

# Graduate Department of ART THERAPY COUNSELING

## A Clinical Training Program

Chair: Christine Turner

Art Therapy is a rapidly growing counseling discipline that had its beginnings in the treatment of severely emotionally disturbed children and adults. It has expanded to reach a broader range of populations within a variety of settings. Art therapist counselors integrate the creative process with understanding of counseling theory in order to facilitate growth and development in clients.

In Art Therapy Counseling, the focus is often placed upon expression and communication through art processes and products. Art processes, forms, content, and associations are recognized as reflections of personality, development, and concerns. Since Art Therapy Counseling draws upon art as well as psychology, the art therapy counseling student is required to have understanding of authentic art expression and to be experienced with a variety of art media.

Professional art therapist counselors are thoroughly trained in traditional counseling theories and methods and are prepared to conduct assessments and facilitate individual, family therapy, and group therapy.

### PROGRAM OF STUDY

PROGRAM	Degree	Certificate
Art Therapy Counseling --Art Therapy --Counseling	M.A.	• •

### THE PURPOSE OF THE MASTER OF ARTS IN ART THERAPY COUNSELING DEGREE

The Marylhurst program helps students arrive at an understanding of the therapeutic application of the creative process, and the informed use of psychological theories and counseling practices. The program is designed to prepare art therapist counselors to work as team members in facilities that provide therapeutic/counseling services, for example, community mental health centers, psychiatric hospitals, therapeutic schools, day and residential treatment programs.

The Master of Arts in Art Therapy Counseling degree at Marylhurst University is approved by the American Art Therapy Association.

The curriculum meets the academic requirements for licensure as a professional counselor in Oregon. The program can be completed in seven quarters. The first three quarters (fall, winter, spring) consist of sequential courses in art therapy, counseling, and psychotherapy. Studies in the areas of human development, psychopathology, and counseling are integral parts of the program. Fieldwork is required during the first three terms. Electives are offered throughout the year including summer terms. The last three quarters (fall, winter, spring) are primarily devoted to practicum and a research project. The student completes a minimum of 240 hours of practicum work each quarter in a clinical setting. Practicum opportunities are available in a variety of clinical settings serving children, adolescents, and adults. Practica can, under some circumstances, be arranged outside the region.

The master's program can be completed on a part-time basis. Students may take up to five years to complete the program; however, a two- or three-year plan is recommended. The final three terms of the program, the practicum, require a full-time commitment for most students.

### PROGRAM LEARNING OUTCOMES

The learning outcomes of the graduate program are:

1. To provide the student with opportunities to learn the theory and practical skills necessary to competently practice art therapy counseling.
2. To encourage the student to achieve excellence in scholarship and the practice of art therapy counseling.
3. To serve the community beyond the campus, in the advancement of understanding and professional implementation of art therapy counseling.

## APPLYING FOR ADMISSION

Applications for fall admission are requested by January 31 during the preceding winter quarter. Later applications may be submitted. Applicants are asked to inform the department of their intention to apply.

The admissions committee is seeking applicants with human services experience, well-developed art skills, academic competence, and the personality attributes and interpersonal skills that indicate aptitude for the profession.

---

### Prerequisites for Admission

1. Bachelor's degree from an accredited college or university.
2. Proficiency in the visual arts as demonstrated by a portfolio of work in painting, drawing, and sculpture. Minimum credits required to be considered for admission are 27, with the preferred distribution being: Painting, 9 credits; Drawing, 9 credits; Sculpture, 9 credits. Credits are calculated on the quarter system. One semester credit equals 1.5 quarter credits.
3. Courses in psychology (a minimum of 18 credits) including: 6 credits in general psychology that can be taken at the lower-division level. The following courses are to be taken at the upper-division level: Psychology of Personality, Developmental Psychology, Abnormal Psychology, and Counseling Theories/Strategies. Letter grades are requested. Students who believe they have equivalent coursework or wish to make substitutions are encouraged to consult an advisor within the Art Therapy Counseling program. Applicants who have not met the prerequisites at the time of application must express the intention and have a written plan to meet the prerequisites prior to entrance into the program.
4. Evidence of ability to do graduate work as indicated by:
  - a) minimum of 3.00 cumulative grade point average on applicant's undergraduate transcripts, and
  - b) acceptable scores on the Miller Analogies Test.
5. Supervised experience working with people, preferably in a human services agency. Volunteer work is acceptable.

---

### Admission Requirements

Materials to be sent to the Office of Admissions are:

1. The Art Therapy Counseling program application form with recent photo attached.
2. Non-refundable application fee.
3. Sealed official transcripts from all colleges/universities attended.
4. A chronological résumé.
5. A brief autobiography - 4 pages maximum.
6. A slide portfolio or disk with examples of art—painting, drawing, sculpture.
7. Three confidential recommendations in sealed envelopes, signed by the recommender across the seal.
8. A six-page paper, typed and double-spaced, briefly describing:
  - a) applicant's view of what the practice of art therapy is all about.
  - b) notable aspects of applicant's work-related experiences and career development.
  - c) why applicant has chosen to pursue art therapy counseling as a career.
  - d) applicant's professional objectives in seeking admission including goals for using the education.
  - e) applicant's present personality strengths and weaknesses that would have impact upon her/his functioning as a graduate student and as an art therapy counseling practitioner.
  - f) applicant's reasons for selecting the Marylhurst program.

