



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

**AT 537-21
: ART THERAPY RESEARCH
(1 Credit)
Summer 2023**

When: Monday 1:00-4:45, 6/12, 7/10, 7/24, 8/7

Where: Lecture Online, Zoom

Instructor: Erin Partridge, PhD, ATR-BC

Office hours: By Appointment

Office location: Online

Phone: 925.405.2847

E-Mail: erinpartridge@lclark.edu

CATALOG DESCRIPTION

This course examines emergent methods in art therapy research. Students will explore models of research that involve an interdisciplinary approach: mixed methods, arts-based, and Expressive Therapies Continuum research. Students will be presented with examples of excellence within these paradigms and examine their value within the field.

COURSE DESCRIPTION

Art therapy is an interdisciplinary field. As such, art therapy has embraced the emerging paradigms of aesthetic, constructivist, and multisensory approaches to generating knowledge. This course examines emergent methods in art therapy research. Students will explore models of research that involve an interdisciplinary approach: mixed methods, arts-based, and Expressive Therapies Continuum research. Students will access current art therapy literature and develop a working understanding of the basic steps required to conduct these methods through a brief arts-based inquiry of a topic of their choice.

CAAHEP STUDENT LEARNING OUTCOMES

| | |
|-------|---|
| SLO-C | Recognize that Art Therapy, from a multicultural perspective, takes into consideration the specific values, beliefs, and actions influenced by a client's race, ethnicity, nationality, gender, religion, socioeconomic status, political views, sexual orientation, geographic region, physical capacity or disability, and historical or current experiences within the dominant culture. |
| SLO-I | Recognize the legal, ethical, and cultural considerations necessary when conducting Art Therapy research |

| | |
|-------|---|
| SLO-L | Continuously deepen self-understanding through personal growth experiences, reflective practice, and personal art-making to strengthen a personal connection to the creative process, assist in self awareness, promote well- being, and guide professional practice. |
| SLO-M | Pursue professional development through supervision, accessing current Art Therapy literature, research, best practices, and continuing educational activities to inform clinical practice. |

CAAHEP CONTENT AREAS

| CONTENT AREA | DESCRIPTION | MASTERY LEVEL | ASSESSMENT |
|--------------|---|---------------|---|
| c.K1 | Describe theory of specific properties and effects of art processes and materials informed by current research such as Expressive Therapies Continuum | Introduce | In-Class Assignments |
| j.S.5 | Content related to the applications of neuroscience theory and research to art therapy practice | Reinforce | In-Class Assignments |
| m.K.1 | Recognize foundational purposes, methods, and ethical, legal, and cultural considerations of research | Reinforce | In-Class Assignments, Statement of Purpose, Art-Based Inquiry |
| m.K.2 | Define research methodologies (quantitative, qualitative, mixed methods) & research design formats used in the field | Introduce | In-Class Assignments, Art-Based Inquiry |
| m.K.3 | Describe art-based research methodology as it relates to art therapy | Mastery | In-Class Assignments, Statement of Purpose, Art-Based Inquiry |
| m.A.1 | Recognize ethical and legal considerations used to design, conduct, interpret, and report research | Reinforce | In-Class Assignments, Statement of Purpose, Art-Based Inquiry |
| m.A.2 | Recognize cultural considerations used when conducting, interpreting, and reporting research | Reinforce | In-Class Assignments |
| n.K.1 | Identify research addressing characteristics of help-seeking behaviors of diverse cultural and social groups and implications for responsive practice | Reinforce | In-Class Assignments |

Optional Texts:

Kapitan, L. (2017). *Introduction to art therapy research (2nd ed.)*. New York, NY: Routledge.

Leavy, P. (Ed.) (2017). *Handbook of arts-based research*. New York, NY: The Guilford Press.

Sullivan, G. (2005). *Art practice as research: Inquiry in the visual arts*. Sage Publications.

Required Articles and Chapters:

[NOTE: These readings may be changed in response to student interests/emerging literature. Additional readings will be provided on Moodle.]

Fish, B. (2017). Drawing and painting research. In P. Leavy (Ed.), *Handbook of Arts-Based Research*. New York, NY: The Guilford Press.

Haiblum-Itskovitch, S., Czamanski-Cohen, J., & Galili, G. (2018). Emotional responses and changes in heart rate variability following art-making with three different art materials. *Frontiers in Psychology, 9*, 1-9.

Kapitan, L. (2017). *Introduction to Art Therapy Research*. New York, NY: Routledge. Arts-Based Research: Chapter 8, p. 211-236.

