



**LEWIS & CLARK GRADUATE SCHOOL OF EDUCATION AND  
COUNSELING**

**AT582: ART THERAPY INTERNSHIP (3 credits)  
FALL 2019**

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When: Section 1: Monday, 9 am to 12:00 pm, September 9 - December 9  
Section 2: Monday, 9 am to 12:15 pm, September 4 – December 11

Where: Rogers Hall 217

Instructor: Kristine Bella, MA, ATR-BC

Office: Rogers Hall 209      Hours: Thursdays, 1pm to 3 pm

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**CATALOG DESCRIPTION**

Supervised practice bridging theoretical and clinical skills. Students engage in art therapy and related professional activities in community settings. Students prepare art therapy assessments, submit clinical samples for supervisory review, and present case findings.

**COURSE DESCRIPTION**

As part of students' art therapy professional development experience, students provide art therapy services for individuals, groups and/or families in a clinical community setting. Weekly supervision seminar includes case studies and discussion of case materials; development of clinical, ethical and practical skills relevant to internship experience; and professional identity as an art therapist and art therapy advocate. Students complete internship hours in accordance with the Art Therapy Credential Board requirements based on the Registered Art Therapist (ATR).

**CAAHEP STUDENT LEARNING OUTCOMES (SLO)**

SLO C - Recognize Art Therapy, from a multicultural perspective, takes into consideration specific values, beliefs, and actions influenced by clients' race, ethnicity, nationality, gender, religion, socioeconomic status, political views, sexual orientation, geographic region, physical capacity or disability, and historical or current experiences in the dominant culture.
SLO D - Select culturally and developmentally appropriate assessment and evaluation methods and administer and interpret results to identify challenges, strengths, resilience, and resources for Art Therapy treatment planning.
SLO G - Recognize and respond appropriately to ethical and legal dilemmas using ethical decision-making models, supervision, and professional, legal consultation when necessary.
SLO H - Recognize clients' use of imagery, creativity, symbolism, and metaphor as a valuable means for communicating challenges and strengths and support clients' use of art-making for promoting growth and well-being.
SLO J - Apply principles of human development, artistic and creative development, human sexuality, gender identity development, family life cycle, and psychopathology, to the assessment and treatment of clients.

## CAAHEP CONTENT AREAS

Content Area	Description	Master Level	Course Assessment
g.K.1, g.S.1, g.S.2, g.A.1, k.S.1, m.S.1	Synthesize theoretical knowledge previously gained in the classroom and apply that knowledge in the clinical and community internship settings. Synthesis and level of application increases incrementally during academic year.	Reinforce	Case Conceptualization Clinical Documentation Literature Review Capstone Proposal
i.S.3, i.A.4	Increase clinical insight through analysis of professional skill development. Recognize art therapy counseling strengths and limitations, transference and counter-transference, through concentrated work experience, supervision, and study	Mastery	Art Therapy Assessment Clinical Documentation Visual Journal Class Discussions Art Therapy In-Service
c.K.4, c.K.5, i.S.3	Identify resources and programs for using technology as it relates to creating artwork and providing safe storage. Enhance understanding of assessment and treatment planning through the demonstration of increased competency in case conceptualization skills	Mastery	Art Therapy Assessment Case Conceptualization Class Discussion
i.A.4, k.S.1	Prepare for the transition from intern to entry level professional therapist through self-reflection art and narratives, class room discussions, and assigned readings	Reinforce	Visual Journal Literature Review Class Discussion

## COURSE OBJECTIVES

Upon completing this course, students will demonstrate their ability:

1. to engage in therapeutic art engagement skills
2. to communicate clinically based ideas that are theoretically sound
3. to develop professional and effective case presentations
4. to gain comprehensive understanding of their clients
5. to engage in therapeutically appropriate approaches to treatment and termination
6. to make ethical decisions when considering cases
7. to write clinically sound documentation