9. Response to an assigned clinical vignette.
10. Miller Analogy Test scores should be sent directly to the Office of Admissions, Marylhurst University.

Applicants who are admitted will be asked to send a \$200 deposit to secure a place within the program. The deposit is non-refundable, and will be applied to fees during fall term.

## PREPARATORY UNDERGRADUATE PROGRAMS

Marylhurst University offers prospective art therapy counseling graduate students several undergraduate degree programs that include the prerequisite classes. Contact the undergraduate department for information.

---

### Bachelor of Arts in Art

- 80 crs. in art, including at least 9 crs. in each of the following: painting, drawing, & sculpture.
- 18 crs. in psychology including 6 crs. of general psychology, PSY 334 Personality Theory, PSY 336 Abnormal Psychology, PSY 328 Developmental Psychology, & PSY 362 Counseling Theories & Strategies: Level One.
- 5 crs. in Art Therapy elective classes, including AT 475 Introduction to Art Therapy Workshop, 1 cr.

---

### Bachelor of Arts in Psychology

- 61 crs. in psychology, including PSY 334 Personality Theory, PSY 336 Abnormal Psychology, PSY 328 Developmental Psychology, & PSY 362 Counseling Theories & Strategies: Level One.
- 27 crs. in art, including 9 crs. in painting, 9 crs. in drawing, & 9 crs. in sculpture.
- 5 crs. in Art Therapy elective classes, including AT 475 Introduction to Art Therapy Workshop, 1 cr.

---

### Bachelor of Arts in Interdisciplinary Studies

Students in this program focus their studies in the areas of art and psychology. They complete:

- a minimum of 27 crs. in art, including 9 crs. in painting, 9 crs. in drawing, and 9 crs. in sculpture.
- 18 crs. in psychology, including 6 crs. of general psychology, PSY 334 Personality Theory, PSY 336 Abnormal Psychology, PSY 328 Developmental Psychology, & PSY 362 Counseling Theories & Strategies: Level One.
- 5 crs. in Art Therapy elective classes, including AT 475 Introduction to Art Therapy Workshop, 1 cr.

## OPPORTUNITIES FOR NON-ADMITTED STUDENTS

The Marylhurst Art Therapy Counseling program offers classes and workshops in art therapy counseling that are open to students who are not formally admitted to the M.A. program. Art therapy counseling training can benefit counselors, teachers, occupational and rehabilitation therapists, psychologists, nurses, and others in the human services professions.

## CONTINUING EDUCATION CREDITS

The Marylhurst University Art Therapy Counseling program is recognized by the National Board for Certified Counselors (NBCC) to offer continuing education for counselors. Marylhurst adheres to NBCC Continuing Education Guidelines.

## TRANSFER CREDITS

Up to twelve credits may be applied towards the degree subject to approval by the department chairperson.

## POST-GRADUATE CERTIFICATES

### CERTIFICATE IN COUNSELING

This certificate is designed for professional art therapists pursuing some of the courses required for licensure in Oregon as a Licensed Professional Counselor (LPC).

Formal application must be made to participate in this certificate program; however, AT 501, AT 503, and AT 505 may be taken without admission to the certificate program. Applicants are required to submit a certificate program application with the non-refundable fee, three letters of reference, a statement of intent, a résumé, and transcripts verifying completion of an M.A. degree in Art Therapy or closely related clinical field, including a three-credit graduate-level course in psychopathology. Those with a Master of Arts in Art Therapy from Marylhurst University need only submit a certificate program application with the non-refundable fee, a résumé, and a letter requesting admission to the certificate program.

NOTE: To obtain information about state licensure requirements, students must contact the Oregon Board of Licensed Professional Counselors and Therapists, Salem, Oregon. Completion of the Counseling Certificate does not ensure licensure.

#### Course Requirements for Post-Graduate Certificate in Counseling

AT 501 Theories of Counseling & Psychotherapy .....	3 crs.
AT 503 Social & Cultural Foundations of Counseling .....	3 crs.
AT 504 Appraisal of Individuals .....	4 crs.
AT 505 Lifestyle & Career Development .....	3 crs.
AT 507 Research Methods, Development, & Evaluation .....	3 crs.
AT 539 Professional Orientation & Ethics .....	4 crs.
TOTAL FOR THE CERTIFICATE: 20 crs.	

### POST-GRADUATE CERTIFICATE IN ART THERAPY

This certificate is designed for applicants with a master's or doctoral degree in a related field such as counseling, psychology, or social work who are not seeking a second master's degree. Learning outcomes, admission procedures, and prerequisite courses are the same for certificate and master's degree applicants. Certificate students take all core art therapy courses (62 credits). The practicum entails 720 hours.

An Art Therapy program advisor assists the certificate student to develop a program plan, and in some cases, previously earned credits may be transferred and applied towards the certificate, thereby reducing the number of required classes.

NOTE: Art Therapy certificate programs are not applicable towards registration or national board certification in Art Therapy.

