

# Introduction to Art Therapy: Sources & Resources

## **Contents**

Preface xiii

Acknowledgments xxi

A Few Words About Style xxiii

Introduction to the Revised Edition xxv

## **1 Previews 1**

The Many Faces of Art Therapy 1

Preview of Coming Attractions 1

Short Stories—Vignettes 1

How Art Helped Me at Times of Trauma 3

Art Helps a Psychotic Boy Return to Reality: RANDY (12) 5

Art Contains Aggression at Home: JENNY (5), NONA (4), and JON (4 and 14) (DVD 1.9) 6

Stories from the Art Therapy Studio (DVD 1.10) 7

Art & Drama Therapy Help a Girl Say Goodbye: LORI (5) 9

Art Therapy Unblocks Grieving for a Little Boy: JEFF (6) 11

Art Therapy Releases a Worried Boy's Energy: ALAN (4 and 11) 11

Art Therapy Allows an Anxious Boy to Feel Secure: JACK (12) 12

Art Therapy Helps a Talented Teenager: BETTY JANE (14) 14

Art & Drama Therapy Liberate a Depressed Adolescent: JIM (17) 14

Art Therapy with a Depressed Woman: MRS. LORD (27) 16

Art Draws out Despair in Marital Therapy: MR. & MRS. T. 19

Art and Writing Help in Adjusting to a Painful Reality: MARJORIE (45) 21

Preview of Coming Chapters 24

## **2 What Is Art Therapy? 25**

Art + Therapy 25

Art Therapy: What It *Is* and What It *Is Not* (DVD 2.1) 26

Art Therapy and Art Education (DVD 2.2) 28

Invisible Differences 28

Participants “Know” the Difference 29

Art Therapy and Art for People with Disabilities (DVD 2.3) 31

Educational and Recreational Settings 31

Medical and Rehabilitation Settings 33

Medical Art Therapy and Arts Medicine (DVD 2.4) 34

Room for All: Teamwork (DVD 2.5) 35

Art Therapy and Child Therapy (DVD 2.6) 37

Play Therapy and Child Art Therapy 37

Pediatric Art Therapy and Child Life Programs 38

Art Therapy and Art Counseling 38

Other Clinicians Who Use Art (DVD 2.7) 39

Art Therapy and Occupational, Recreation, and Activity Therapy 39

Art Therapy and Others Using Art in Psychotherapy 40

Art Therapy and Expressive Therapies (DVD 2.9) 42

Expressive Arts Therapy Ends Nightmares: CARLA (8) 42

Mixing Modalities in Treatment 43

Sharing and Collaborating 44

Training Issues 45  
Choosing a Multimodal Approach 46  
Concluding Thoughts 47  
Art + Therapy = Art Therapy 47  
Endnotes 48

### **3 History 49**

The Sources of Art Therapy 49  
Natural Beauty is Soothing 49  
Creating Comes Naturally 50  
Art for Healing Is Ancient and Universal 50  
Art Therapy: An Idea Whose Time Had Come 51  
Psychiatric Interest in Patient Art 51  
Interdisciplinary Exchange 52  
Creativity and Madness 53  
Art Brut and Outsider Art 53  
Art in Diagnosis and Therapy 53  
Therapeutic Art Education 54  
Artists in Hospitals 56  
Art Therapy Is Born 57  
Naumburg and Kramer 57  
Other Art Therapy Pioneers in the United States 61  
Art Therapy in Other Countries (DVD 3.13) 64  
Concluding Thoughts 68  
Endnote 68

### **4 The Basics 69**

The Art Part 69  
Knowing Materials 69  
Knowing the Creative Process 72  
Knowing Artistic Products 73  
The Therapy Part 74  
Knowing Development 74  
Knowing Psychodynamics 74  
Knowing Pathology and Potential 75  
Knowing Treatment Planning 75  
Knowing the Therapeutic Dyad (DVD 4.2) 75  
Knowing the Process of Change in Therapy 76  
Necessary Conditions: The Framework 76  
A Supportive Setting 76  
Physical Conditions 77  
Psychological Conditions 77  
Doing Art Therapy: The Interface 78  
Setting the Stage 78  
Evoking and Facilitating Expression 78  
Looking at and Learning from the Art Process 78  
Working Artistically 79  
Basic Principles 80  
Selecting Art Therapy 80  
Assessment in Planning and Evaluation 81  
Evaluating Art Therapy 81

Qualitative Evidence 82  
Quantitative Evidence 83  
Art Therapy Research 83  
The Art Product in Evaluation 84  
The Art Process in Evaluation 84  
Why Art Therapy? 85  
Art Involves the Whole Person 85  
Much of Our Thinking Is Visual 85  
Memories May Be Preverbal or Forbidden 86  
Negative Ideas and Feelings Are More Easily Expressed in Art 86  
Art Helps to Face What's Inside: LAURIE (38) 87  
Art Offers Unique Possibilities for Expression 87  
The Art Product Is a Helpful Presence 88  
Art Is Flexible and Versatile 89  
Art Normalizes Psychotherapy 89  
The Creative Process Is a Learning Experience 90  
Art Is a Natural "High" That Also Heals 90  
Why Art? 92  
Back to Basics 92  
Endnote 93

