



# GREAT IDEAS

GRADUATE PROGRAM IN ART THERAPY/COUNSELING

# GREAT LEADERS



*Making a difference in human-helping professions since 1885*



## DEPARTMENTAL CONTACT



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FOR MORE THAN A CENTURY, SPRINGFIELD COLLEGE HAS BEEN  
A LEADER IN PROVIDING A BROAD AND BALANCED EDUCATIONAL  
EXPERIENCE. HUMANICS, THE PHILOSOPHY THAT HAS INSPIRED  
SPRINGFIELD COLLEGE FROM ITS BEGINNING, CALLS FOR  
EDUCATING THE WHOLE PERSON—SPIRIT, MIND, AND BODY—  
FOR LEADERSHIP IN SERVICE TO OTHERS.



# GRADUATE PROGRAM IN ART THERAPY/ COUNSELING

**ART THERAPY** is a psychotherapy that integrates the process of art-making to help people express their feelings, as well as understand psychological and emotional issues. It is centered on the premise that images created in art are metaphors for internal processes. The trained art therapist is able to work with people to view their art and access the emotions that their artwork conveys. Art therapy uses a language other than words, and it is often employed in treating patients who are unable to access and verbalize their feelings because of physical or emotional illnesses, learning disabilities, or developmental disorders. The practice is particularly successful with individuals who have difficulty with verbal expression, and individuals diagnosed with medical and psychological illnesses.

Although people have always expressed their emotions through art, art therapy as a profession has existed in America since the 1930s. Today, interest in art therapy is growing as the health care profession becomes increasingly aware of the unique healing power inherent in the creative process.

The creation of art helps people get in touch with thoughts and feelings that are often hidden from the conscious mind, releasing pent-up emotions and bringing them to light in a safe medium. Moreover,

the act of making art triggers internal activity that contributes to physical, emotional, and spiritual healing. The aesthetic quality of the artwork can elevate a person's mood, heighten self-awareness, and improve self-esteem. Physiological functions, such as heart rate, blood pressure, and respiration improve when people are deeply involved in an activity they enjoy. In addition, making art can also improve eye-hand coordination and stimulate neurological pathways from the brain to the hands. Consequently, art therapy has become a vital part of the activities offered in many nursing homes, long-term care facilities, and hospices.

Art therapists practice in mental health centers, clinics, hospitals, veterans' administration hospitals and centers, schools, residential homes, medical settings, rehabilitation centers, hospitals, other social service settings, and private practices. As the population ages and life becomes more stressful, maintaining good mental health becomes more important. New opportunities for art therapy graduates continue to increase.

Springfield College's graduate program in Art Therapy/Counseling uniquely builds upon the College's philosophy of Humanics—educating students in spirit, mind, and body for leadership in service to humanity—and integrates art and psychology as a vehicle for healing. The program trains art

therapists to be interpreters of nonverbal emotional language, clinicians well-versed in the theories and practices of modern psychology, and artists with deep personal connections to their own creativity—all in the purpose of helping others to heal.

The focus is on the development of the total person in order to promote the enrichment of society through an intense and enlightening course of study that combines theory, fieldwork, research, and studio work leading to a professional registration and licensure. Graduates of the program are highly competent and skilled art therapists prepared to help people reconcile their emotional and interpersonal conflicts and become self-aware through nonverbal expression and communication.

## CAREER OUTLOOK

The field of art therapy offers a broad range of career opportunities for Springfield College master's degree graduates. According to U.S. Bureau of Labor Statistics projections, therapy-related occupations are expected to increase as much or more than other occupations over the next few years. As the population ages, and more people with disabilities strive for independent living, indicators point toward an ever-increasing demand for professionals skilled in all dimensions of human service employment.

Art therapy is a valuable resource for a wide variety of therapy, rehabilitation, and health care programs: centers

for the blind and deaf; community mental health centers; counseling centers; drug and alcohol abuse programs; health-maintenance organizations; hospices; nursing homes and programs for the elderly; pain clinics; prisons and probation departments; private practices; psychiatric and general hospitals; outpatient facilities; public and special needs schools; universities; residential and day treatment centers; programs for AIDS, cancer, and other terminally ill patients; halfway houses; and shelters for women and children.

Art therapists may work as primary therapists in private practice or may work in close conjunction with physicians, psychologists, nurses, rehabilitation counselors, social workers, and/or teachers.

