

Benefits of Art Therapy in Art Education

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What is Art Therapy?

Art therapy is an integrative mental health profession that combines knowledge and understanding of human development and psychological theories and techniques with visual arts and the creative process to provide a unique approach for helping clients improve psychological health, cognitive abilities, and sensory-motor functions.

American Art Therapy Association (AATA)
www.arttherapy.org

History of Art Therapy

- * “Practiced” since prehistoric times; but modern-day art therapy emerged in the early 1900s when psychiatrists began categorizing the spontaneously created art works from asylum patients
- * American Art Therapy Association (AATA) established in 1969
- * Pioneers in the United States- Margaret Naumburg & Edith Kramer, 1970’s
- * Based on the idea of using art to release the unconscious by encouraging free association. The resulting artwork was considered symbolic speech that the therapist encouraged the patient to interpret and analyze
- * Important tool for assessment, communication, and treatment of children and adults
- * AATA currently represents over 5,000 professional art therapists

How does Art Therapy help?

Art therapists use art media, and often the verbal processing of produced imagery, to help people: resolve conflicts and problems, develop interpersonal skills, manage behavior, reduce stress, increase self-esteem and self-awareness, and achieve insight.

What can ART do?

Art Therapy in Art Education

- * Build Skills: develop self-control, build patience, tolerate frustrations, gain confidence in abilities, take on challenges
- * Promotes social and emotional development
- * Expression- Overcome social and emotional problems
- * Process, order of operations
- * Decision making, generating ideas
- * Healthy risk-taking, making mistakes, adapting to situations
- * Personal choice, options in art
- * Coping mechanism
- * Change perspective (Growth Mindset)
- * Trusting yourself and intuition
- * Assists non-verbal communication

The Art Educator's approach to these topics makes or breaks the experience!

*Note- You are a Mandated Reporter, if issues are presented or communicated from students.

Tools to Aid in Creation

- * Know difference in enabling vs. disabling
 - * Create a least restrictive environment for ALL students
 - * Allow some struggle but know when to it's too much
 - * Avoid frustration, speed up ideation to move on, remove barriers to create
-
- * Stencils
 - * Reference imagery, magazines
 - * Grip Control
 - * Computers, Scanning Art, Light Table
 - * Art Media



Continuum of Media

Help students gradually become comfortable and branch out to other media

Structured & Controlled

- * Drawing pencil
 - * Colored pencil
 - * Markers thin/thick
 - * Oil pastel
 - * Chalk pastel (pencils, sticks)
 - * Sculpey or modeling clay
 - * Tempera paint
 - * Watercolor

Unstructured & Loose

Sensory Awareness

Be attentive to

- * Smells
- * Textures
- * Lighting
- * Provide options



- * Consider seating choices –stools, cushions, standing, easels, etc.

Ideas for the Classroom

- * Mandalas- balance, calming, meditative
- * Explore Themes- enduring ideas
- * Explore Identity- self-portraits or representative portraits
- * Allow choice when possible



