

LEWIS & CLARK COLLEGE GRADUATE SCHOOL OF

EDUCATION AND COUNSELING

AT 523 Child and Adolescent Art Therapy

Spring 2024 3.0 Credits

AT 523-01: Monday, 9:00AM-12:15PM

no class on 2/19, make-up class on Tuesday 2/20

Instructor: Katie Dunn (she/her), ATR-BC, LCAT, ATCS

Where: Rogers 105

Office hours: Arrange with the instructor

E-Mail: kdunn@lclark.edu

AT 523-02: Tuesday, 1:00PM-4:15PM

Instructor: Dr. Missy Satterberg (she/her), PhD, ATR-BC, LMFT

Where: Rogers 105

Office hours: Arrange with the instructor E-Mail: msatterberg@lclark.edu

CATALOG DESCRIPTION

Art therapy with children and adolescents within family and sociocultural contexts. This course focuses on using a strength-based approach to building resilience within a developmental framework.

COURSE DESCRIPTION

In this course, students will learn important principles from which art therapy with children and adolescents can be designed and implemented. The struggles and strengths of individuals and families will be considered in the context of the impacts of adverse childhood experiences, sociocultural oppression, peer influences, technology and media.

CAAHEP STUDENT LEARNING OUTCOMES

SLO- B: Distinguish among the therapeutic benefits of a variety of art processes and media, strategies and interventions, and their applicability to the treatment process for individuals, groups, and families.

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-E: Develop culturally appropriate, collaborative, and productive therapeutic relationships with clients.

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.

SLO-N: Recognize the impact of oppression, prejudice, discrimination, and privilege on access to mental health care, and develop responsive practices that include collaboration, empowerment, advocacy and social justice action.

СААНЕР	Description	Mastery	Assessment
Competency		Level	
Content Area	Develop therapeutic goals and	Introduce	Written assignments,
	art-based intervention strategies		class discussions, and in
c.S.1,c.S.2,d.K.2,	based on the therapeutic effect of		class presentations
d.S.1, h.K.1,	art making, including benefits,		
h.K.2, h.S.1, i.K.3,	limitations and contraindications of		
i.S.5, i.S.6, i.A.4,	art materials; Develop strategies to		
j.S.2, i.S.3, i.A.1	effectively manage resistance to		
	creative expression; Describe		
	theories and models for		
	understanding symbolism,		
	metaphor, and artistic language;		
	Apply understanding of artistic		
	language, symbolism, metaphoric		
	properties of media and meaning		
	across cultures and within a diverse		
	society; Examine theoretical and		
	biopsychosocial roots of		
	developmental crises, trauma,		
	disabilities, addictions, and		
	exceptionality on development		
	across the lifespan; Assess		
	developmental stages in artwork,		
	including typical, atypical, and		
	exceptional characteristics for all		
	age groups; Describe		
	trauma-focused art therapy		
	interventions; Identify the steps of		
	suicide risk assessment; Develop		
	relevant sensory-based art therapy		
	interventions; Acknowledge		
	transference and		
	countertransference; Recognize		
	cultural, social, and co-occurring		
	issues that affect assessment		
	putcomes.		

СААНЕР	Description	Mastery	Assessment
Competency		Level	
Content Area	Describe theory of specific properties and effects of art	Reinforce	Written assignments
	processes and materials informed by current research such as		and in class
a.K.2, c.K.1,	Expressive Therapies Continuum; Demonstrate understanding of		presentations
c.K.2, c.S.3, c.S.4,	therapeutic utility and psychological properties of a wide		
d.K.1, d.S.2,	range of art processes and materials (i.e., traditional materials,		
d.A.2, h.S.2,	recyclable materials, crafts) in the selection of processes and		
h.A.1, i.K.5, i.S.1,	materials for delivery of art therapy services; Adapt tools and		
i.A.5, j.A.1, j.A.3,	naterials for clients with disabilities; Practice skills for		
j.A.4, k.K.1,	eveloping		
k.A.1, n.K.2,	awareness and insight into art processes and images; Recognize		
n.S.3, n.A.4	the need for awareness of and sensitivity to cultural elements		
	which may impact a client's participation, choice of materials		
	and creation of imagery; Integrate contextual/ ecological factors		
	bearing on human development such as cultural identities,		
	Spiritual, systemic within and outside family nucleus, physical,		
	Neurological, biological, and physiological; Review therapeutic		
	Process (relationship building; mid-phase; termination); Utilize		
	art materials and processes within the context of		
	building the therapeutic relationship; Display sensitivity to		
	the prevalence of mental illness and impact on individuals and		
	society; Display sensitivity when considering the impact of crisis		
	On individuals with mental health diagnoses; Recognize the		
	implications of applying theoretical foundations to therapeutic		
	Practice; Demonstrate an understanding of current issues and		
	trends in a multicultural society; Apply cultural and social		
	Diversity theories and competency models to an understanding		
	of identity development, empowerment, collaboration, advocacy,		
	and social justice.		