## COURSE OF STUDY

The Art Therapy program blends theoretical and practical skills in art therapy, studio art, psychology, and research, as applied to a variety of clinical settings. The program requires the completion of 60–67 semester hours. Full-time students can complete academic and internship requirements for a graduate degree in two years, including one summer. A part-time program may also be pursued, with completion time dependent on the individual schedule of study. Non-degree candidates may enroll as non-matriculated graduate students and later transfer up to nine credits to the graduate program. Throughout the

*“I chose the Springfield College graduate art therapy program because the College’s Humanics philosophy—educating students in spirit, mind, body—is something I believe in. I found this program to be exceptional. I was challenged, inspired, and guided by talented and insightful faculty. The rigorous and cohesive training offered by this program was made possible by collaborations with other graduate programs such as: psychology, rehabilitation studies, marriage and family therapy, research, and fine art.”*

**Jane Garcia** G’08

*Program:* Art Therapy—School of Arts, Sciences, & Professional Studies

*Place of Employment:* Child Guidance Clinic, Springfield, Mass.

graduate Art Therapy program, students must maintain a minimum cumulative grade point average of 3.0 each semester.

### **Art Therapy**

Art Therapy core courses are housed in the College's Visual and Performing Arts Department and provide the theoretical and artistic background that is the basis of the profession. These courses include: Counseling Theory and Practice of Art Therapy, Art Therapy with Children and Adolescents, and Art Therapy and Psychological Assessment Techniques. Students are required to take a 100-hour pre-practicum in preparation for their internship, which begins in the second year. The pre-practicum involves observing and taking part in practical work and participating in biweekly meetings with supervisors and peers.

### **Psychology**

Core courses in psychology, taught by outstanding professors from the College's Psychology Department, include Psychopathology and Human Life Span Development. The opportunity to experience different theoretical perspectives broadens the students' knowledge base.

### **Research**

The Art Therapy program is committed to developing research skills, to preparing students to be cognizant of advances in art therapy and related fields, and to enabling them to contribute to the field of knowledge of art therapy. Students begin working on final research projects in consultation with faculty during the first year of study. Core research classes are comprised of graduate students from across the College, giving art therapy students further opportunities to integrate into the campus community.

### **Studio Work**

The Art Therapy program's commitment to art studio requirements ensures that art therapists have solid training in various creative media. Students choose two studio electives that best match their interests. Their choices of electives include: Advanced Studio in Ceramics, The Therapeutic Aspects of Clay, Sculpture for the Art Therapist, Printmaking for the Art Therapist, Drawing and Mixed Media for the Art Therapist, and Painting for the Art Therapist.

### **Internship**

All art therapy graduate students are required to complete a two-semester internship totaling a minimum of 600 hours, which students start at the beginning of their second year. Working with their fieldwork coordinator, students choose from a diverse selec-

tion of field placements: psychiatric and medical hospitals, adolescent services, substance abuse centers, Head Start programs, public and private schools, local nursing homes, outpatient and inpatient mental health clinics, cancer units, and AIDS clinics. Students work with individuals, families, and groups of all ages and abilities. On-site group supervision provides students with clinical insight and experience to present case material.

### **Group Exhibit**

As a culminating experience, all students are required to exhibit their own art related to their studies as part of a final group exhibit. Each student is responsible for making the necessary arrangements with the gallery director to be included in the final group show before registering for the last semester of coursework.

## **DEGREE OFFERED**

### **Master of Science**

Students are eligible to receive the Master of Science (M.S.) degree upon the successful completion of all graduate work required by the student's specific program, and a minimum of eleven semester hours of graduate work in research, which includes the following courses:

- 1) Foundations and Methods of Research
- 2) Proposal Design
- 3) Educational and Psychological Statistics I / or Qualitative Research
- 4) Art Therapy Research Project

## **CERTIFICATIONS**

Several professional credentials may be available after completing graduate work at Springfield College:

**The Registered Art Therapist (ATR)** credential is granted by the Art Therapy Credentials Board (ATCB), an independent organization, to individuals who have successfully completed the educational requirements and the requisite hours of work experience with supervision.

**The Board Certification (BC)** credential is granted by the ATCB to individuals who have successfully passed the national certification examination. In addition to the academic schedule, the Springfield College Art Therapy program offers workshops and symposia presented by pioneer art therapists for art therapy graduates and professionals continuing professional competence for BC re-certification every five years.

**The Licensed Mental Health Counselor (LMHC)** credential is a license that graduates of the Art Therapy/Counseling program may apply for. Individuals are eligible to sit for the licensing exam after completing the required coursework, practicum, and supervision. This license is third-party billable so that potential employment opportunities are expanded. Students are responsible for obtaining information specific to state license requirements, as they may vary from state to state and can change over time.

## KEY ADVANTAGES OF THE PROGRAM

### Dual Credentials

Becoming both an ATR and an LMHC allows graduates to compete for positions as master's-level LMHCs with the added-value credential of also being an ATR.

### The Master of Science degree

Most other Art Therapy programs do not award Master of Science degrees, offering instead either a Master of Arts or a Master of Education degree. The distinction is important. The M.S. degree denotes that the student has successfully completed an intensive independent research project that has contributed to the body of knowledge in the field of art therapy.