## NONDISCRIMINATION STATEMENT

Lewis & Clark College adheres to a nondiscriminatory policy with respect to employment, enrollment, and program. Lewis & Clark does not discriminate on the basis of actual or perceived race, color, sex, religion, age, marital status, national origin, the presence of any physical or sensory disability, veteran status, sexual orientation, gender identity, or gender expression and has a firm commitment to promote the letter and spirit of all equal opportunity and civil rights laws, including Title IX of the Education Amendments of 1972, Section 504 of the Rehabilitation Act of 1973, Title VII of the Civil Rights Act of 1964, the Age Discrimination Act, the Americans with Disabilities Act of 1990, and their implementing regulations.

## **DISABILITY SERVICES STATEMENT**

If you have a disability that may impact your academic performance, you may request accommodations by submitting documentation to the Student Support Services Office in the Albany Quadrangle (503-768-7192). After you have submitted documentation and filled out paperwork there for the current semester requesting accommodations, staff in that office will notify me of the accommodations for which you are eligible.

## **TEACHING METHODS**

A variety of teaching methods will be utilized during Art Therapy Internship in order to achieve the above objectives. Among those methods will be assigned readings, class discussions, experiential activities, and lectures. Students will watch videos clips, engage in group learning tasks, and participate in role-play demonstrations.

## **CPSY DEPARTMENTAL ATTENDANCE POLICY**

Class attendance is expected and required. Any missed class time will be made up by completing extra assignments designed by the instructor. Missing more than ten percent of class time may result in failure to complete the class. This would be 4.5 hours of a 45 hour class (3 credits), 3.0 hours for a 30 hour class (2 credits) or 1.5 hours for a 15 hour class (1 credit.) In case of extreme hardship and also at the discretion of the instructor, a grade of incomplete may be given for an assignment or the entire course. In such cases, the work to be submitted in order to remove the incomplete must be documented appropriately and stated deadlines met. Students are expected to be on time to class and tardiness may be seen as an absence that requires make-up work.

## **DISCLOSURE OF PERSONAL INFORMATION**

Each student should decide for themselves what information to disclose. Students are advised to be prudent when making self-disclosures. The program cannot guarantee confidentiality of student disclosures given the group environment, although personal comments should be considered private and confidential – and remain only in the classroom – unless an exception to confidentiality applies.

## **CELL PHONES**

Cell phones must be silenced and text messaging is not allowed during class time. If there is an emergency you may exit the class to use your cell.

## **CLASS PREPARATION**

Student must complete all assigned readings and watch any assigned video prior to attending class. This will allow for concentrated focus on application of readings in class. Watching videos will help bring models to life, allowing for a better understanding of the material.

## **REQUIRED TEXTS & READINGS**

Weekly readings are to be completed for the day indicated. Student is expected to be prepared to discuss the ideas and concepts discussed in the readings. Student is responsible for all of the assigned readings, whether or not they are discussed in class.

## Required Text

Zuckerman, E. (2019). *Clinician's Thesaurus* (8th Ed). New York: Guilford Press.

*Site/Population Specific Book, Articles and Chapters*

*\*\*You are required to read one book based on your site and population served. Approval by instructor for book selection is required. It may be scholarly or narrative format. In addition, you are required to research and read peer reviewed articles or chapters from books which relate directly to your site and population served. You must read a minimum of 20 articles/ chapters for the semester.*

## Reference Text

American Psychiatric Association. (2013). *Diagnostic and statistical manual of mental disorders* (5th Ed.). Arlington, VA: American Psychiatric Publishing.

Hinz, L. D. (2009). *Expressive therapies continuum: A framework for using art in therapy*. New York, NY: Routledge, Taylor & Francis Group.

## ASSIGNMENTS AND COURSE REQUIREMENTS

### Goals and Objectives for Internship: 5 points

Student will identify specific goals that are related to their internship learning experience (this is different than the Clinical Goals which is to be completed on site with student's Supervisor). Student will write a paper addressing 2 goals for each of the following 3 areas:

1. Cognitive/Academic
2. Skill Development
3. Personal Development/Self Awareness

Student will describe why they chose these goal/goals and action steps towards obtaining them.