LEARNING GOALS

In this class, students will learn do the following with children and teens:

- 1. Build alliance and rapport,
- 2. Recognize signs of trauma, e.g., behaviors and relational patterns,
- 3. Build on strengths and resilience through art,
- 4. Promote developmental growth through art therapy interventions, and
- 5. Attune to sociocultural context.

Required Books/Chapters on Reserve at the Library

Required:

*Berberian, Marygrace, and Davis, Benjamin (2020). Art Therapy Practices for Resilient Youth: A Strengths-based Approach to At-promise Children and Adolescents. New York, NY: Routledge

Edgette, J. (2006). Adolescent therapy that really works. New York: W.W. Norton.

*Hinz, Lisa D. (2020) Expressive Therapies Continuum: A Framework for Using Art in Therapy. Second ed. New York, NY: Routledge.

*Shore, A. (2013). The practitioner's guide to child art therapy: Fostering creativity and relational growth. New York: Routledge.

Required On reserve:

Chapman, Linda (2014). Neurobiologically Informed Trauma Therapy with Children and Adolescents: Understanding Mechanisms of Change. First ed. New York: W.W. Norton &, 2014. Print. Norton Ser. on Interpersonal Neurobiology.

Lowenfeld, V. & Brittain, W. (1987). *Creative and mental growth*. Upper Saddle River NJ:Prentice Hall.

Rubin, J. (2005). Child art therapy, 25th-anniversary edition. Hoboken, NJ: John Wiley & Sons.

Required Articles:

Dong, M., Anda, R., Felitti, V., Dube, S., Williamson, D., Thompson, T., Loo, C. & Giles, W. (2004). The interrelatedness of multiple forms of childhood abuse, neglect, and household dysfunction. *Child Abuse & Neglect*, 28, 771-784.

- Goodley, D., & Runswick-Cole, K. (2010). Emancipating play: di/abled children, development and deconstruction. *Disability & Society*, 25(4), 499-512.
- Matta Oshima, K. M., Johnson-Reid, M., & Seay, K. D. (2014). The influence of childhood sexual abuse on adolescent outcomes: The roles of gender, poverty, and revictimization. *Journal of Child Sexual Abuse*, 23, 367-386.
- Pifalo, T. (2002). Pulling out the thorns: Art therapy with sexually abused children and adolescents. *Art Therapy: Journal of the American Art Therapy Association*, 19(1), 12–22. doi: 10.1080/07421656.2002.10129724
- Sattler, K.M.P., Font, S.A., Gershoff, E.T. (2018). Age-specific risk factors associated with placement instability among foster children. *Child Abuse and Neglect*, *84*, 157-169.doi: 10.1016/j.chiabu.2018.07.024

Suggested reading:

- Hass-Cohen, N. & Clyde Findlay J. (2015) Art Therapy & the Neuroscience of Relationships, Creativity, & Resiliency. New York: W. W. Norton & Company.
- Halvey, J. (1998) A genogram with attitude. *Journal of Marriage and Family Therapy*, April 24 (2): 233-242.
- *Matthews, J. (2003). Drawing and painting: Children and visual representation. SAGE Publications, Limited. (ebook; selected chapters)
- Perry, B. & Szalavicz, M. (2006). The Boy Who Was Raised as a Dog. New York: Basic Books.
- Perry, B. D. (2009). Examining child maltreatment through a neurodevelopmental lens: Clinical applications of the neurosequential model of therapeutics. *Journal of Loss and Trauma*, 14(4), 240–255. doi: 10.1080/15325020903004350
- Rogoff, Barbara. *The Cultural Nature of Human Development*, Oxford University Press, Incorporated, 2003. (Chapter 1)
- Settersten, R. & Ray, B. (2010). Not quite adults. New York: Random House.
- *accessible through LC ebrary https://ebookcentral.proquest.com/lib/lewisclark/detail.action?docID=272865

NONDISCRIMINATION

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DISABILITY SERVICES STATEMENT

If you require academic accommodations or support, please contact the Office of Student Accessibility in Albany Quadrangle (503-768-7192 or access@lclark.edu). Once you complete the intake process and the Accommodations Agreement, you may request to send your accommodations letter. Student Support Services staff will then notify the faculty of the accommodations for which you are eligible.