#### Course Requirements for Post-Graduate Certificate in Art Therapy

AT 510 Introduction to Art Therapy .....	3 crs.
AT 511 Helping Relationship: Counseling/AT Technique .....	4 crs.
AT 512 Child Development, Psychopathology, & Art Therapy/Counseling .....	4 crs.
AT 513 Psychopathology .....	4 crs.
AT 520 Group Dynamics, Processes, Counseling, & Art Therapy .....	4 crs.
AT 521 Clinical Practice: Counseling Skills in AT Practice .....	3 crs.
AT 522 Adolescent & Young Adult Development, Psychopathology, & Art Therapy/Counseling .....	4 crs.
AT 524 Cross-Cultural Counseling & Art Therapy .....	2 crs.
AT 530 Clinical Assessment by Graphic Means .....	4 crs.
AT 531 Professional & Clinical Practices in Art Therapy/Counseling .....	4 crs.
AT 532 Adult Development, Psychopathology, & Art Therapy/Counseling .....	4 crs.
AT 539 Prof. Orientation & Ethics, Pre-Practicum Seminar .....	4 crs.
AT 599-1/ 599-2/ 599-3 Practicum/Seminar 1,2,3 .....	18 crs.
TOTAL FOR THE CERTIFICATE: 62 crs.	

## ART THERAPY CURRICULUM

Effective September 2009, the two-year Marylhurst M.A. in Art Therapy Counseling degree has a 90-credit curriculum. Students enter the program during fall term and those who are full time may graduate within 21 months. The program may also be completed on a part-time schedule.

Eighty-five credits are obtained from core courses and the practicum. Five credits are electives. Elective courses and workshops are offered during evenings and weekends, including summer terms.

#### Course Requirements for the M.A. Degree in Art Therapy Counseling

AT 501 Theories of Counseling & Psychotherapy .....	3 crs.
AT 503 Social & Cultural Foundations of Counseling .....	3 crs.
AT 504 Appraisal of Individuals .....	4 crs.
AT 505 Lifestyle & Career Development .....	3 crs.
AT 507 Research Methods, Development, & Evaluation .....	3 crs.
AT 510 Introduction to Art Therapy .....	3 crs.
AT 511 Helping Relationship: Counseling/AT Technique .....	4 crs.
AT 512 Child Development, Psychopathology, & Art Therapy/Counseling .....	4 crs.
AT 513 Psychopathology .....	4 crs.
AT 520 Group Dynamics, Processes, Counseling, & Art Therapy .....	4 crs.
AT 521 Clinical Practice: Counseling Skills in Art Therapy Practice .....	3 crs.
AT 522 Adolescent & Young Adult Development, Psychopathology, & Art Therapy/Counseling .....	4 crs.
AT 524 Cross-Cultural Counseling & Art Therapy .....	2 crs.
AT 530 Clinical Assessment by Graphic Means .....	4 crs.
AT 531 Professional & Clinical Practices in Art Therapy/Counseling .....	4 crs.
AT 532 Adult Development, Psychopathology, & Art Therapy/Counseling .....	4 crs.
AT 539 Professional Orientation & Ethics, Pre-Practicum Seminar .....	4 crs.
AT 552 Marriage & Family Therapy .....	3 crs.
AT 599-1/ 599-2/ 599-3 Practicum/Seminar 1,2,3 .....	18 crs.
AT 599S Practicum Studio .....	4 crs.
AT Electives .....	5 crs.
TOTAL FOR THE DEGREE: 90 crs.	

### ACADEMIC PROGRESS

A student whose cumulative GPA falls below 3.00 is placed on probation and must raise the GPA to 3.00 after having taken no more than 9 credits. If this does not occur, the student may not continue in the program.

Incompletes are not granted in practicum. Students must be in good standing academically to continue in practicum seminars and related courses.

### ADVANCEMENT TO CANDIDACY

The M.A. student is eligible to apply for advancement to candidacy upon successful completion of all the core courses that the full-time student takes during fall and winter terms. The required classes are: AT 501, AT 510, AT 511, AT 512, AT 513, AT 521, AT 522, AT 524, AT 530, and AT 539 (winter term portion).

The advancement to candidacy process includes a comprehensive written examination, a videotape, and a self-evaluation. Other material that is considered includes reviews of the student's grades and written reports by instructors, and the student's fieldwork supervisor.

The Advancement to Candidacy Committee, consisting of art therapist counselors, reviews the student's application for advancement to candidacy. In order to continue in the program, a student's work must be found acceptable by the committee. The student incurs a fee for participating in the advancement to candidacy process.

## PROGRAM PLANS FOR THE M.A. IN ART THERAPY COUNSELING

### M.A. in Art Therapy Counseling: Two-Year Program Plan

#### FIRST YEAR

##### FALL

AT 501 Theories of Counseling & Psychotherapy .....	3 crs.
AT 510 Introduction to Art Therapy .....	3 crs.
AT 511 The Helping Relationship: Counseling/Art Therapy Technique .....	4 crs.
AT 512 Child Development, Psychopathology, & Art Therapy/Counseling .....	4 crs.
AT 513 Psychopathology .....	4 crs.
AT Elective(s)	

##### WINTER

AT 521 Clinical Practice: Counseling Skills in Art Therapy Practice .....	3 crs.
AT 522 Adolescent & Young Adult Development, Psychopathology, & Art Therapy/Counseling .....	4 crs.
AT 524 Cross-Cultural Counseling & Art Therapy .....	2 crs.
AT 530 Clinical Assessment by Graphic Means .....	4 crs.
AT 539 Professional Orientation & Ethics, Pre-Practicum Seminar .....	4 crs.
AT Elective(s)	

##### SPRING

AT 503 Social & Cultural Foundations of Counseling .....	3 crs.
AT 504 Appraisal of Individuals .....	4 crs.
AT 520 Group Dynamics, Processes, Counseling, & Art Therapy .....	4 crs.
AT 531 Professional & Clinical Practices in Art Therapy/Counseling .....	4 crs.
AT 532 Adult Development, Psychopathology, & Art Therapy/Counseling .....	4 crs.
AT 539 Professional Orientation & Ethics, Pre-Practicum Seminar .....	(In Progress)
AT Elective(s)	

##### SUMMER

AT electives are offered each summer.