## **5 Approaches 95**

Multiple Paths: Multiple Perspectives 95  
Psychodynamic Approaches to Art Therapy 96  
Freudian Psychoanalysis 96  
Free Association in Art Imagery: LINDA (8) 97  
Jungian Analytic Therapy 98  
Humanistic Approaches to Art Therapy 100  
Person-Centered Approach 100  
Adlerian 100  
Gestalt 101  
Ericksonian 102  
Phenomenological 102  
Existential 102  
Psycho-Educational Approaches to Art Therapy (DVD 5.3) 103  
Behavioral 103  
Cognitive 104  
Developmental 107  
Adaptive 107  
Systemic Approaches to Art Therapy 107  
Family Art Therapy 109  
Images Illuminate Important Issues—John and His Mother After Father's Death 110  
Group Art Therapy 111  
Individual Growth in a Group: DON (9) 112  
Art/Image-Based Approaches to Art Therapy (DVD 5.5) 113  
Spiritual Approaches to Art Therapy 113  
Integrative Approaches to Art Therapy 115  
Theory, Technique, and Art Therapy 116  
Art Therapists as Theorists 116  
The Unspoken Perspective 117

Selective Eclecticism 117  
Is Theory Really Necessary? 117  
Endnotes 118

## **6 Assessment 119**

Art and Diagnosis 119  
Projective Techniques 119  
Responding to Visual Stimuli 120  
Preference Tests 120  
Copying and Completion 121  
The Scribble Drawing 121  
Projective Drawings 122  
Standardization in Drawing Tasks 125  
Art and Psychopathology 125  
Studies of Artistic Development 127  
Art Therapists as Diagnosticians 128  
Art Therapists and Projective Drawings 128  
Draw-a-Person and Self-Portrait in Assessment: JIMMY (5) 128  
Rating Scales by Art Therapists 129  
Rating Scales for Art Products 129  
Rating Scales for Art Behaviors 130  
Assessing Change After Seven Weeks of Group Art Therapy 132  
Art Therapy Assessments 134  
Overview 134  
Unstructured Approaches 134  
Art Assessment Reveals Depth of Pathology: EVELYN (16) 135  
A Scribble Drawing Helps a Sullen Adolescent: MELANIE (15) 135  
Structured Approaches: Themes 135  
Art Assessment Batteries: Individuals 136  
Art Assessments for Specific Purposes 137  
Assessing Sexual Abuse Through Art 138  
Assessing Spiritual Development Through Art 138  
Art Assessment Batteries: Families 139  
Art Assessment Batteries: Couples 139  
Selection/Creation Art Assessment Batteries 139  
Silver Drawing Test of Cognition & Emotion 139  
Magazine Photo Collage 140  
Face Stimulus Assessment 141  
Concluding Thoughts 141  
Endnotes 142

## **7 Technique(s) 145**

Introduction 145  
Evolution of Art Therapy Technique 146  
Evoking Expression (DVD 7.1) 146  
Warming Up 146  
Pictorial Stimuli 147  
Visual Starters 147  
Using the Nondominant Hemisphere 147  
Stimulating Materials and Methods 148  
Regressive Media Help in Dealing with Shame: GLORIA (29) 148

Mental Imagery 148  
A Series of Images 149  
Facilitating Expression (DVD 7.2) 150  
Motivational Techniques 150  
Artistic Interventions 150  
Drawing Workbooks and Guides 153  
Deciding What to Do and Why 154  
Specific Tasks Help a Family to “See” Problems 157  
Variations on the Visual Arts 158  
Sandplay 158  
Hypnosis and Guided Imagery 158  
Phototherapy, Videotherapy, and Computers 159  
Art and Film Therapy Help a Young Man Grow Up: ISAAC (DVD 7.9) 161  
Multimodal Expressive Arts Therapy 163  
Concluding Thoughts 164  
Endnotes 166

## **8 People We Serve 167**

Art Therapy Is Especially Good For ... 167  
Those Who Have No Words 167  
Those Who Are Resistant 169  
Art Therapy With an Elective Mute: ELLEN (11) 169  
Art Therapy Is for All Ages 171  
Children 172  
Art and Sandplay Help a Grieving Toddler: BILLY (2) 172  
Art and Play Therapy for an Anxious Little Girl: AMY (3) (DVD 8.10) 174  
Adolescents 174  
Art Therapy for a Painfully Shy Adolescent: LUCY (13) 176  
The Story of Sam: A Schizoid Teenager (18) 176  
Adults 179  
Art in Diagnosis and Therapy with a Young Adult: SALLY (22) 180  
Unresolved Grief Finally Faced: OLIVER (36) 181  
Art Therapy for Artists 183  
The Elderly 184  
It’s Never Too Late: HANNAH (64) 186  
Endnotes 189