TEACHING METHODS

A variety of teaching methods will be used during this course to achieve the above objectives. Among those methods will be assigned readings, class discussions, experiential activities, and lectures. Students will watch video clips, engage in group learning tasks, and participate in role-play demonstrations.

CLASSROOM FORMAT

This course does require a computer and does not require textbooks outside of the required and recommended readings. Art supplies will be provided by the program.

GSEC 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

You must complete all assigned readings and watch any assigned video prior to attending class. This will allow us to focus on the 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 the assigned readings, whether or not they are discussed in class. Please note that more readings are assigned for some topics than others. The instructor may include additional reading materials as it applies to the lecture.

ASSIGNMENTS AND COURSE REQUIREMENTS

Because of this course's skill development nature, students must complete **ALL** assignments to pass this class.

EVALUATION AND 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%	

Class participation (including attendance)	10
Readings and in-class discussion	10

Art Therapy portfolio entry (8 entries)	10
Social Location Project	10
Graphic Development Group presentation	20
Part I- In class workshop	10
Treatment Plan Project (Part I, Part II, Part III) Treatment plan and presentation)	30

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.

Course schedule will be posted on Moodle. Schedule is subject to change at the discretion of the instructor.

ASSIGNMENTS

Class participation/Attendance	Possible Points
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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 discussions 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
Communicating 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.	1

Your participation in small and large group discussions is also required.

Readings/In-class discussions

Students will be required to read the assigned chapters/articles each week and contribute to class dialogues.

Students will create talking points/comments or questions from the collection of readings assigned to each class. All students are expected to contribute to the class discussion of the readings.

Critical Analysis	The individual student contribution addresses an understanding of the required readings and concepts through communication in each class written or verbal.	3.5
Participation in the Learning Community	The individual student contribution actively stimulates and sustains further in-class discussion by building on peers' responses including: - building a focused argument around a specific issue or - asking a new related question or - making an oppositional statement supported by personal experience or related research. Each week, one student will lead the discussion on the readings.	3.5

	The individual student contribution shows respect and sensitivity to peers' gender, cultural and linguistic background, sexual orientation, political and religious beliefs. This is a reflection of the guidelines that are set forth on first day of course.	3
Total points:		10

Art therapy portfolio

Students will submit a virtual portfolio of art therapy prompts explored in class. Each image submission will be accompanied by the Art Therapy portfolio entry form.

Eight images of in-class art prompts	Students will upload colored images of art prompts completed in class.
Eight completed art therapy portfolio entry forms	Students will complete the art therapy portfolio entry forms for each art prompt chosen by the student.
Total points:	10

Social Location Project (genogram & reflection paper)

Using a genogram and Social Constructivist concepts and methods, examine how the students' social location influences personal and professional development:

Genogram with an Attitude: Creation of an artistic genogram including family of origin and/or chosen family members x 3 generations to help to inform students' social location.

Reflection paper:

In 2-3 pages describe your perspective as an art therapy student including students' social location on child development, artistic and relational values, perceptions of psychological development, and defining therapy. Was meaning created in the community? Provide a key and a few sentences below to describe the artwork.

Create an art piece that represents your response to this assignment along with an accompanying description.

SLO-J	Understanding of childhood and adolescent development from students' social location (how the construction of meaning was gained-through community, individual, etc.)	3.5
SLO-C	Unpacking the students' artistic values (ex. art materials, process vs. product, and subject matter). From your lived experience, what influences shaped these values.	3.5
SLO-N	Perception of the family and community's influence on psychological development Attitudes about what therapy "is" .What does a therapist do? What should be the result of therapy?	3
Total points:		10

Graphic Development Presentation

Students will work in pre-assigned groups and create a live presentation to explore childhood and adolescent graphic development. This is a collaborative learning process in that each student will contribute to the learning of other students via this group presentation.