Klorer, P. G. (2014). My story, your story, our stories: A community art-based research project. *Art Therapy, 31*(4), 146–154. <https://doi.org/10.1080/07421656.2015.963486>

Kuttner, P., Sousanis, N., & Weaver-Hightower, M. (2017). How to draw comics the scholarly way: Creating comics-based research in the academy. In P. Leavy (Ed.), *Handbook of Arts-Based Research*. New York, NY: The Guilford Press.

McNiff, S. (2017). Philosophical and practical foundations of artistic inquiry: Creating paradigms, methods, and presentations based in art. In P. Leavy (Ed.), *Handbook of Arts-Based Research*. New York, NY: The Guilford Press.

Nan, J. K. M., & Ho, R. T. H. (2017). Effects of clay art therapy on adults with major depressive

- disorder: A randomized controlled trial. *Journal of Affective Disorders*, 217(1), 237-245.
- Partridge, E. E. (2020). The Pre-Research Sketchbook: A Tool to Guide Future Inquiry. *Art Therapy*. <https://doi.org/10.1080/07421656.2020.1729677>
- Robb, M., & Miller, A. (2017). Supervisee art-based disclosure in El Duende process painting. *Art Therapy: Journal of the American Art Therapy Association*, 34(4), p. 192-200.
- Scotti, V. & Chilton, G. (2017). Collage as Arts-Based Research. In P. Leavy (Ed.), *Handbook of Arts-Based Research*. New York, NY: The Guilford Press.
- Van Lith, T. (2014). "Painting to Find My Spirit": Art making as the vehicle to find meaning and connection in the mental health recovery process. *Journal of Spirituality in Mental Health*, 16(1), p. 19-36.

NONDISCRIMINATION

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 used during this course in order to achieve the above objectives. Among those methods will be assigned readings, class discussions, experiential activities, group learning tasks, and lectures.

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.

CLASS PREPARATION

You must complete all assigned readings and watch any assigned video prior to attending class. This will allow us to focus on application of readings in class. Students are expected to be prepared to discuss the ideas and concepts discussed in the readings. You are responsible for all of the assigned readings, whether or not they are discussed in class. Please note that there are more readings assigned for some topics than for others.

CELL PHONES

Cell phones must be silenced and text messaging is not allowed during class time. If there is an emergency you may silence/turn camera off on Zoom. Phones may be used for documenting art or as a digital art tool as needed.

ASSIGNMENTS AND COURSE REQUIREMENTS

Because of the skill development nature of this course, it is required that students complete **ALL** assignments to pass this class. Please keep up with assignments! **I will not be chasing you down to follow-up on missed assignments.** It makes it difficult for you to contribute to the learning community in class if you are not prepared.

EVALUATION AND GRADING

Total

A = 94-100%

B- = 80-82%

A- = 90-93%

C+ = 78-79%

B+ = 88-89%

C = 73-77%

B = 83-87%

C- = 70-72%

NOTE: All assignments must be turned in at the beginning of class (before class starts) on the day they are due. Five points will be deducted for each day an assignment is late.

ASSIGNMENTS

1. Attendance and participation in all classes (10 points)

| Class participation | Possible points |
|---|-----------------|
| Attending all classes and being on time. Giving attention to the instructor and/or other students when they are making a presentation. | 4 |
| Demonstrating ability to recognize and use subtle non-verbal communication cues to assess your impact on your peers and participate in class. Demonstrating ability to be open about discussing the impact of your comments on your peers. | 1 |
| Coming to class prepared (having read the assignment for the day) Engaging in group discussions with attention and energy. Asking questions of the instructor and/or other students regarding the material examined in that class. | 2 |
| Contributing to in-class discussion based on the topics of discusses and the readings assigned. Contributions may include how you feel about the material but merely articulating your feelings is not sufficient. You are expected to put those feelings in context of your thoughts and analysis of the material. | 1 |
| Providing examples to support or challenge the issues talked about in class. Making comments or giving observations about topics in the course, especially those that tie in the classroom material to "real world" problems, or try to integrate the content of the course. | 1 |
| Engaging with with other students and/or the instructor in a respectful fashion. Listening actively. Students will be asked questions related to the course's readings randomly in class by other students and by the instructor. Your participation in small group discussions is also required. | 1 |

2. Statement of Purpose (5 points)

Students will provide a single-page statement of purpose for their final art-based inquiry project. The statement will include the student's topic for his/her art-based inquiry project, personal background/experience with the inquiry topic. The statement should describe which art materials will be used as means for exploring the topic.

| Statement of Purpose | Possible points |
|---|-----------------|
| The statement of purpose will include the student's interest in their art-based inquiry project, and personal background/experience (or lack thereof) with the inquiry topic. | 3 |
| The statement describes which art materials are intended for use as a means of exploring the topic. A rationale for this selection is provided. | 2 |

3. Art-Based Inquiry Project (85 points)

“Art is not solely a descriptive or representational form but also a valued means for constructing new knowledge.”

