

Winter/Spring 2022

Art Therapy

Independent Study by Tatiana Vanaria

Literature Review

01

Effectiveness of a School-Based Mindfulness and Art Therapy Group Program (2021) by Rebecca Bokoch & Noah Hass-Cohen

This program evaluation investigated the Mindfulness and Art Therapy Group Programs (MATG-P) effectiveness for children's mental health outcomes and interpersonal impacts. Results demonstrated the value of a child-centered, integrated art therapy and mindfulness curriculum in schools.

<https://doi.org/10.1080/07421656.2020.1807876>

02

The Relationship of School Art Therapy and the American School Counselor National Model (2013) by Nicole M. Randick & Shannon B. Dermer

This review article compares recently published literature on school art therapy with the guidelines set forth in the ASCA National Model. School art therapy programs can meet the core beliefs, philosophies, and missions that are currently identified with school counseling programs.

<https://doi.org/10.1080/07421656.2013.757507>

03

A Reference Library for School Art Therapists (2013) by Sarah P. Hite

This program evaluation investigated the Mindfulness and Art Therapy Group Programs (MATG-P) effectiveness for children's mental health outcomes and interpersonal impacts. Results demonstrated the value of a child-centered, integrated art therapy and mindfulness curriculum in schools.

<https://doi.org/10.1080/07421656.2020.1807876>

Additional Literature Resources



Art Therapy, Volume 38, Issue 4 (2021)

The Art Therapy Volume 38, Issue 4 published by Taylor and Francis Online was created as a resource for all those in or interested in the field of art therapy. Therapists, artists, students, educators, and other members of the like community can use this issue to pursue further interventions and/or effects of art therapy.

<https://www.tandfonline.com/toc/uart20/current>

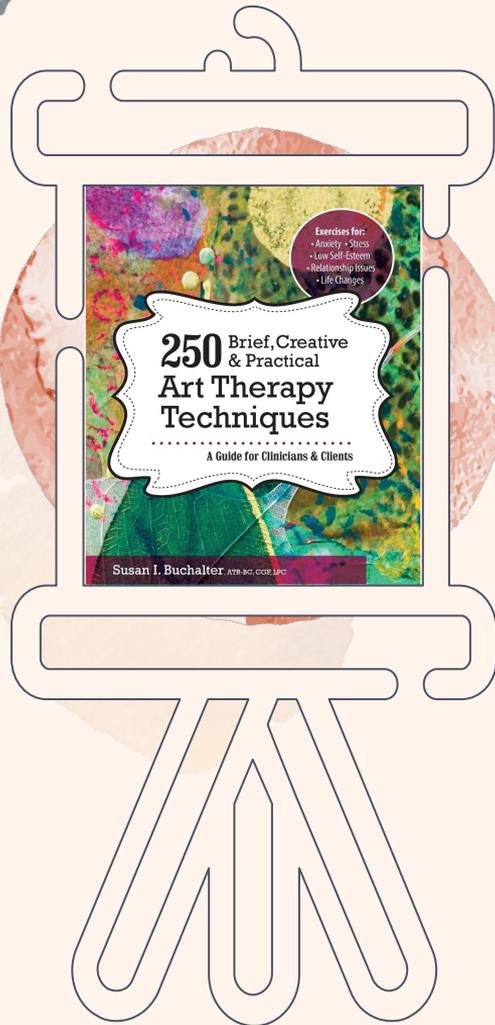


Outcomes Bibliography of the Research Committee of the American Art Therapy Association, Inc. (2021)

The purpose of the OB is to facilitate greater access to outcomes-based research and provide information to the AATA's members, students, and the general public about research that establishes the effects of art therapy with a variety of populations. These studies provide concrete evidence that art therapy is an effective treatment. This is updated annually.

<https://arttherapy.org/upload/OutcomesBib.6.2021.pdf>

Books



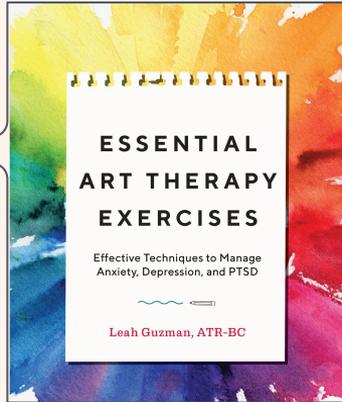
250 Brief, Creative & Practical Art Therapy Techniques: A Guide for Clinicians & Clients (2017) by Susan I Buchalter

Creative, fun & fast therapeutic warm-ups! When a client walks into the therapy room they don't know what to expect- they may feel anxious, unsure and perhaps even fearful. Brief art therapy warm-ups are the perfect way to break the ice and get clients feeling comfortable, less inhibited, and motivated to participate in individual or group therapy. (one sentence of TVs opinion)

Purchase Here:

<https://catalog.pesi.com/item/250-creative-practical-art-therapy-techniques-42252>

Books



Essential Art Therapy Exercises: Effective Techniques to Manage Anxiety, Depression, and PTSD (2020) by Leah Guzman ATR-BC

The purposeful act of making art can be more than a creative outlet. It can also help individuals gain self-awareness, process difficult thoughts, and even ease the effects of past traumas. *Essential Art Therapy Exercises*, a cognitive behavioral therapy workbook, offers a range of creative activities to help you better understand yourself, develop control over your emotions, and aid the healing process.

Originally published by Rockridge Press on March 31, 2020.

Web Resources

American Art Therapy Association

The American Art Therapy Association (AATA) is a 501(c)(3) not-for-profit, non-partisan, professional, and educational organization dedicated to the growth and development of the art therapy profession. Founded in 1969, the American Art Therapy Association is one of the world's leading art therapy membership organizations.