Each student in the group will create two images from the Lowenfeld Stages of Graphic Development in the style of that developmental stage (ex. groups of 4 students will have a total of 8 images). All images will be incorporated into the group presentation.

As a group, review your selected graphic development stages of "typical" development and create a presentation that highlights the developmental level and the graphic imagery.

Action steps

Who: Group members (randomly selected by the instructor) create a communication tree.

Length: Your group will develop a presentation of no more than 25-minutes (5 additional minutes for questions).. Each group member will present for roughly five minutes of the total presentation time. Minimal meeting time will be available in class, so additional time must be scheduled outside of class to develop presentations.

Format: Presentation format (PPT, engaged lecture, videos, etc.). Submit completed work to the instructor via email (kdunn@lhs.edu or msatterberg@lclark.edu) by 8:30am day of presentation.

Content: Your group will discuss findings (referencing the artwork created by each student in your assigned stages of graphic development) regarding development and its relationship to artistic/graphic expression.

Describe the emotional and mental content reflected in the artworks by relating stylistic and thematic content to theories about artistic/graphic and psychological development. (ex. Level of engagement, cognitive/neurodevelopmental notes, what is being expressed, psychosocial developmental themes.)

Possible points for this section: 10/20

After familiarization with theories, view all artwork created by group members together and select themes relevant to the stage of development your group is studying (ie. sensory use of materials, a sense of industry, self-critique). Each group member will select two themes to present. Each student will choose one theme from the *Conditional stages of Creative growth and one from **Developmental stages in art.

*Conditions for Creative Growth; Materials, Space, Time, Safety, Respect, Interest, Support

**Developmental stages in Art; Emotional, Intellectual, Physical, Perceptual, Social Aesthetic, Creative

As a group, summarize your findings –

What patterns emerged in the artwork (created by each of you) regarding developmental themes, graphic expression, and use of art materials?

Collectively <u>consider deficits</u> from the literature and **add constructive suggestions** related to factors that may impact treatment as part of the presentation.

Individual Expectations for presenting and overall participation in the group	Possible points for this section: 10/20
SLO-H	Demonstrated careful study of the artwork - able to describe the formal elements and connect them to Stages of Graphic Development. (4 pts.)

SLO-J	Demonstrated application of developmental themes to the artwork - able to articulate themes of psychological development and connect them to art process and/or product. (4 pts.)
Individual Presentation skills	Demonstration of professionalism, including engaged communication, eye contact with class, tone, cadence (2 pts.)

AT 523-01	Group 1: Scribble/	Group 2:	Group 3:
DUNN	Pre-schematic	Schematic/	Pseudo-naturalistic/
Lowenfeld Stages		Dawning Realism	The Decision Stage
	Danielle	Hale	Elise
	Sophie	Karis	Elizabeth
	Claudia	Sonny	Paris
		Helen	Kari

AT 523-02	Group 1: Scribble/	Group 2:	Group 3:
SATTERBERG	Pre-schematic	Schematic/	Pseudo-naturalistic/
Lowenfeld Stages		Dawning Realism	The Decision Stage
	Mel	Heather	Nic
	Kassandra	Seth	Dani
	Catie	Hannah	Jessica
	Audrey	Sarah	Jenny

Part I of Treatment Plan

You will develop a vignette—a child or an adolescent. Using the outline format provided on Moodle, explore your informed speculations about the individual and the case, and what might inform your future treatment plan.

Part I: Background information and theoretical lens (taken directly from the outline format provided on Moodle)

SLO-N, E	Review the case material. Apply your background knowledge of child and adolescent development, while also integrating learning from assigned	8
	readings. Document relevant information in each section. Make educated decisions about what to include to provide yourself with sufficient background	
	information to later develop a treatment plan. Speculate on how attachment, coping, relationships, and capacity to meet the demands of developmental tasks may have been impacted by the ACE's in the individual's life and how that may inform your choice of intervention and materials.	
Written work	Writing (use of complete sentences, free of grammatical errors, readability)	2

Total points:

Treatment Plan Project (Part I, Part II, Part III) Treatment plan and presentation) The student will build on Part I of the treatment plan to create an initial assessment and treatment plan for their assigned child or adolescent client using the format provided separately. The treatment plan should provide a person-centered guide to clinical care with foundational empathy and understanding, and informed consideration of both protective and risk factors. **Part I**: Background information, theoretical lens **Part II**: Session with artwork, SOAP note, Strengths **Part III**: Case management, Countertransference, and response art For the art intervention in the assessment section, the two consecutive pieces (one is assigned, one art prompt of choice). 1. Family as animals (child; 12 and under). 2. Draw a Superhero (adolescent; 13 and up). Based on your theoretical understanding of the childhood/adolescent period of life and of counseling/art therapy theories, select media offered.