#### SECOND YEAR

During this year, students complete 720 hours of Practicum in a clinical setting, and attend a weekly supervision seminar.

##### FALL

AT 505 Lifestyle & Career Development .....	3 crs.
AT 507 Research Methods, Development, & Evaluation .....	3 crs.
AT 599-1 Practicum/Seminar 1 .....	6 crs.
AT 599S Practicum Studio .....	4 crs.
AT Elective(s)	

##### WINTER

AT 507 Research Methods, Development, & Evaluation .....	(In Progress)
AT 552 Marriage & Family Therapy .....	3 crs.
AT 599-2 Practicum/Seminar 2 .....	6 crs.
AT 599S Practicum Studio .....	(In Progress)
AT Elective(s)	

##### SPRING

AT 507 Research Methods, Development, & Evaluation .....	(In Progress)
AT 599-3 Practicum/Seminar 3 .....	6 crs.
AT 599S Practicum Studio .....	(In Progress)
AT Elective(s)	

### M.A. in Art Therapy Counseling: Three-Year Program Plan

#### FIRST YEAR

##### FALL

AT 501 Theories of Counseling & Psychotherapy .....	3 crs.
AT 510 Introduction to Art Therapy .....	3 crs.
AT 512 Child Development, Psychopathology, & Art Therapy/Counseling .....	4 crs.
AT Elective(s)	

##### WINTER

AT 521 Clinical Practice: Counseling Skills in Art Therapy Practice .....	3 crs.
AT 522 Adolescent & Young Adult Development, Psychopathology, & Art Therapy/Counseling .....	4 crs.
AT 524 Cross-Cultural Counseling & Art Therapy .....	2 crs.
AT Elective(s)	

##### SPRING

AT 503 Social & Cultural Foundations of Counseling .....	3 crs.
AT 520 Group Dynamics, Processes, Counseling, & Art Therapy .....	4 crs.
AT 532 Adult Development, Psychopathology & Art Therapy/Counseling .....	4 crs.
AT Elective(s)	

##### SUMMER

AT electives are offered each summer.

#### SECOND YEAR

##### FALL

AT 505 Lifestyle & Career Development .....	3 crs.
AT 511 The Helping Relationship: Counseling/Art Therapy Technique .....	4 crs.
AT 513 Psychopathology .....	4 crs.
AT Elective(s)	

##### WINTER

AT 530 Clinical Assessment by Graphic Means .....	4 crs.
AT 539 Professional Orientation & Ethics, Pre-Practicum Seminar .....	4 crs.
AT 552 Marriage & Family Therapy .....	3 crs.
AT Elective(s)	

##### SPRING

AT 504 Appraisal of Individuals .....	4 crs.
AT 531 Professional & Clinical Practices in Art Therapy/Counseling .....	4 crs.
AT 539 Professional Orientation & Ethics, Pre-Practicum Seminar .....	(In Progress)
AT Elective(s)	

##### SUMMER

AT electives are offered each summer.

#### THIRD YEAR

During this year, students complete 720 hours of Practicum in a clinical setting and attend a weekly supervision seminar.

##### FALL

AT 507 Research Methods, Development, & Evaluation .....	3 crs.
AT 599-1 Practicum/Seminar 1 .....	6 crs.
AT 599S Practicum Studio .....	4 crs.
AT Elective(s)	

##### WINTER

AT 507 Research Methods, Dev., & Evaluation .....	(In Progress)
AT 599-2 Practicum/Seminar 2 .....	6 crs.
AT 599S Practicum Studio .....	(In Progress)
AT Elective(s)	

##### SPRING

AT 507 Research Methods, Dev., & Evaluation .....	(In Progress)
AT 599-3 Practicum/Seminar 3 .....	6 crs.
AT 599S Practicum Studio .....	(In Progress)
AT Elective(s)	

**M.A. in Art Therapy Counseling:  
Alternative Three-Year Program Plan**

**FIRST YEAR**

**FALL**

AT 501 Theories of Counseling & Psychotherapy .....3 crs.  
 AT 505 Lifestyle & Career Development.....3 crs.  
 AT 510 Introduction to Art Therapy.....3 crs.  
 AT Elective(s)

**WINTER**

AT 521 Clinical Practice: Counseling Skills  
 in Art Therapy Practice.....3 crs.  
 AT 524 Cross-Cultural Counseling & Art Therapy.....2 crs.  
 AT Elective(s)

**SPRING**

AT 503 Social & Cultural Foundations of Counseling .....3 crs.  
 AT 520 Group Dynamics, Processes, Counseling,  
 & Art Therapy.....4 crs.  
 AT Elective(s)

**SUMMER**

AT electives are offered each summer.