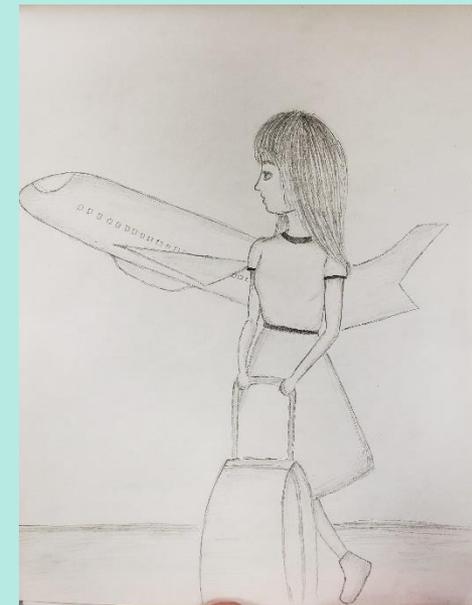
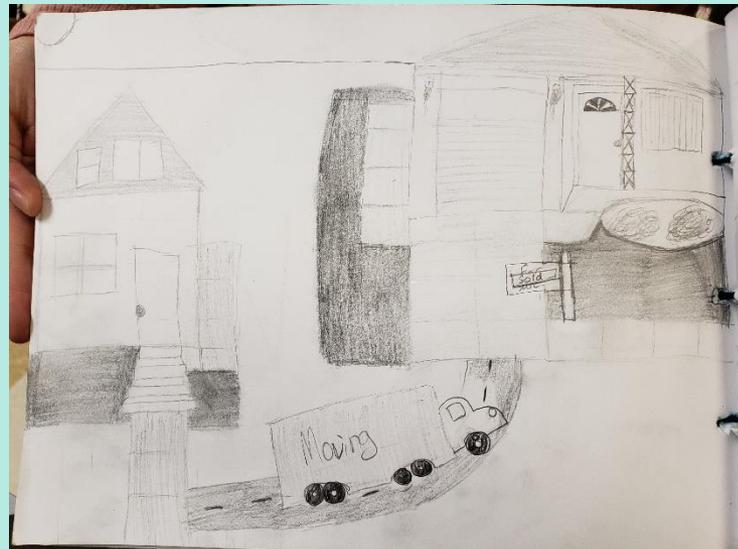
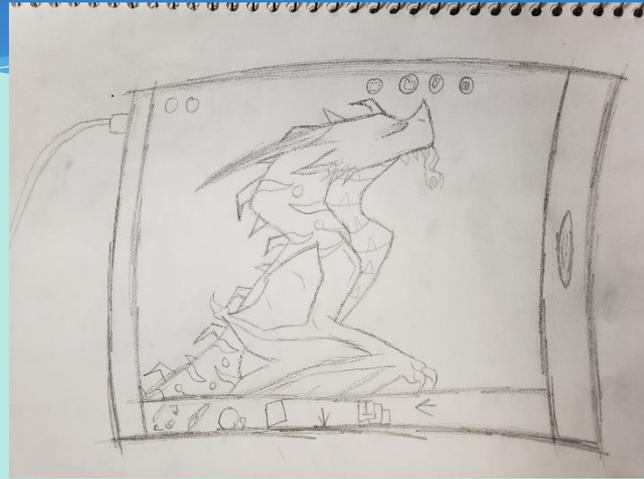
Drawing Prompts

Prompts are based on their story, rich material for future artwork

- * Draw a visual timeline of your life, include 5-10 important events
- * Draw an event (good or bad) that was significant you past or present
- * Draw a memory from you family
- * Draw your greatest accomplishment
- * Design a personal logo. Think about images, objects, colors, shapes that fit your personality & interests.
- * Create a page visually describing “If I could change one thing . . . “
- * Create a page about your last weekend.

