

# ***ART THERAPY***

Art therapy is an established mental health profession that uses the creative process of art making to improve and enhance the physical, mental and emotional well-being of individuals of all ages. It is based on the belief that the creative process involved in artistic self-expression helps people to resolve conflicts and problems, develop interpersonal skills, manage behavior, reduce stress, increase self-esteem and self-awareness, and achieve insight.

Art therapy integrates the fields of human development, visual art (drawing, painting, sculpture, and other art forms), and the creative process with models of counseling and psychotherapy. Art therapy is used with children, adolescents, adults, older adults, groups, and families to assess and treat the following: anxiety, depression, and other mental and emotional problems and disorders; mental illness; substance abuse and other addictions; family and relationship issues; abuse and domestic violence; social and emotional difficulties related to disability and illness; trauma and loss; physical, cognitive, and neurological problems; and psychosocial difficulties related to medical illness. Art therapy programs are found in a number of settings including hospitals, clinics, public and community agencies, wellness centers, educational institutions, businesses, and private practices.

A masters degree is required for entry into the profession. Art & Design majors in FSU's BFA program are advised to compliment their art program with a minor in Psychology or, at least, the following courses that parallel the American Art Therapy Association's guidelines.

PSYC 150: General Psychology

PSYC 210: Child Development and/or PSYC 212: Adolescence and Adulthood

PSYC 414: Theories of Personality

PSYC 417: Psychology of Abnormal Behavior

It is also recommended that students consider an internship after completing the above courses. Internships must be approved and scheduled through the Psychology Department.