**SECOND YEAR**

**FALL**

AT 511 The Helping Relationship:  
 Counseling/Art Therapy Technique .....4 crs.  
 AT 512 Child Development, Psychopathology,  
 & Art Therapy/Counseling.....4 crs.  
 AT 513 Psychopathology .....4 crs.  
 AT Elective(s)

**WINTER**

AT 522 Adolescent & Young Adult Development,  
 Psychopathology, & Art Therapy/Counseling .....4 crs.  
 AT 530 Clinical Assessment by Graphic Means .....4 crs.  
 AT 539 Professional Orientation & Ethics,  
 Pre-Practicum Seminar .....4 crs.  
 AT Elective(s)

**SPRING**

AT 504 Appraisal of Individuals.....4 crs.  
 AT 531 Professional & Clinical Practices  
 in Art Therapy/Counseling .....4 crs.  
 AT 532 Adult Development, Psychopathology,  
 & Art Therapy/Counseling.....4 crs.  
 AT 539 Professional Orientation & Ethics,  
 Pre-Practicum Seminar .....(In Progress)  
 AT Elective(s)

**SUMMER**

AT electives are offered each summer.

**THIRD YEAR**

**FALL**

AT 507 Research Methods, Development, & Evaluation .....3 crs.  
 AT 599-1 Practicum/Seminar 1.....6 crs.  
 AT 599S Practicum Studio.....4 crs.  
 AT Elective(s)

**WINTER**

AT 507 Research Methods, Development,  
 & Evaluation.....(In Progress)  
 AT 552 Marriage & Family Therapy .....3 crs.  
 AT 599-2 Practicum/Seminar 2.....6 crs.  
 AT 599S Practicum Studio.....(In Progress)  
 AT Elective(s)

**SPRING**

AT 507 Research Methods, Development,  
 & Evaluation.....(In Progress)  
 AT 599-3 Practicum/Seminar 3.....6 crs.  
 AT 599S Practicum Studio.....(In Progress)  
 AT Elective(s)

**M.A. in Art Therapy Counseling:  
Four-Year Program Plan**

**FIRST YEAR**

**FALL**

AT 501 Theories of Counseling & Psychotherapy .....3 crs.  
 AT 510 Introduction to Art Therapy .....3 crs.  
 AT Elective(s)

**WINTER**

AT 521 Clinical Practice: Counseling Skills in AT Practice ...3 crs.  
 AT 524 Cross-Cultural Counseling & Art Therapy.....2 crs.  
 AT Elective(s)

**SPRING**

AT 503 Social & Cultural Foundations of Counseling .....3 crs.  
 AT 520 Group Dynamics, Processes, Counseling, & Art Th...4 crs.  
 AT Elective(s)

**SUMMER**

AT electives are offered each summer

**SECOND YEAR**

**FALL**

AT 505 Lifestyle & Career Development.....3 crs.  
 AT 512 Child Development, Psychopathology, & ATC .....4 crs.  
 AT Elective(s)

**WINTER**

AT 522 Adolescent & Young Adult Development,  
 Psychopathology, & Art Therapy/Counseling .....4 crs.  
 AT 552 Marriage & Family Therapy .....3 crs.  
 AT Elective(s)

**SPRING**

AT 532 Adult Development, Psychopathology,  
 & Art Therapy/Counseling.....4 crs.  
 AT Elective(s)

**SUMMER**

AT electives are offered each summer.

**THIRD YEAR**

**FALL**

AT 511 The Helping Relationship:  
 Counseling/Art Therapy Technique .....4 crs.  
 AT 513 Psychopathology .....4 crs.  
 AT Elective(s)

**WINTER**

AT 530 Clinical Assessment by Graphic Means .....4 crs.  
 AT 539 Prof. Orientation & Ethics, Pre-Practicum .....4 crs.  
 AT Elective(s)

**SPRING**

AT 504 Appraisal of Individuals.....4 crs.  
 AT 531 Prof. & Clinical Practices in Art Ther./Counseling ....4 crs.  
 AT 539 Prof. Orientation & Ethics, Pre-Practicum ... (In Progress)  
 AT Elective(s)

**SUMMER**

AT electives are offered each summer.

**FOURTH YEAR**

**FALL**

AT 507 Research Methods, Development, & Evaluation .....3 crs.  
 AT 599-1 Practicum/Seminar 1.....6 crs.  
 AT 599S Practicum Studio.....4 crs.  
 AT Elective(s)

**WINTER**

AT 507 Research Methods, Dev., & Evaluation .....(In Progress)  
 AT 599-2 Practicum/Seminar 2.....6 crs.  
 AT 599S Practicum Studio.....(In Progress)  
 AT Elective(s)

**SPRING**

AT 507 Research Methods, Dev., & Evaluation .....(In Progress)  
 AT 599-3 Practicum/Seminar 3.....6 crs.  
 AT 599S Practicum Studio.....(In Progress)  
 AT Elective(s)

## CORE COURSES

### AT 501 THEORIES OF COUNSELING AND PSYCHOTHERAPY

This course presents the history, theories, principles, and techniques of counseling and psychotherapy and their applications in professional settings. 3 crs.

### AT 503 SOCIAL AND CULTURAL FOUNDATIONS OF COUNSELING

Societal changes and trends affecting human roles, mores, and patterns of interaction are considered in relation to the counselor's work. Multicultural and pluralistic trends, societal subgroups, and differing lifestyles are discussed. Major societal concerns such as person abuse, substance abuse, and discrimination are addressed, as are current approaches to alleviating these concerns. Prerequisites: AT 501, AT 510. 3 crs.