Drawing Prompts

Significant events

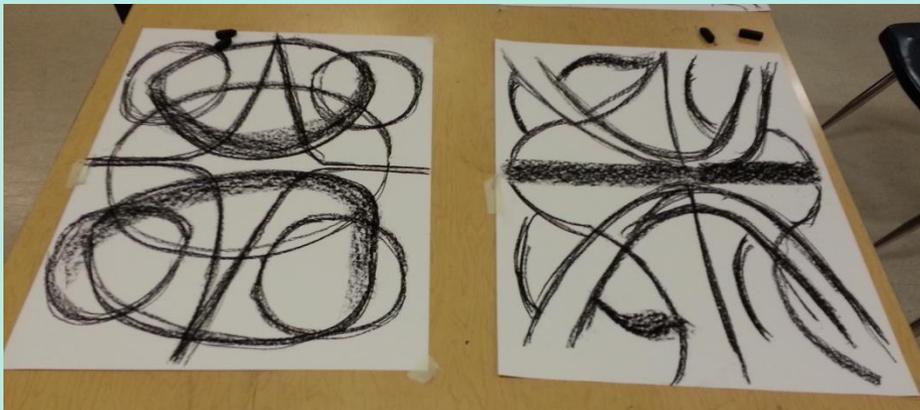


Drawing to Music ~ Mark-Making



Kinetic Drawing

- * 2 sticks of charcoal or chalk pastel
- * Based on Heather Hansen



String Painting w/India Ink, add chalk



Visual Journals

- * Personal expression & exploration
- * Could explore themes, enduring ideas



Art Therapy in the News

- * Oncology Patients
- * 78-year old, Peter Rinaldi, cancer patient
- * "(Art) gives me not only inner strength, but physical motivation to persevere beyond my body's weaknesses due to illness and side effects from treatment. ... When I am making art, I become very focused on what's in front of me. Concerns and issues I have seem to drop into the background. ... (Art) picks my brain for better thoughts and allows me to tuck the pain away."

<http://3blmedia.com/News/Art-Gives-Voice-78-Year-Old-Cancer-Patient#sthash.RCuhNQ7N.dpuf>

Peter Rinaldi, cancer patient

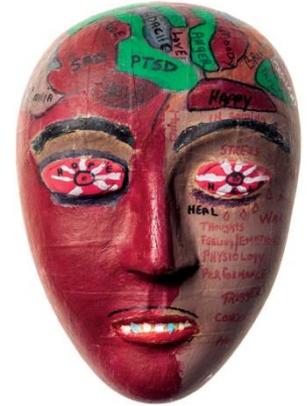


Art Therapy in the News

Military, Traumatic Brain Injury

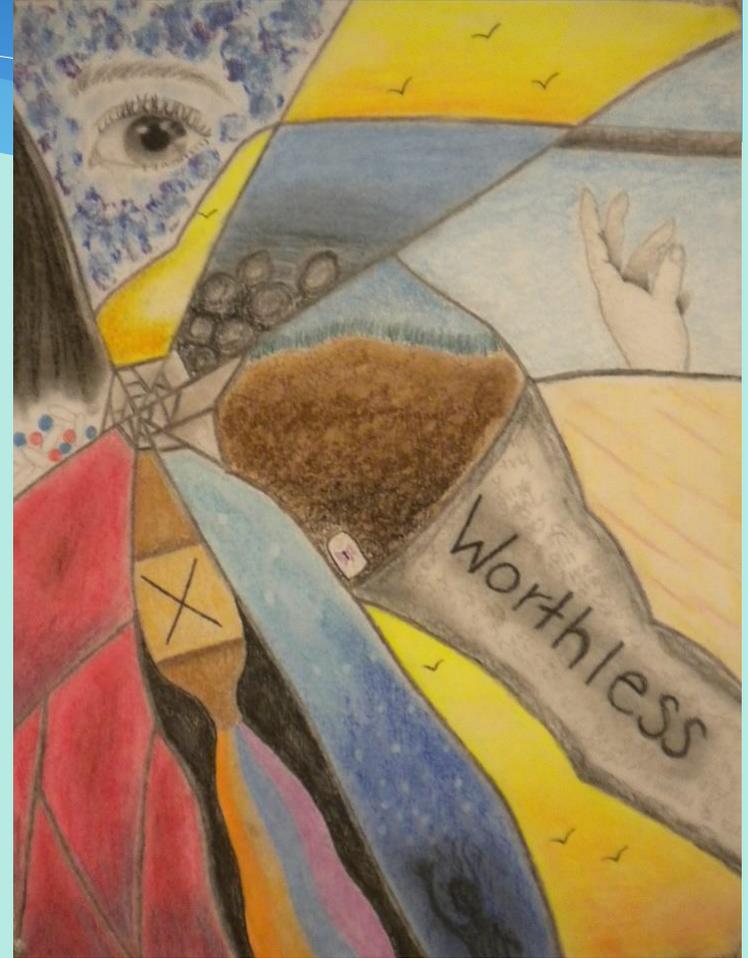
- * National Geographic Magazine February 2015
“Healing Our Soldiers, Unlocking the Secrets of
Traumatic Brain Injury”

