why it’s amazing and why you should have it at your center
Objectives:

• To expand your understanding of Art Therapy
• To learn what separates Art Therapy from art-based interventions
• To explore how we use art at CTS and why you should too!
What is Art Therapy

- Art Therapy is an integrative mental health and human services profession that enriches the lives of individuals, families, and communities through active art-making, creative process, applied psychological theory, and human experience within a psychotherapeutic relationship.
Art Therapy, facilitated by a professional art therapist, effectively supports personal and relational treatment goals as well as community concerns. Art Therapy is used to improve cognitive and sensory-motor functions, foster self-esteem and self-awareness, cultivate emotional resilience, promote insight, enhance social skills, reduce and resolve conflicts and distress, and advance societal and ecological change.
Art Therapy: The Movie

• https://vimeo.com/111790087
Art Therapy is a profession not modality.

**It’s not just interventions**
This is not art therapy...

- But it is super relaxing, meditative and recreational
- And can be done on your own without an art therapist
What Separates Art Therapy from art-based interventions:
How is Art Therapy different?

- It’s grounded in theory.
- It’s a lens or a way of conceptualizing- not an intervention (No one goes to grad school just to learn about techniques that can be followed like a recipe and applied on a “one-size-fits-all” basis!)
- Art therapists are skilled at using many types of art materials, techniques and are fluent in the language of visual communication.
- Art therapists have educational, training and practice guidelines (similar to LPC licensure).
- Every directive (or use of non-directive art making) is thoughtful, intentional and based in theory.
Art Therapists consider the use of specific materials for their properties

Materials:
- Soothe or challenge
- Hold emotion
- Facilitate expression
- Are often a third party in the therapy room - can take pressure off client and therapist or be a buffer
- Can embody transformation
- Release and engage, free and contain, hold and integrate
MOD PODGE

gives me peace of mind

He can't create peace of mind
For more information on all things Art Therapy:

https://arttherapy.org
Why and how we use art therapy at our center:
Why we use Art Therapy?
Art Therapy rocks for following reasons:

- Gain awareness of emotions and improve communication with therapist
- Safe expression of difficult emotions
- Containment of emotions
- Self-regulation
- Metaphor and symbolism
- Encourages risk-taking in a safe environment
- Art can externalize trauma and emotions so that the client can express trauma in a safe way
- Can tap into material that verbal dialogue sometimes cannot
- Gain frustration tolerance
- Gain insight into issues
- Increase sense of control
- Improved mood
- Improved coping skills
Other Benefits of Art Therapy

• Improve social skills and fosters a greater sense of connection (group art therapy)
• Gain sense of accomplishment/build self-esteem
• Improve gross and fine motor coordination
• Increased problem solving
• Develop/improve sense of self
• Manage behavior, reduce frequency of negative behaviors
• Create new patterns of learning
• Non-verbal expression can bypass verbal defenses
• Provides a tangible record of treatment
• Can be directive or non-directive
And... It’s fun!
How We Use Art Therapy at CTS
Individual and Group Art Therapy
Individual Storm Drawings
Group Art Therapy
Special Events
From Hurricane Harvey Support Group
Prototype for upcoming Craftivism workshop t-shirt project

experiences, not things
I'M SO ANGRY

I STITCHED THIS
JUST SO I COULD
STAB SOMETHING
3,000 TIMES
DESTROY THE PATRIARCHY NOT THE PLANET
The Ultimate Art Therapy Intervention:

Hire an Art Therapist at your center!
KEEPING YOUR HEAD IN THE CLOUDS

USING CREATIVE INTERVENTIONS FOR BETTER SERVICES
HELLO!

Myriam Reynolds, LPC, ATR
Aimee Howarth-Horner, LPC
Rebecca Partridge, LMFT
Why Are We Talking About This?

GROWING DEMAND + LIMITED TIME/RESOURCES =

A need to think outside of our “traditional” college counseling center approach.

Bonus Benefits

• Prevents staff burn out
• Relevant and inclusive programming
• Reaches students that may have never used traditional counseling services

“You can never solve a problem on the level on which it was created.”

– Albert Einstein
A VERY BRIEF SNAPSHOT OF GEN Z

“DIY” GENERATION
↑ anxiety/pressure to succeed without help

DIVERSE COLLEGE CAMPUSES
Greater need for inclusive programming

SOCIAL MEDIA EXTENSION OF IDENTITY
Creates FOMO

What we consider convenience, Gen Z considers an expectation.
Gen Z has ALWAYS known effortless and seamless service.

LEARNING STYLE
Mobile, V.R. and A.R.
Youtube is #2 search engine

PREFER FACE-TO-FACE INTERACTIONS
Loneliest Generation
Aimee – Using Your Strengths/Interests

Defense Against the Dark Thoughts

A Healing Hook: Crochet Therapy
Aimee – Benefits of Creative Groups

- Students bond over common interest - feel a part of something
- Provides “buffer”
- Less stigma/easier to attend
- Learn new healthy coping skills
- Increase self-esteem / competence through learning a new skill

A Healing Hook: Crochet Therapy
Myriam – Art Therapy and Hiring for Creativity
Now It’s Your Turn 😊

Group Discussion
Q&A
THINGS TO THINK ABOUT

What do you like to do for fun/stress reliever?

What do you know more about than most people?

What do you spend time doing when you aren’t at work?

What makes you unique?