduction to Art Therapy class outline, con't

### Important Dates for Option #1

September 4	Topic selection/discussion/approval with instructor
September 18	Working citations list – must include 2 books and 1 journal reference to be used in paper
October 2	Library research day – Journals will be made available
October 30	Final paper due

b. Option #2: Perform an interview with a graduate level art therapist who is currently working in the field (required question list will be available to interested individuals). Prepare a 3-4 page interview-style paper to document your meeting. The paper must include at least one art therapy journal reference that must be documented according to \*APA format and that directly applies to the art therapist you interview (more will be discussed in class regarding this). Your own personal conclusion of this experience will round out the paper.

### Important Dates for Option #2

September 4	Topic selection/discussion/approval with instructor
September 25	List of questions answered by art therapist
October 2	Library research day – Journals will be made available
October 30	Final paper due

\*APA format is the standard documentation style of the American Psychological Association. Many questions may be answered by logging onto <http://owl.english.purdue.edu/owl/resource/560/01/> or by contacting Academic Services or the campus library. You may also utilize campus services to have your paper proofread before handing it in for a final grade. Your grade will reflect proper use of this writing style.

3. **Presentation** – Each student will give a presentation on the selected research topic. Presentations should not exceed 20 minutes and should offer an overview of the paper (not a reading of the completed paper). Students are encouraged to be creative when presenting.
4. **Final Exam** – A final grade will be recorded and will reflect information discussed in class lecture, reading material and art therapy information obtained throughout the semester. The final will be given at the end of the semester on December 11 during regularly scheduled class hours.

### GRADING:

1. The quality of class participation, including attendance, contributions to class dialogue, and experiential processes will be worth 25% of the final grade.

### **Introduction to Art Therapy class outline, con't**

2. The research project will be due on **October 30<sup>th</sup>**. This grade will be based on the quality of research, organization of ideas, APA format including spelling and grammar and will be worth 25% of the final grade.
3. Presentations will be held over three class periods beginning on **November 6<sup>th</sup>**. The grade will be based on the students' understanding of the material as well as presentation format and style of the speaker. This grade will be worth 25% of the final grade.
4. A grade will also be recorded for the final which will be held on **December 11<sup>th</sup>**. This grade will be determined by assessing the students' understanding of the reading material as well as lecture/discussion. This grade will be worth 25% of the overall grade for the class.

### **CLASSROOM CONDUCT:**

Appropriate classroom behavior is implicit in the Cedar Crest Honor Code. Such behavior is defined and guided by complete protection for the rights of all students and faculty to a courteous, respectful classroom environment. That environment is free from distractions such as late arrivals, early departures, inappropriate conversations and any other behaviors that might disrupt instruction and/or compromise students' access to their Cedar Crest College education.

### **HONOR PHILOSOPHY:**

The Cedar Crest College Honor Philosophy is based upon the principle that, as a self-governing body, students have the ability to create an atmosphere of trust and support. Within this environment, individuals are empowered to make their own decisions, develop personal regard for the system under which they live, and achieve a sense of integrity and judgment that will guide them through life.

### **MATERIALS:**

We will be engaging in art activity during most classes. Although some supplies will be available from the instructor, it is the student's responsibility to bring any supplemental materials required for an enriching experience.

Supplemental reading material will be provided by the instructor as listed in the class outline. Additional materials may be required that are not listed as part of this syllabus.

***INTRODUCTION TO ART THERAPY***  
**Daily class outline/Reading assignments**

DATE	TOPIC	READING DUE
*August 28	Introduction to Course	
*September 4	Theory and practice	preface and chapter 1
*September 11	Person/Process/Product	chapters 2 & 3 handout
*September 18	Perceptions, safety and ethics in art therapy	chapters 4 & 5
*September 25	Client/therapist relationship	chapter 6
*October 2	LIBRARY DAY **We will be meeting in the library**	
*October 9	Assessment principles	chapters 7 & 8 handout
* October 16	Approaches in art therapy	chapters 9 & 10
(Mid-semester review)		
*October 23	Process vs. Product	chapters 11 & 12

***INTRODUCTION TO ART THERAPY***  
**Daily class outline/Assigned readings – Con't**

---

\*October 30                      Workshop with Guest Speaker                      chapter 13

**\*Project paper due**

---

\*November 6                      Student Presentations

---

\*November 13                      Student Presentations

---

\*November 20                      Student Presentations

---

\*November 27                      Autumn Break    ENJOY!!!!!!

---

\*December 4                      Relating to images    chapters 14, 15 & 16  
 Dialogue and course review

---

\*December 11                      FINAL EXAM

---