## REQUIREMENTS

Being a therapist is challenging work. It requires one to be both empathetic and self-aware. The therapist brings to the client an open mind and empathy, but also has to establish healthy boundaries and maintain clinical objectivity. Special attention is paid to this process throughout the program using art as a valuable tool of self-discovery and emotional release. Simultaneously, students develop as people and as therapists. Art maintains and strengthens confidence in the student's growth.

All candidates for the Master of Science degree in Art Therapy/Counseling are required to have completed a baccalaureate degree in one of the following: art, art education, art therapy, psychology, or a related field. The American Art Therapy Association mandates the following prerequisites: minimum of 18 credits in studio art courses at the undergraduate level, as well as 12 credits in psychology, which should include courses in general psychology, abnormal psychology, developmental psychology, and one elective. Students are required to complete these prerequisites within the first full-time year of graduate study, if they have not been satisfied at the

time of enrollment. No more than 6 s.h. of credit may be outstanding at the time of enrollment.

Applicants to the master's program must submit a portfolio with a minimum of ten images on a disc showing a range of mediums, labeled with titles. The candidate must present a written statement highlighting his or her interest in the field, personal goals, and academic objectives. Evidence of previous experience working with people in a human service setting or teaching should be included with letters of recommendation. Each applicant is required to have an interview to discuss personal and academic characteristics appropriate for successful adjustment to study and practice in art therapy.

## FACULTY

The advantage of being a small New England college is that our professors directly interact and engage with students, discussing their interests, goals, strengths, and limitations. Their personal mission is to train students to be competent, ethical, and professional art therapists. The Art Therapy Department employs nationally renowned professionals with experience in a broad range of settings and with many areas of clinical expertise. Their specialties include art in time of war, developmental art therapy, art therapy in inpatient psychiatric programs for children, group dynamics, at-risk children and adolescents, family therapy, and working with the homeless population and the elderly. They have published in the field of art therapy, presenting their research both nationally and internationally. They have served on national committees and exhibited their art both nationally and internationally as well.

## FACILITIES

Spacious studios in the College's 20,000-square-foot Visual Arts Center in Blake Hall form the core of the Art Therapy program. This light-filled, converted industrial building provides:

- printmaking studio
- sculpture studio
- painting and drawing studio
- crafts studio
- pottery studio
- wood shop
- computer graphics laboratory
- audio-visual classrooms
- the William Blizard Art Gallery for exhibits by students, faculty, and regional artists

The Psychology Department is conveniently located next door in Locklin Hall and provides facilities for the program. Locklin features:

- counseling laboratories with two-way mirrors
- audio-feedback equipment
- biofeedback equipment

The newly remodeled Fuller Arts Center is the site of visual and performing arts, receptions, art exhibitions, other academic programs, and events that are open to the public. It includes:

- Linkletter Foyer, with a newly expanded entryway
- the multi-purpose, 300-seat Appleton Auditorium, featuring a theater for performances, a new computerized stage-lighting system, a new ceiling and sound system, new acoustical wall panels, raised flooring for improved visibility, and more
- space for special lectures and symposia
- a new facade of glass, brick, and limestone

Each semester, the College's William Simpson Fine Arts Series offers free visual and performing arts events including film festivals, photography exhibits, contemporary painting exhibits, dance ensembles, concerts, plays, and fiction and poetry readings.

## **ACADEMIC STANDING AND FINANCIAL AID**

Graduate students must maintain a minimum 3.0 cumulative average in graduate-level course work. Academic reviews are conducted each semester. Students accepted to a graduate program on a probationary basis may apply for a federal Stafford Loan during this initial probationary semester of study. Students placed on or continued on probation as a result of their graduate academic record at the College are not eligible for College or federal financial assistance, including student loans. For more information, please write or call:

Springfield College  
Office of Financial Aid  
263 Alden Street  
Springfield, MA 01109-3797  
413 748 3108



**FOUNDED IN 1885**, Springfield College is known worldwide as the Birthplace of Basketball® and for the guiding principles of its Humanics philosophy—educating students in spirit, mind, and body for leadership in service to others. Springfield College, with its foundation of academic excellence and rich athletic heritage, prepares students with real-world leadership skills for tomorrow’s careers that transform lives and communities. A range of undergraduate and graduate degree programs are offered in fields of health sciences, human and social services, sport management and movement studies, education, business, and the arts and sciences. Doctoral programs are in physical education and physical therapy. The College is ranked in the 2010 edition of “America’s Best Colleges” in the top tier of “Best Universities—Master’s—North Region” by *U.S. News & World Report*, and is designated a premier Leadership Development Center by the YMCA of the USA. More than 5,000 traditional, nontraditional, and international students study at its main campus in Springfield, Massachusetts, and at its School of Human Services regional campuses located in ten other U.S. locations.



**Springfield College Office of Graduate Admissions**

263 Alden Street, Springfield, MA 01109-3797

Tel (413) 748-3225 TTY (413) 748-3383

Learn more about our graduate programs at:

**[www.springfieldcollege.edu](http://www.springfieldcollege.edu)**