

# CREATIVE ARTS THERAPY (ADT)

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## **ADT-627 Introduction to Art Therapy Treatment - (3 Credits)**

This course will introduce students to the history, theory and practice of Art Therapy within the Creative Arts Therapy approach. Through a combination of lecture, discussion and Art Therapy experiences, students will learn to develop a process oriented approach to using art materials as a source of therapeutic intervention.

## **ADT-630 Clinical Diagnosis, Assessment and Treatment - (3 Credits)**

This course is an overview of the major diagnostic categories found in the current Diagnostic and Statistical Manual. Emphasis is placed on assessment of patients' verbal and nonverbal styles of communication and their impact on the creative process in clinical work.

## **ADT-632 Research and Thesis - (3 Credits)**

This course is designed to give students an introduction to the philosophical, conceptual, and practical basis of qualitative and quantitative research methodologies. Students will be exposed to research techniques, data collection and analysis, and ethics. Students will also be provided with advisement to plan and complete a thesis.

## **ADT-635 Art Therapy Open Studio - (3 Credits)**

Art Therapy Open Studio is an experientially based class focusing on an in-depth exploration of the students' internally driven creative processes. Through 2-D drawing, painting, 3D sculpture, and extensive writing students will be immersed in a meditative art process. This will be conducive to the development of mindfulness in their personal creative process and in the application of this to their clinical work.

## **ADT-640 Development Of Personality I - (3 Credits)**

This course compares and contrasts theories of individual development across the lifespan, including, but not limited to typical and atypical cognition, personality, human sexuality, theoretical and psychological roots of developmental crises, trauma, disabilities, addictions, and contextual/ecological factors bearing on human development such as cultural identities, spiritual, systemic within and outside family nucleus, physical, neurological, biological and physiological. The basic tenets of psychotherapy and counseling theories are also explored.

## **ADT-641 Creative Arts Therapy I - (3 Credits)**

Creative Arts Therapy I provides an overview of the history, theory and practice of art therapy and dance therapy. The focus of the class is understanding the integration of creative process and therapeutic process. Students look in depth at the process of making the transition from being an artist to being an art therapist or dance therapist. Students are encouraged to integrate their fieldwork/internship experiences with the assigned readings and classroom discussions.

## **ADT-642 Creative Arts Therapy II - (3 Credits)**

Creative Art Therapy II focuses on the application of the creative process in therapy. Students will deepen their understanding of the integration of creative and therapeutic processes. The use of the creative process as therapy in clinical settings will be explored in depth. Students are encouraged to integrate their fieldwork.

## **ADT-643 Expressive Modalities I - (3 Credits)**

This course introduces the student to a wide range of expressive modes of communication that will include visual, tactical, verbal, and auditory experiences. The student is exposed to other creative art therapies such as drama, music, video, dance, poetry, Gestalt and body therapies. The integration of these modalities with art therapy is explored.

## **ADT-645 Group Creative Arts Therapy I - (3 Credits)**

Students explore group dynamics and begin to see how these dynamics connect to the treatment setting. The course has experiential, didactic, and supervisory components that combine practical experience with didactic orientation (to include group theory and dynamics such as therapeutic factors, transference/counter transference and leadership issues)-all thoroughly integrated with art and dance therapy.

## **ADT-646 Group Creative Arts Therapy II - (3 Credits)**

Students deepen their exploration into group dynamics and directly connect this to the treatment setting. The course has experiential, didactic, and supervisory components that combine practical experience with didactic orientation (to include advanced group theory and dynamics such as resistance and termination) - all thoroughly integrated with art and dance therapy.

## **ADT-647 Art Diagnosis - (3 Credits)**

A grounding in fundamentals of art diagnosis is provided by illustrating how an individual's view of himself/herself and his/her world is manifested through artistic expression. Art work from patients is presented and discussed in-depth, as are a variety of art therapy assessments.

## **ADT-649 Advanced Seminar in Art Therapy I - (3 Credits)**

This course focuses on advanced aspects of art therapy clinical work as students prepare for professional practice. Students presentations and experiential's focused on the various modes of therapy covered in the program continue to explore specific questions around art therapy interventions. The development of a personalized theoretical approach to practice integrating all aspects of training is emphasized as well as advanced case presentation.

## **ADT-650 Advanced Seminar in Art Therapy II - (3 Credits)**

This course focuses on advanced aspects of art therapy clinical work as students prepare for professional practice. Student presentations and experientials focused on the various modes of art therapy covered in the program continue to explore specific questions around clinical art therapy interventions. The development of a personalized theoretical approach to practice integration all aspects of training is emphasized.

## **ADT-655 Development of Personality II - (3 Credits)**

This course includes the growth of the individual as he/she/they passes through tasks of life. Emphasis is placed on creativity development throughout life stages, with particular interest in the transitions or 'passages' from one developmental stage to another.

## **ADT-660 Cultural Competency and Social Justice Issues in Creative Arts Therapy Practice - (3 Credits)**

This course will examine theoretical perspectives and models pertaining to cultural competence within creative arts therapy practice. Students will examine cultural group identities, learn about existing multicultural competence models and develop the ability to study CAT theory and practice through multicultural lens. Students will be expected to understand basic social justice dynamics including issues of power, privilege, oppression and discrimination and its implications to the therapeutic process.

## **ADT-661 Beginning Professional Practice and Clinical Supervision - (2 Credits)**

This course accompanies the first semester of Internship Practice, providing small group and individual supervision as students begin to integrate learning with practical experience in the field.

**ADT-662 Professional Practice and Clinical Supervision - (2 Credits)**

Students meet in small groups and receive intensive supervision both in a group and individual format. Integration of practical and theoretical work is an intrinsic part of this course, through case presentations and experiential exercises, integrate theories learned in classes. This course is a place where students can continue to explore their professional development; process the clinical work experienced at the internship site and integrate theories learned in classes. The specific focus of this semester will be on mandated reporting and other professional responsibilities.

**ADT-663 Professional Ethics and Clinical Supervision - (3 Credits)**

This course accompanies the third semester of internship Practice, providing small group and individual supervision as students continue to integrate theoretical learning with practical experience in the field and focuses specifically on Ethics in Professional Practice.

**ADT-664 Professional Identity and Clinical Supervision - (2 Credits)**

The students meet in small groups and receive intensive supervision both in a group and individual format. Integration of practical and theoretical work is an intrinsic part of this course, through case presentations and experiential exercises. This course is a place where students can continue to explore their professional development; process the clinical work experienced at the internship site and integrate theories learned in classes. The specific focus of this semester will be on mandated reporting and other professional responsibilities.

**ADT-677 Clinical Assessment and Treatment Planning - (3 Credits)**

This integrative course emphasizes treatment planning as informed by various assessment methods including movement observation, standardized and non-standardized testing, norm-referenced and criterion-referenced assessments, group and individual assessments.

**ADT-688 Family Art Therapy - (3 Credits)**

Students will familiarize themselves with the basic tenets of psychotherapy counseling theories and models of family systems approaches when working in a family art therapy session. Students will learn how contextual ecological factors such as cultural identities, diversity and spirituality, impact family development and family dynamics and how it is informed by current research.

**ADT-700 Thesis In Progress - (0 Credits)**

If the thesis is not completed in the initial semesters, students can continue working in ADT-700 for no more than five semesters (only required semesters are considered).