SLO-B	As if you were the client, create the two art pieces. Consider how the client might respond to the theme and the materials. Think carefully about your experience of taking on the persona of the client. What biases might you have about this client? What challenges did you encounter when attempting to make art "as if" you were someone else?
SLO-B, J	Explain your therapeutic reasons for the media choices. Support your decisions using one developmental theory and one art therapy author and describe your rationale for choosing them.
SLO-H	Analyze the art processes and the products in relation to formal content (the visual language). Include what you observed as the client was making his/her art piece (process), and what you see in the art (product).
SLO-N, J	Discuss the art in relation to the client's history, development, relationships, strengths and problem areas. Consider all of this in depth, relating what you know of the client to your readings and class discussions
SLO-B	Describe the treatment focus and one long-term goal for your future work with the client. Discuss the art therapy interventions (media and themes) you would suggest to the client and justify your choices (for the first three sessions). Describe how you see the interventions applying to the goal.
Presentation	Present (through PowerPoint, or other presenting platforms) your client art and a summary of your paper in class

	Create an art piece in response to this client. Share this piece as part of your presentation as it pertains to what you know about yourself as a clinician in the context of treatment with the client you have discussed.
Total points:	30

Week	Readings (due)	Assignments Due	Other
1 Monday: 1/8 Tuesday: 1/9			ReviewSyllabusGroups
JANUARY 15 Monday section	NO CLASS		
2 Monday: 1/22 Tuesday: 1/16	ACE's articles Dong, et al 2004) Hinz ch. 1-3, 12		

3	Everyone reads:		
Monday: 1/29	Lowenfeld ch 2		
Tuesday: 1/23	Rubin ch. 3		
	Group 1 reads Lowenfeld		
	The Scribbling Stage, The		
	Preschematic Stage		
	Group 2 reads Lowenfeld		
	The Schematic Stage, The		
	Gang Age		
	Group 3 reads Lowenfeld		
	The Pseudo- Naturalistic		
	Stage and The Adolescent Art		
4	Shore Parts 1 and 2		
Monday: 2/5	Berberian & Davis ch. 1-2		
Tuesday: 1/30	Hinz ch.14		
5	Shore Part 3		Guest speaker
Monday: 2/12	Edgette ch. 1-3		LC Grad (medical)
(Remote for	Berberian & Davis ch 5-6		
Dunn's class ONLY)			
Tuesday: 2/6			
6	Shore Part 4	Graphic Development	
Tuesday: 2/20	Matta Oshima, Johnson-Reid,	Presentations:	
(Dunn only- Rogers	Seay	Group 1 & 2	
219)	Goodley and Runswick-Cole	210 wp 1 00 2	
Tuesday: 2/13			
7	Edgette chap. 7, 8	Graphic Development	Mid term check in
Monday: 2/26	Shore Part 5	Presentations:	
Tuesday: 2/20	Berberian & Davis Ch. 10	Group 3	
8	Edgette ch. 4-6	Social location paper	
Monday: 3/4	Chapman ch. 1-4		
Tuesday: 2/27			

9	Pifalo article (2002)		
Monday: 3/11	Shore Part 3		
Tuesday: 3/5	Chapman ch. 6		
	Berberian & Davis ch. 21		
10		Part I	Workshop Part II &
Monday: 3/18			III
Tuesday: 3/12			
11		AT Portfolio	Guest speaker
Monday: 4/1			
Tuesday: 3/19			
12			
Monday: 4/8			
Tuesday: 4/2			
13		Treatment plan Project	
Monday: 4/15		Part I-III	
Tuesday: 4/9			
14	FINAL CLASS	Treatment plan Project	
Monday: 4/22	Bring computers to complete	Part I-III	
Tuesday: 4/16	evaluations		