### AT 504 APPRAISAL OF INDIVIDUALS

Group and individual educational and psychometric theories and approaches to appraisal; data and information-gathering methods; psychometric statistics; factors influencing appraisals; and use of appraisal results in helping processes. The ability to select, administer, and interpret tests and inventories is developed. Prerequisite: AT 530. 4 crs.

### AT 505 LIFESTYLE AND CAREER DEVELOPMENT

Career development theories; occupational and educational information sources and systems; career and leisure counseling, guidance, and education; lifestyle and career decision making; and career development program planning, resources, and evaluation. Prerequisite: AT 501. 3 crs.

### AT 507 RESEARCH METHODS, DEVELOPMENT, AND EVALUATION

This three-term course includes types of research; basic statistics; research-report development; research implementation; program evaluation; needs assessment; publication of research information; and ethical and legal consideration. The material presented is closely tied to the student's work in the community and results in a written project. Prerequisite: taken concurrently with practicum classes. 3 crs.

### AT 510 INTRODUCTION TO ART THERAPY

An introductory overview of the history, development, major theories, and application of art therapy with various client populations. NOTE: This graduate course is a prerequisite for more advanced art therapy courses. 3 crs.

### AT 511 THE HELPING RELATIONSHIP: COUNSELING/ART THERAPY TECHNIQUE

Art therapy and counseling theories and methods are explored, including basic and advanced helping skills and processes. The dynamics and complexities of the therapeutic relationship are emphasized, including transference, countertransference, and the impact of the work on the self of the therapist. The complex relationship between the psychological properties of varied media/art making processes and responsible clinical assessment/treatment, and the therapeutic relationship is studied in this class. Prerequisites: AT 501, AT 510, AT 512, AT 513 (may be taken concurrently). 4 crs.

### AT 512 CHILD DEVELOPMENT, PSYCHOPATHOLOGY, AND ART THERAPY/COUNSELING

The nature/needs of individuals during this period in the lifespan are considered from a developmental perspective. Theories of cognitive, emotional, physical, psychosocial, and artistic development of children from infancy to age 12

are studied. Normal and abnormal personality growth and development are considered in relation to assessment and treatment planning. Familial/cultural contexts and treatment settings are considered. Prerequisite: AT 501, AT 510 (may be taken concurrently). 4 crs.

### AT 513 PSYCHOPATHOLOGY

Studies of the descriptions, causes, and treatment of behaviors considered abnormal by society. This course integrates and extends previous study in abnormal psychology. Students develop familiarity with the uses of DSM in clinical practice. Prerequisite: AT 511 (may be taken concurrently). 4 crs.

### AT 520 GROUP DYNAMICS, PROCESSES, COUNSELING, AND ART THERAPY

Methods of facilitating group art therapy with varied populations are presented in relation to current theories of group therapy. Skills in clinical observation and group leadership are developed. Prerequisites: AT 501, AT 510, AT 524. AT 530 may be taken concurrently. 4 crs.

### AT 521 CLINICAL PRACTICE: COUNSELING SKILLS IN ART THERAPY PRACTICE

Development of practical clinical skills. Skills and knowledge are developed in verbal counseling, therapeutic intervention strategies, treatment planning, and ethics. Prerequisites: AT 501, AT 510. 3 crs.

### AT 522 ADOLESCENT AND YOUNG ADULT DEVELOPMENT, PSYCHOPATHOLOGY, AND ART THERAPY/COUNSELING

The nature/needs of individuals during this period in the lifespan are considered from a developmental perspective. Theories of cognitive, emotional, physical, psychosocial, and creative development throughout the adolescent and young adult lifespan are studied. Normal and abnormal personality growth and development in adolescence and adulthood are addressed in relation to assessment and treatment planning. Familial/cultural contexts and treatment settings are considered. Prerequisites: AT 501, AT 510, AT 512. 4 crs.

### AT 524 CROSS-CULTURAL COUNSELING AND ART THERAPY

This course addresses culturally sensitive issues, acculturation, countertransference issues, and personal ethnicity. Students are encouraged to become more aware of their cultural background as a tool to better understand how diversity and cultural values can affect communication, counseling, and art therapy. Prerequisites: AT 501, AT 510. 2 crs.

### AT 530 CLINICAL ASSESSMENT BY GRAPHIC MEANS

Examination and analysis of art processes and products in relation to the individual's level of functioning, personality, and psychopathology. Evaluation of form and content of pictorial and sculptural work as they apply to the assessment process. Skills are developed in integrating evidence of developmental level, cognitive/perceptual capacities, psychodynamic processes, and environmental stimuli in art work and behavior. Students become familiar with the use of the DSM. Prerequisites: AT 511, AT 513. 4 crs.

### AT 531 PROFESSIONAL AND CLINICAL PRACTICES IN ART THERAPY/COUNSELING

Topics include assessment; standards and methods of documentation; treatment planning; treatment team reports, oral and written; case presentations; case management; and ethics. Lecture, discussion, experiential work. Prerequisites: all preceding fall and winter core courses. 4 crs.

**AT 532 ADULT DEVELOPMENT, PSYCHOPATHOLOGY, AND ART THERAPY/COUNSELING**

Approaches to art therapy/counseling for adults with mild to acute mental/emotional disturbances are presented. Assessment and treatment methods are introduced in relation to the developmental stages of adult life, cultural contexts and settings. Prerequisite: AT 501, AT 510. 4 crs.