### Professional Disclosure Statement: 5 points

Student will update their Professional Disclosure Statement for their internship site and Professional Portfolio. This must be reviewed and approval by internship instructor and site supervisor before it is to be given to clients. The below criteria are in alignment with the ATCB guidelines for practicing art therapists: • Student name • Supervisor's name • Business or employer's name, address, telephone number and e-mail address • Description of formal training and education, including highest relevant degree and educational institution • Description of relevant art therapy credentials • Description of all professional affiliations, memberships, licensing and certifications, including credential number and issuing state or organization • Affirmation of past and present adherence to the ATCB Code of Ethics, Conduct, and Disciplinary Procedures • Areas of competence and services provided • Philosophical / theoretical approach • Fees (if any) • Instructions regarding how a client should address any dissatisfaction with the process including how to file a complaint with ATCB, Inc., including the ATCB's address, telephone number and e-mail address.

### Presentation on Internship Site and Population Served: 5 points

Student will provide a 10-minute presentation about their specific site and type of clients being served. Student will create a professional presentation for their peers to help increase awareness about their internship. Be sure to include:

1. Site demographics including population served and considerations for realistic treatment planning and goals

2. Demonstrate comprehensive awareness of role, limits and potential for art therapy integration
3. Explore art therapy's relationship to other services
4. System awareness including cultural, political, financial factors influencing program policy and procedures
5. Any ethical and clinical awareness or concerns

**Art Therapy In-Service: 5 points**

Student will offer an Art Therapy In-Service at their site within the semester then write up a 1-2 page self-reflection of it. The information that was gathered for Internship Site Presentation should be referred to in this assignment. You should include:

1. Introduction and definition of Art Therapy/AATA/Reference to Ethics both AATA/ACA
2. Educational requirements for Art Therapy
3. Student's specific education and training (brief)
4. Overview of how Art Therapy will be offered in that setting
5. Examples of goals and objectives for art therapy sessions (generally speaking)
6. Basic description of media used (types and reasoning)
7. Referral process and how art therapy case information will be shared
8. Guidelines for staff participation in art therapy groups
9. References/Bibliography (APA).

The use of visuals and an art experiential are highly recommended. Student will include expected a summary and self-reflection of their in-service outlining presentation addressing successful aspects and areas for improvement (1-2 pages).

**Weekly Clinical Documentation (13 weeks): 2 points each, 26 points total**

Student will submit a weekly progress note (individual or group), supervision form, and visual clinical journal entry.

1. Progress Note: clear narrative of a session utilizing SOAP format or site-specific format which provides a concise description of artwork, behaviors, verbalization, and mood linking artwork, behavior, and verbalization to make clinical inferences about client's level of functioning and progress towards treatment goal.
2. Supervision Form: Student will document their weekly hours on site along with year-to-date hours (utilize provided hourly log for confirmation), goal for meeting, clinical summary of site experience, topics covered with supervisor, and supervisor signature.
3. Visual Clinical Journal Entry: Student will maintain a clinical journal representing their clinical response to their internship experience. Each week, students will upload a copy of one of the entries along with a brief explanation of meaning.

**Mid and End of Semester Supervisor Observation Form, Supervisor Evaluation, and Self-Evaluation. Include Final Hourly Log at End of Semester only: 2 points each; 4 points total**

Student will submit supervisor observation form, supervisor evaluation, and self-evaluation two times over the semester and the cumulative hourly log of all onsite hours at their internship at end of semester only. Forms found on Handbook and Forms section of L&C Art Therapy website.

**Intake Art Therapy Assessment: 10 points each; 20 points total**

Student will submit an intake assessment for two different clients over the course of the semester.