<https://arttherapy.org/>

National Coalition of Creative Arts Therapies Association

The NCCATA is an arts-based interventions and creative processes resource for the purpose of ameliorating disability and illness and optimizing health and wellness.

<https://www.nccata.org/>

The International Expressive Arts Therapy Association

The International Expressive Arts Therapy Association (IEATA) is a non-profit, professional organization founded in 1994 to encourage the creative spirit. IEATA is an inclusive, culturally diverse organization that supports expressive arts therapists, artists, educators, consultants and others using integrative, multimodal arts processes for personal and community growth and transformation.

<https://www.ieata.org/>

Videos

Expressive Arts in Adolescents (Alexander Street – 1 hr 40 min)

This film provides an accessible and practical overview of four major expressive art therapy disciplines—sand, music, play, and art—for clinicians to utilize with adolescents in psychotherapy, as well as the step-by-step process to competently incorporate expressive art interventions with adolescents into clinical practice.

https://search.alexanderstreet.com/preview/work/bibliographic_entity%7Cvideo_work%7C2543436

Solution-Oriented Art Therapy (Alexander Street – 49 min)

Gilit Gat demonstrates her work with children and adolescents through excerpts of four sessions. Using experiential work with art materials she is able to assist young individuals to resolve problems. The media that she uses, how she uses them and the prompts from her guidebook, "Identifying Solutions Through Art Therapy" are available to the viewer on this program. The work moves easily and even a novice can become inspired to work with art media. Focusing on what has worked in the past or what could work in the future, Gilit employs solution-oriented questions in her interviews with these young people.

https://search.alexanderstreet.com/preview/work/bibliographic_entity%7Cvideo_work%7C2412300

Exercises

Experiencing the “Now” – Mindfulness

Procedure: Draw where you are in the moment.

Questions for Exploration:

1. How did you portray yourself? Consider size, shape, color, expression, position on the paper, etc.
2. Think about where you are physically and/or emotionally. Thinking about if you are focused on what is happening now, or are you dwelling on the past or future events?
3. Are you where you want to be right now? Think about where you are emotionally and what your environment and relationships are like at this point in your life.
4. Would you like to change? If so, how can you begin to transform yourself and your life?

From Buchalter, S. I. (2017). *250 Brief, Creative & Practical Art Therapy Technique A Guide for Clinicians & Clients*. PESI Publishing & Media.



Exercises

Emotions in the Sky – Self Awareness

Procedure: Draw a sun, cloud, and star. The sun will represent optimism; the clouds will represent depression or pessimism; and the star will represent hope and enthusiasm for a brighter future.

Questions for Exploration:

1. How did you represent the symbols? Which ones are emphasized and which symbols are minimized?
2. How does your sketch relate to your current mood and motivation?
3. What are you doing to improve your outlook?

Buchalter, S. I. (2017). *250 Brief, Creative & Practical Art Therapy Technique A Guide for Clinicians & Clients*. PESI Publishing & Media.



Exercises

Tug of War – Relationships

Procedure: Draw a “tug of war” between a person (you) and either another person or an object you may be struggling with.

Questions for Exploration:

1. Which figure are you?
2. How hard are you pulling?
3. Are you going to win or lose the tug of war?
4. Do you feel in control or out of control?
5. Do you feel strong, average or weak?
6. What happens if you win? If you lose?
7. Are you in a tug of war in certain areas of your life?
8. What would you be saying if this drawing was real and you were really participating in this difficult exercise?

Buchalter, S. I. (2017). *250 Brief, Creative & Practical Art Therapy Technique A Guide for Clinicians & Clients*. PESI Publishing & Media.

Exercises

Less Dominant Hand - Change

Procedure: Draw a quick sketch with your less dominant hand.

Questions for Exploration:

1. How did it feel to draw with your less dominant hand?
2. How do you generally handle situations that become challenging?
3. How often do you try to change your routine and “take a different road or route?”

Buchalter, S. I. (2017). *250 Brief, Creative & Practical Art Therapy Technique A Guide for Clinicians & Clients*. PESI Publishing & Media.

Exercises

Positive Image – Self Esteem

Procedure: Draw a positive image. Think about people, places and things that lift your spirits and increase your self-esteem and feelings of well-being.

Questions for Exploration:

1. What are the positive aspects of the image?
2. In which ways can you relate to the image?
3. How can you become more positive in your thinking?

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Exercises

Suit of Armor – Stress

Procedure: Draw a suit of armor that is your protection from stress, anger, anxiety, or hurt feelings, etc.

Questions for Exploration:

1. What type of armor did you create?
2. Is it strong or fragile, penetrable, or impenetrable?
3. How long have you been wearing it?
4. Has it helped you or hurt you?

Buchalter, S. I. (2017). *250 Brief, Creative & Practical Art Therapy Technique A Guide for Clinicians & Clients*. PESI Publishing & Media.



Exercises

Following Your Mood – CBT Based

Additional Materials: Magazines

Procedure: Choose one photo from a magazine that best represents how you are feeling at that moment.

Questions for Exploration:

1. How does the photo represent your mood?
2. What aspect of the photo attracted your attention?

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Exercises

Everyday Miracles – Thought Provoking

Procedure: Draw a common, everyday experience that you find amazing (ex. a sunrise, someone's smile, etc.)

Questions for Exploration:

1. What is amazing about yourself or your life? Share at least one thing that impresses you.
2. How does focusing on everyday experiences enhance life satisfaction?
3. What types of things and experiences do we tend to take for granted?

Buchalter, S. I. (2017). *250 Brief, Creative & Practical Art Therapy Technique A Guide for Clinicians & Clients*. PESI Publishing & Media.