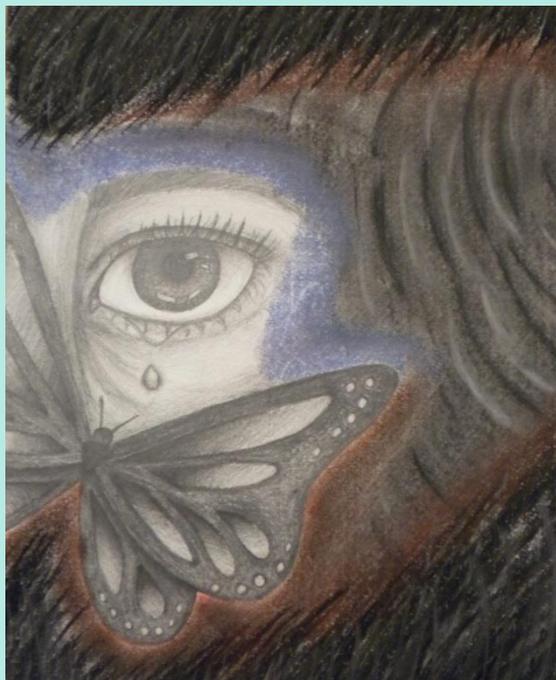
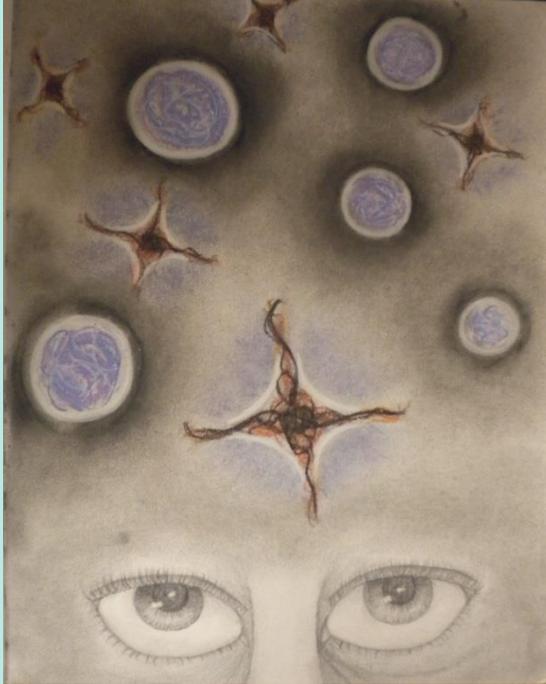