**AT 539 PROFESSIONAL ORIENTATION AND ETHICS, PRE-PRACTICUM SEMINAR**

This two-term course includes exploration of clinical roles within various treatment settings. The function of individuals within the disciplines of art therapy/counseling, social work, and related fields are discussed. Professional organizations and associations, preparation standards and credentialing, history and trends, ethical and legal standards and supervision are addressed. Prerequisites: M.A. students preparing to begin practicum during the following September. 4 crs.

**AT 552 MARRIAGE AND FAMILY THERAPY**

This course is a study of major theoretical approaches to marriage and family counseling. It includes an exploration of traditional and current approaches including general systems theory, psychodynamic and intergenerational. Prerequisites: AT 513, AT 511. 3 crs.

**PRACTICUM**

NOTE: Practicum students have the option, within the first two weeks of class, of choosing Pass/No Pass over a letter grade. Students must, however, obtain the equivalent of a B grade according to a point system in practicum/seminar classes in order to proceed through the practicum portions of the program.

**AT 599-1 PRACTICUM/SEMINAR 1**

Twenty-four hours weekly (minimum, over a 10-week period) providing art therapy counseling services in a clinical community setting. Weekly supervision seminar including case studies and discussion of case material to develop students' clinical skills. Discussion of theoretical, ethical, and practical issues of concern to practicum students. Students develop proposals for their final project. Prerequisites: successful completion of all core courses. M.A. and certificate students only. 6 crs.

**AT 599-2 PRACTICUM/SEMINAR 2**

Twenty-four hours weekly (minimum, over a 10-week period) providing art therapy counseling services in a clinical community setting. Weekly supervision seminar including case studies and discussion of case material. Continuation of AT 599-1. Development of clinical, ethical, and practical skills relevant to practicum experience. Prerequisite: satisfactory completion of AT 599-1. M.A. and certificate students only. 6 crs.

**AT 599-3 PRACTICUM/SEMINAR 3**

Twenty-four hours weekly (minimum, over a 10-week period) providing art therapy services in a clinical community setting. Weekly supervision seminar including case studies and discussion of case materials. Continuation of AT 599-2. Development of clinical, ethical, and practical skills relevant to practicum experience. Community presentation integrating portions of final project. Prerequisite: satisfactory completion of AT 599-2. M.A. and certificate students only. 6 crs.

**AT 599S PRACTICUM STUDIO**

Using varied art media students pursue directed and independent creative work relating to the practicum experience. Regular meetings during three terms address the role of creativity and art making in stress management, therapist's self-care, and professional development. Open to practicum students only. 4 crs.

**ELECTIVES**

NOTE: Not all of these courses are offered every year.

**AT 409/509 ART THERAPY IN THE SCHOOLS**

This course provides an overview of how art therapy can be applied in the school setting. Using art examples, discussion, and a hands-on approach, students explore how art therapy techniques enhance learning, provide assessment data, and address behavioral and emotional concerns. Recommended for art therapists, school counselors, classroom and special education teachers, school administrators, or others wishing to acquire information about introducing art therapy into the school setting. 1 cr.

**AT 416/516 ART THERAPY IN ADDICTION TREATMENT**

This course provides counselors and art therapists with a general introduction to addiction treatment issues and strategies, with a focus on creativity and the use of art therapy in the healing process. 1 cr.

**AT 425/525 ART THERAPY WITH CHILDREN EXPOSED TO DOMESTIC VIOLENCE**

This course focuses on the use art therapy with children who have been exposed to domestic violence. The course presents an overview of domestic violence and effects of domestic violence on children. Clinical issues for families are addressed including legal and ethical considerations, assessment, treatment, and approaches using art therapy with this population. The course is specifically focused on victim-based treatment. Lectures, videos, experiential activities, case presentations, and discussion will be used to present the course material. 1 cr.

**AT 435/535 RECLAIMING SOMA**

In this workshop, students explore body awareness as a unifying force in the body-mind-spirit paradigm. Participants engage in body awareness exercises, kinetic imagery, and meditative movement. This course will be of interest to participants seeking to replenish personal resources and to learn movement methods which can be shared with students and clients for stress reduction and centering purposes. 1 cr.

**AT 438/538 GESTALT THERAPY**

This course provides an overview of contemporary gestalt therapy theory. The course focuses on the phenomenological method, field theory, use of dialogue and creative experiment in therapeutic work. Experiential learning occurs during class, along with work in dyads or triads. Participation required of all students in the class. 1 cr.

**AT 445/545 ART THERAPY WITH MEDICALLY ILL CHILDREN, ADOLESCENTS, AND THEIR FAMILIES**

This course provides a comprehensive exploration of art therapy with medically ill children, teens and their families in a hospital setting. Participants in this course learn how to utilize art therapy techniques with children, teens and their families experiencing sudden illness, chronic illness and terminal illness. The course includes lectures, experientials and case studies. 1 cr.

**AT 448/548 THE ART OF THERAPEUTIC STORYTELLING**

This course introduces students to the therapeutic uses of storytelling. The course surveys current uses and their respective theoretical frameworks that claim healing power for storytelling. Actual practice with two methods of story making develop technical skill. Group discussions provide further clarification for specific therapeutic situations. The majority of the course is devoted to the presentation, discussion, and experience of two therapeutic techniques of storytelling. 2 crs.