- Title and Date of Report
- Pseudonym Name
- Age

- Diagnosis
- Presenting Problems, include reason for referral
- History/Societal/Social/Environmental Factors
- Domains of Functioning utilizing observations, art, and site reports (Physical,/Behavioral, Cognitive, Affective/Psychological, Relational (Social/Familial/Occupational/School),
- Clinical Summary, include Treatment Recommendation/Rational
- Strengths/Struggles, Risk/Protective Factors
- Goals: LTG, STG, Intervention
- Student Signature, Date
- Supervisor Signature, Date

	Emerging: 1 pts	Acceptable: 3 pts	Proficient: 5 pts
Professional Format	Lacks required sections and clinical language is inconsistent or missing	Overall, information is presented in a well-organized and concise manner although there are missing sections.	All required sections are present within a well-organized format; wording is clinically based and concise.
Clinically Sound	Clinical judgment does not clearly link to observations, art, available information, and client reports. Information is missing.	Clinical judgment is partially based on observations, art, available information, and client reports. Information is not clearly linked to presenting problems and treatment needs.	Clinical judgment is based on observations, art, available information, and client reports. Information is relevant to presenting problems and treatment needs.

**Oral Case Conceptualization for Treatment Team Preparation: 10 points**

Student will present an oral case conceptualization including art and planned interventions for a client. A Case Conceptualization is a process which includes: 1. Evaluation of the client through observations, assessments, art, interactions, and client input 2. Information organized into patterns and themes that reflect the client’s concerns 3. Theoretical orientation to interpret, explain, or make clinical judgments about the client’s experience. Goal is to provide a clear and concise presentation. Students are practicing their ability to verbally convey information without visual aids such as Power Point.

	Emerging: 1 pts	Acceptable: 3 pts	Proficient: 5 pts
Professional Presentation	Presentation is not clear. Some or all artwork is missing, lacks clinical language.	Overall presentation is clear and well-thought out manner. Provides client artwork; minimal utilization of clinical language.	Presents case in a clear, well-thought out manner. Provides client artwork and utilizes clinical language.
Quality of Conceptualization	Significant problems integrating areas from the assessment. No clear treatment focus.	Minor problems with integrating available information to develop a clear, clinically relevant representation of case. Provides at least one clear focus for treatment.	Systematically integrates available information to develop a clear, clinically sound representation of case. Clear treatment focus.

**Literature Review: 10 points**

Student will locate and read 20 scholarly articles or chapters relating to their site and population served. They will write a concise summary of the central theme and scope of the reading in an analytical/critical annotated bibliography format (APA). Readings are to be current and relevant along with having authority, accuracy, and purpose. This summary, in addition to student's experience at your internship site, will serve as the basis of understanding for your capstone proposal.

	Emerging: 1 pts	Acceptable: 3 pts	Proficient: 5 pts
Format/ APA	Information is cited properly and in APA format with over 5 errors	Information is cited properly and in APA format with minimal errors	Information is cited properly and in APA format.
Relevance	Sources include a minimal range of course readings from some current scholarly literature relating to site and population served.	Sources include an average range of course readings from mostly current scholarly literature relating to site and population served.	Sources include a broad range of course readings from current scholarly literature relating to site and population served.

**Capstone Proposal: 10 points**

Student will write a 3-page proposal for their Spring Capstone project. The proposal is designed to enhance, complement, and reflect upon student's internship experience. Proposals can explore the student's own journey as an emerging art therapist, an innovative art therapy method, or an in-depth view of social constructs or barriers relating to the field. The final capstone project may encompass an art show, performance art, projects with clients, or social action events. APA format.

	Emerging: 1 pts	Acceptable: 3 pts	Proficient: 5 pts
Context	The context for the proposal is questionable and does not appear to align with the student's site or population served.	The proposal is set in a context that is accessible and attempts to align with the student's site or population served.	APA narrative. The proposal is set in a context that is accessible and aligns with the student's site and population served
Proposal Description	Proposal description is poorly planned out and is difficult for the reader to envision the vision for the proposal.	The narrative articulates the proposal however the reader is unclear of the vision or goal for the proposal	The APA narrative articulates the proposal such that the reader is able to clearly envision the student's vision and goals.