– Lynn Kapitan, *Introduction to Art Therapy Research*, p. 162.

Develop familiarity with the methodology and processes used in arts-based research through a brief arts-based inquiry project. Following the topic of interest developed in the *Statement of Purpose*, delve in to the topic using the methodological steps outlined in course readings (e.g. Kapitan, 2017, Leavy 2017, McNiff, 2017). The topic of choice may be reflective of clinical practice, related to art therapy program coursework, or a subject related to art therapy practice that is independently investigated. As is the case in arts-based research, the use of arts processes may be developed in the conceptual investigation of the topic or in the analysis and presentation of the inquiry. Regardless of the method chosen during this process, develop at least three pieces of artwork, write a brief artist's statement, and present the inquiry on the final day of the course.

| Art-Based Inquiry | Possible points |
|--|-----------------|
| An arts-based methodology is implemented (limited in scope by the time parameters of the course), as outlined in course readings | 35 |
| The inquiry attempts to provoke, challenge, and/or illuminate the topic rather than confirming or consolidating knowledge | 20 |
| Quality of artwork: the craftsmanship, choice of materials, and aesthetics | 20 |
| The inquiry is presented effectively to the class | 10 |

COURSE SCHEDULE

| Class Date | Topic | Readings & Assignments Due |
|------------|---|--|
| Week 1 | <p>Course Overview Syllabus Review</p> <p>Theory of Arts-Based Inquiry</p> <p>Handout: American Art Therapy Association Outcomes Bibliography</p> | <p>McNiff, S. (2017). Philosophical and practical foundations of artistic inquiry: Creating paradigms, methods, and presentations based in art. In P. Leavy (Ed.), <i>Handbook of Arts-Based Research</i>. New York, NY: The Guilford Press.</p> <p>Kapitan, L. (2018). <i>Introduction to Art Therapy Research</i>. New York, NY: Routledge. Chapter 8, p. 211-236).</p> |
| Week 2 | <p>Examples of Arts-Based Inquiry Collage as Arts-Based Inquiry</p> | <p>Fish, B. (2017). Drawing and painting research. In P. Leavy (Ed.), <i>Handbook of Arts-Based Research</i>. New York, NY: The Guilford Press.</p> <p>Kuttner, P., Sousanis, N., & Weaver-Hightower, M. (2017). How to draw comics the scholarly way: Creating comics-based research in the academy. In P. Leavy (Ed.), <i>Handbook of Arts-Based Research</i>. New York, NY: The Guilford Press.</p> |
| Week 3 | <p>Mixed Methods Art Therapy Research</p> | <p>Statement of Purpose Due</p> <p>Van Lith, T. (2014). "Painting to Find My Spirit": Art making as the vehicle to find meaning and connection in the mental health recovery process. <i>Journal of Spirituality in Mental Health</i>, 16(1), p. 19-36.</p> <p>Robb, M., & Miller, A. (2017). Supervisee art-based disclosure in <i>El Duende</i> process painting. <i>Art Therapy: Journal of the American Art Therapy Association</i>, 34(4), p. 192-200.</p> <p>Timans, R., Wouters, P., & Heilbron, J. (2019). Mixed methods research: what it is and what it could be. <i>Theory and Society</i>, 48(2), 193–216. https://doi.org/10.1007/s11186-019-09345-5</p> <p>Miller, A. (2022). El Duende One-Canvas Art Making and the Significance of an Interim Period. <i>Art Therapy</i>, 39(1), 24–33. https://doi.org/10.1080/07421656.2021.1935062</p> |

| | | |
|--------|---|--|
| Week 4 | Expressive Therapies Continuum Research | <p>Nan, J. K. M., & Ho, R. T. H. (2017). Effects of clay art therapy on adults with major depressive disorder: A randomized controlled trial. <i>Journal of Affective Disorders, 217</i>(1), 237-245.</p> <p>Haiblum-Itskovitch, S., Czamanski-Cohen, J., & Galili, G. (2018). Emotional responses and changes in heart rate variability following art-making with three different art materials. <i>Frontiers in Psychology, 9</i>, 1-9.</p> <p>Art-Based Inquiry Projects Due Sharing artwork</p> |
|--------|---|--|