**AT 449/549 DOLLMAKING: THE THERAPEUTIC USE OF CREATIVE PROCESS AND SYMBOLIC IMAGERY WITH CHILDREN AND ADOLESCENTS**

Students create soft-bodied dolls using a variety of materials and tools, including limited use of a sewing machine. This experiential project is presented within the context of art therapy theory and practice related to the use of media and the doll as a symbolic container for therapeutic concerns. Questions that may surface before embarking on such an evocative process with young clients are addressed. 1 cr.

**AT 459/559 THE DANCE OF RELATIONSHIP**

The nonverbal aspects of relationship and communication are examined. Dance movement therapy concepts that have application to interpersonal relationship are introduced. Participants study the meaning of movement in human interaction and explore styles of relating in a safe and non-judgmental atmosphere. 1 cr.

**AT 466/566 SANDTRAY METHODS IN COUNSELING PRACTICE**

Sandtray is a rich, powerful, and effective tool for adults as well as children. The client's worldview appears, dramas unfold, and emotional material surfaces. This course teaches students and therapists about how to work dynamically with the visual symbolic language used to create a world and the subsequent experience of that world. Participants are both builders and observers of this sandtray process. 1 cr.

**AT 467/567 MASKMAKING: MULTIMEDIA METHODS**

This stimulating workshop offers students the opportunity to creatively explore media such as plaster gauze, clay, papier mache, and leather as they learn several methods used in theatrical costume design. Students design and develop their own masks. Slide/video presentations and the instructor's personal collection of masks from around the world illustrate the history of masks in various cultures and their uses in rituals, theatre, and for communication exercises in settings such as schools and agencies. 2 crs.

**AT 475/575 INTRODUCTION TO ART THERAPY WORKSHOP**

This workshop combines a creative hands-on approach with class discussions and art examples to introduce students to art therapy. History and development of the profession is discussed. Recommended for persons exploring art therapy as a career option and for human services practitioners who wish to acquire basic understanding of art therapy theory and practice. 1 cr.

**AT 478/578 ART THERAPY MEDIA AND METHODS**

Through hands-on exploration, discussion, and lectures, students are introduced to the structural and psychological properties of varied art media. The implications of this information are discussed in relation to using art media in therapeutic settings. Art therapy methods with individuals and groups are discussed within this context. 1 cr.

**AT 480/580 INTRODUCTION TO DANCE MOVEMENT THERAPY**

This workshop will be of interest to those who wish to understand the potential applications of dance movement therapy. The course includes an overview of the profession, treatment approaches with different ages and populations, assessment strategies, and research. Participants learn how dance movement therapy fosters growth and awareness by participating in a movement experience, reading, lecture, and discussion. 1 cr.

**AT 482/582 INTRODUCTION TO CHILD ART THERAPY: THE PROCESS**

This workshop presents an introduction to the principles of child art therapy. The course focuses on ways to "set the stage", evoke and facilitate expression, look and reflect upon the child's expression, and encourage children to learn about themselves and others from art experiences and products. 1 cr.

**AT 528 CLINICAL NEUROSCIENCE APPLICATIONS IN DEPRESSION AND ANXIETY**

Clinical neuroscience can provide a framework for therapy to better understand/explain and intervene in the dynamics of depression and anxiety. The class explores the neurobiological roots of anxiety and depression and examines the neuroscience findings regarding how the brain works in therapy and responds to treatment (medication and therapy). Understanding the brain can increase self-understanding and acceptance of ourselves and others in clinical work. This class includes lectures, discussions, role plays and exercises. 1 cr.

**AT 536 CLINICAL NEUROSCIENCE APPLICATIONS IN ADD/ADHD**

This class examines the clinical neurobiology of ADD/ADHD in children and adults. Emphasis is on best clinical practices for ADD/ADHD and how they support brain science information. Students explore behavioral methods, medication and brain science, including how the brain may be rewired by one's use of technology to produce attention deficit traits. A focus will be on how to integrate the theory of multiple intelligences of Howard Gardner into ADD/ADHD treatment to enhance strengths. 1 cr.

**AT 537 FAMILY ART THERAPY**

This course provides clinicians and students with an introduction to Family Systems Theory and Family Art Therapy. Students study the main schools of family therapy and consider how art therapy assessment and directives can be integrated with these theories. Participants look at the art therapist's contributions in family therapy working with families typically seen in community settings. The course includes art experiences and role playing. 2 crs.

**AT 543 INTRODUCTION TO DRAMA THERAPY: UNLOCKING THE STORY**

Using drama as a tool, this "active learning" course stimulates insight into behavior and learning styles. Utilizing several creative approaches including purposeful play, story telling, and other drama therapy practices, this class presents a clear overview, especially useful for students of the expressive therapies and counselors interested in exploring drama therapy. 2 crs.

Graduate Department of Art Therapy Counseling  
Marylhurst University  
P.O. Box 261; 17600 Pacific Highway (Hwy. 43)  
Marylhurst, OR 97036-0261  
Portland Metro: 503.699.6268  
Outside Portland Metro: 1.800.634.9982, ext. 6268  
FAX: 503.635.6585  
Email: [studentinfo@marylhurst.edu](mailto:studentinfo@marylhurst.edu)  
Web site: [www.marylhurst.edu](http://www.marylhurst.edu)