## **9 Problems We Address 191**

Living With Mental Illness 191  
Introduction 191  
A Story of Bravery and Creative Coping: KAREN 191  
Children with Psychotic Disorders 194  
A Youngster with Childhood Schizophrenia: DOROTHY (10) 194  
A Girl Who Spoke by Shutting Me Out: KITTY (4) 197  
A Teenager With Asperger’s Syndrome Uses Puppets: EMILY (16) 199  
Living With Disabilities 199  
A Therapeutic Art Program Helps a Partially Sighted Girl: JANE (11) 200  
Expressive Arts Therapy Helps a Blind Boy: LARRY (8) 201  
History of Art Therapy for Those With Disabilities (DVD 9.8) 202  
The Family of the Disabled Individual 206  
Problems Especially Helped by Art Therapy (DVD 9.9) 206

Eating Disorders 207  
Art Therapy for an Adolescent with Anorexia: LILA (17) 207  
Substance Abuse 207  
Art Therapy Helps a Recovering Addict: AMELIA (25) 209  
Survivors of Sexual Abuse 209  
Dissociative Identity Disorder (Multiple Personality Disorder) 210  
From Depression to Dissociation: The Story of ELAINE (40) 210  
Is Art Therapy Dangerous for Some People? 215  
Concluding Thoughts 216  
Endnote 216

## **10 Places We Practice 217**

Introduction 217  
Medical Art Therapy 218  
Art in Medical Assessment 218  
Art Therapy for Psychosomatic Conditions 220  
A Child With Encopresis: JERRY (11) 221  
Art Therapy in Trauma and Rehabilitation 222  
Art Therapy for Healing 224  
Art Therapy for Terminal Illness 225  
Fighting Cancer With Art and Imagery: SUE (37) 226  
Art Therapy for Bereavement (DVD 10.5) 227  
A Child Requests Art Therapy After His Mother Kills Herself:  
CHRISTOPHER (7) 228  
Art as Therapy in Times of Crisis 229  
War and Combat 229  
Natural Disaster and Violence 231  
Community Tensions 231  
People and Families in Crisis 232  
Art Therapy for Posttraumatic Stress Disorder (PTSD): JACKIE (7) 232  
Displaced Persons 233  
Economically Disadvantaged Individuals 233  
Art Therapy in Correctional Institutions 234  
Art as Therapy for Wellness 235  
Art as Therapy in Everyday Life 235  
Art as Therapy for Children and Families 235  
Art as Therapy in a Preschool: SAMMY (4) 235  
Art as Therapy for Normal Adults 238  
Concluding Thoughts 238  
Endnotes 239

## **11 Professional Issues 241**

Evolution of Art Therapy Education 241  
Becoming an Art Therapist 241  
Learning by Doing 241  
Learning by Teaching and Consulting 242  
Art Reveals Capacities of a Deaf-Mute Girl: CLAIRE (10) 242  
Learning by Sharing with Others 243  
Learning in Personal Psychotherapy and Supervision 243  
Apprenticeships, Courses, and Training Programs 245  
Supervision 246

Self-Awareness 246  
Images of Supervision 247  
Promoting Creativity in the Art Therapist 247  
Becoming an Art Therapist: Professional Identity Formation 248  
Evolution of Standards 249  
Standards for Registration 249  
Standards for Board Certification 250  
Standards for Educational Programs 250  
Evolution of Continuing Education 250  
Learning Through Further Education 250  
Obtaining Relevant Credentials 251  
Ethics in Art Therapy 251  
Standards of Practice and Ethical Conduct 251  
Ethics and the Art Created in Art Therapy 252  
Ethics and Client/Therapist Differences 253  
Disability Issues 253  
Phenomenological Research on a Tactile Aesthetic 254  
Multicultural Issues 255  
Evolution of Political Action and Networks 258  
Public and Professional Awareness 259  
Concluding Thoughts 260  
Endnotes 261

## **12 What Next? 263**

Finding Out More About Art Therapy 263  
Growing Art Therapy Literature 264  
Art Therapy as a Career 266  
Reality Check: Jobs and Salaries 266  
Credentialing in Other Areas 267  
New Employment and Funding Sources 267  
The Future of Art Therapy 270  
Art Therapist Predictions: Past and Present 270  
Art Therapy Has Much to Share 271  
Art Therapy in the Age of Virtual Reality 273  
Artist or Therapist? 274  
Need for Art in Times of Change 274  
Art + Therapy = Art for Life 275  
Endnotes 275

Resources 277

References 281

Introduction to Art Therapy: Sources & Resources 297

Index 317