**EVALUATION AND GRADING**

Assignment	Point Value
Goals and Objectives for Internship	5
In-Class Short Presentation of Internship Site and Population Served	5
Professional Disclosure Statement	5
On-Site Art Therapy In Service	5
Weekly Clinical Documentation (13 weeks)	26
Mid and End Semester Supervisor Evaluation, Self-Evaluation, and Hour Log	4
Intake Art Therapy Assessment: 2 per semester	20
Oral Case Conceptualization Presentation	10
Literature Review	10
Capstone Proposal	10
Total Points in the Course:	100

## FINAL GRADING

A = 94-100%	B = 83-87%	C = 73-77%
A- = 90-93%	B- = 80-82%	C- = 70-72%
B+ = 88-89%	C+ = 78-79%	

## COURSE OUTLINE

Class Date	Topic	Readings & Assignments Due
Week 1 9-9-19	Class Review Clinical Documentation Requirements Theoretical Orientation Self-Care as a Graduate Student Literature Review Reading Expectations	<i>*Readings are in italic</i>
Week 2 9-16-19	Developing Professional Identity Mandatory Reporting: Site review protocol Reasons for Site Specific Book selection	<b>Professional Disclosure Due</b> <b>Goals &amp; Objectives Due</b> <b>Clinical Documentation Due</b> <i>*Identify Site Specific Book-approval</i>
Week 3 9-23-19	In-class Presentations: Getting to Know Your Peers' Site and Population Takeaways from Readings	<b>In-Class Site Presentation Due</b> <b>Clinical Documentation Due</b> <i>*Two Lit Review Articles</i>
Week 4 9-30-19	Treatment Team Meetings Takeaways from Readings	<b>Clinical Documentation Due</b> <i>*Two Lit Review Articles</i>
Week 5 10-7-19	Case Conceptualization: Student 1 Clinical Response Art Takeaways from Readings	<b>AT Assessment Client 1 Due</b> <b>Clinical Documentation Due</b> <i>*Two Lit Review Articles</i>
Week 6 10-14-19	Case Conceptualization: Student 2 Clinical Response Art Takeaways from Readings	<b>Clinical Documentation Due</b> <i>*Two Lit Review Articles</i>
Week 7 10-21-19	Case Conceptualization: Student 3 Clinical Response Art Takeaways from Readings	<b>Clinical Documentation Due</b> <b>Evaluations Due</b> <i>*Two Lit Review Articles</i>
Week 8 10-28-19	Case Conceptualization: Student 4 Clinical Response Art Takeaways from Readings	<b>Clinical Documentation Due</b> <i>*Two Lit Review Articles</i>
Week 9 11-4-19	Case Conceptualization: Student 5 Clinical Response Art Takeaways from Readings	<b>Clinical Documentation Due</b> <i>*Two Lit Review Articles</i>
Week 10 11-11-18	Countertransference Case Consults Takeaways from Readings	<b>AT Assessment Client 2 Due</b> <b>Clinical Documentation Due</b> <i>*Two Lit Review Articles</i>
Week 11 11-18-19	Suicidal Clients and Safety Planning Case Consults Takeaways from Readings	<b>Clinical Documentation Due</b> <i>*Two Lit Review Articles</i>
Week 12 11-25-19	Deep-Dive Capstone Idea Exploration Case Consults	<b>Literature Review Due</b> <b>Clinical Documentation Due</b>
Week 13 12-2-19	Art Therapy Directive Exploration Case Consults	<b>Art Therapy In-Service Due</b> <b>Clinical Documentation Due</b>
Week 14 12-9-19	Impact of Breaks on Clients Case Consults	<b>Capstone Proposal Due</b> <b>Clinical Documentation Due</b> <b>Evaluations/Hours Due</b>