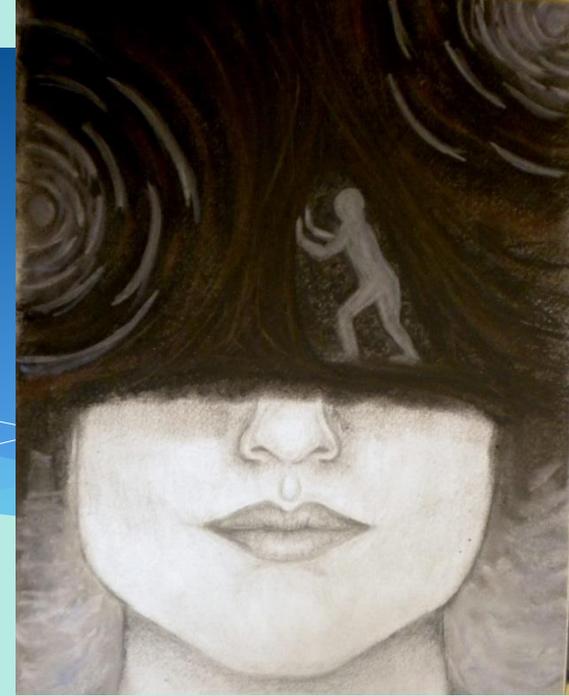


High School Student- Example

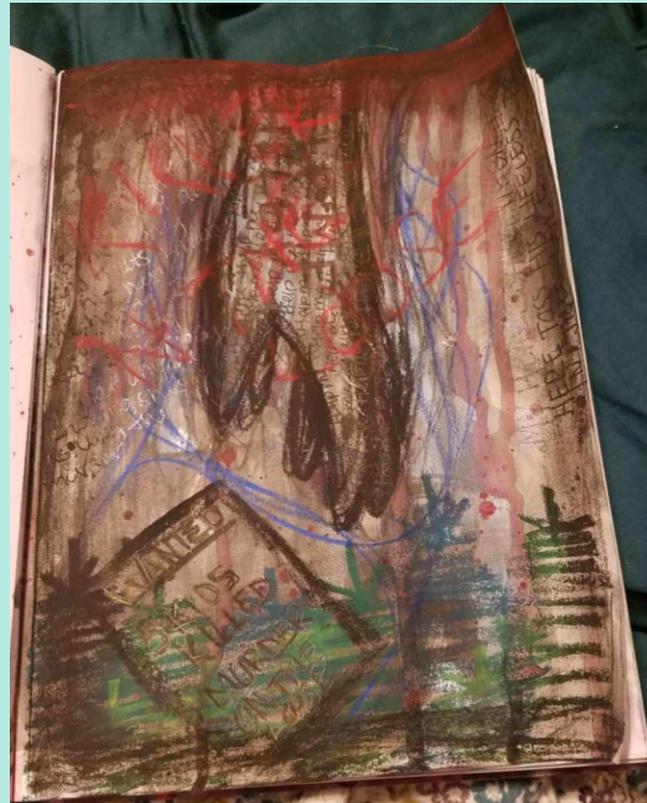
- * My concentration is about a girl battling all the negative things in her life, more so her own negative thoughts that dragged her down to one of her lowest points. It starts off with putting up with the little things like being blamed for everything that goes wrong at home and being picked on at school, but those little things begin to pile up. It piles up so high that she begins to believe all the things she's being told. She thinks she's useless. She thinks she's stupid. She thinks she's a waste of space. She thinks she's worthless. And above all, she hates herself. She gets to a point where she sees no way out other than to end it all. But just before her thoughts turn to actions, she finds that light at the end of the tunnel or that helping hand which pulls her out of the darkness of her own mind.
- * All of the pieces follow a similar theme in that the black charcoal along with the red and orange chalk pastel represent the negative things in her life. The white charcoal along with the blue and purple chalk pastel represent the positive things in her life that try to shield her from those negative things or at the very least give her some hope. For example, piece #4 shows the girl staring at the light at the end of the tunnel thinking about all of the negative things she will have to overcome in order to be happy again. The negative things start to eat away at her which is why her shield is starting to fail and why she has the red claw marks on her back. Piece #10 shows the girl at her lowest point. She is being completely engulfed by the vines (negative things), so much so that the little bit of what was left of the positive things, represented by the air bubbles, are completely sucked out of her. Piece #11 shows the girl's hand reaching out of the water, but she is still being dragged down by the vines. The helping hand, which has a shield from the negative things, is reaching down to pull her out of the water.







Nightmares



Art Therapy Directive

- Time for you to experience Art Therapy!
- Art Directive Processing

What is required to become an Art Therapist?

- * Master Degree in Art Therapy needed to apply for license
- * 39 art therapy master's degree programs at 35 accredited colleges and universities in 20 states and the District of Columbia.
- * 60 credit hours of graduate level coursework. Training in: studio art, creative process, psychological development, group therapy, art therapy assessment, psychodiagnostics, research methods, multicultural diversity
- * 100 hours of supervised practicum
- * 600 hours of supervised art therapy clinical internship
- * ATR credential- 1000 hours of direct client contact, with 100 hours of direct supervision, Board Certified, hold the ATR-BC credential
- * Wayne State University has M.Ed.
- * Pre-Art Therapy available at many undergrad programs in Michigan

How do I find an Art Therapist?

- * **Local hospital programs & counseling facilities**
- * **<http://www.find-a-therapist.com>**

Thank you for attending
& for participating!

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under PD Presentations.