

# Art Therapy!

Myriam Reynolds ATR, LPC

why it's amazing  
and

why you should you have it at your center

# Objectives:

- To expand your understanding of Art Therapy
- To learn what separates Art Therapy from art-based interventions
- To explore how we use art at CTS and why you should too!



# What is Art Therapy

- Art Therapy is an integrative mental health and human services profession that enriches the lives of individuals, families, and communities through active art-making, creative process, applied psychological theory, and human experience within a psychotherapeutic relationship.



- Art Therapy, facilitated by a professional art therapist, effectively supports personal and relational treatment goals as well as community concerns. Art Therapy is used to improve cognitive and sensory-motor functions, foster self-esteem and self-awareness, cultivate emotional resilience, promote insight, enhance social skills, reduce and resolve conflicts and distress, and advance societal and ecological change.

# Art Therapy: The Movie

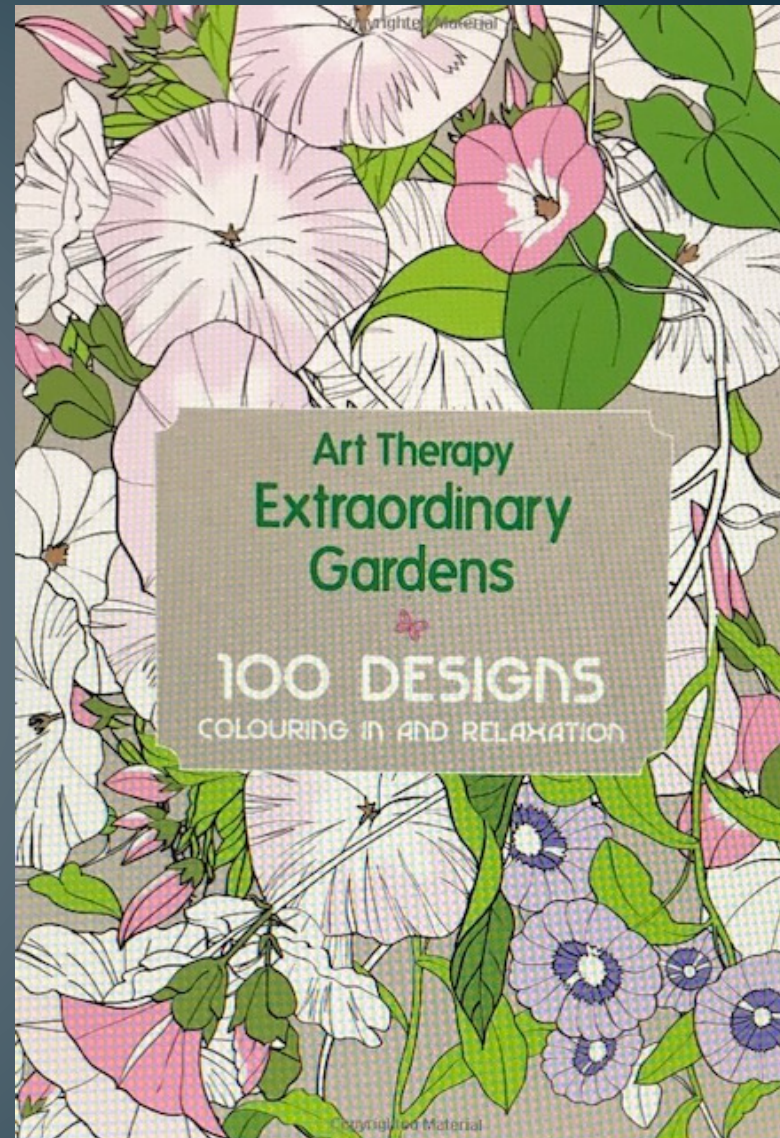
- <https://vimeo.com/111790087>

**Art Therapy is a profession  
not modality.**

**\*\*It's not just interventions**

# This is not art therapy...

- But it is super relaxing, meditative and recreational
- And can be done on your own without an art therapist





**What Separates Art Therapy from art-  
based interventions:**



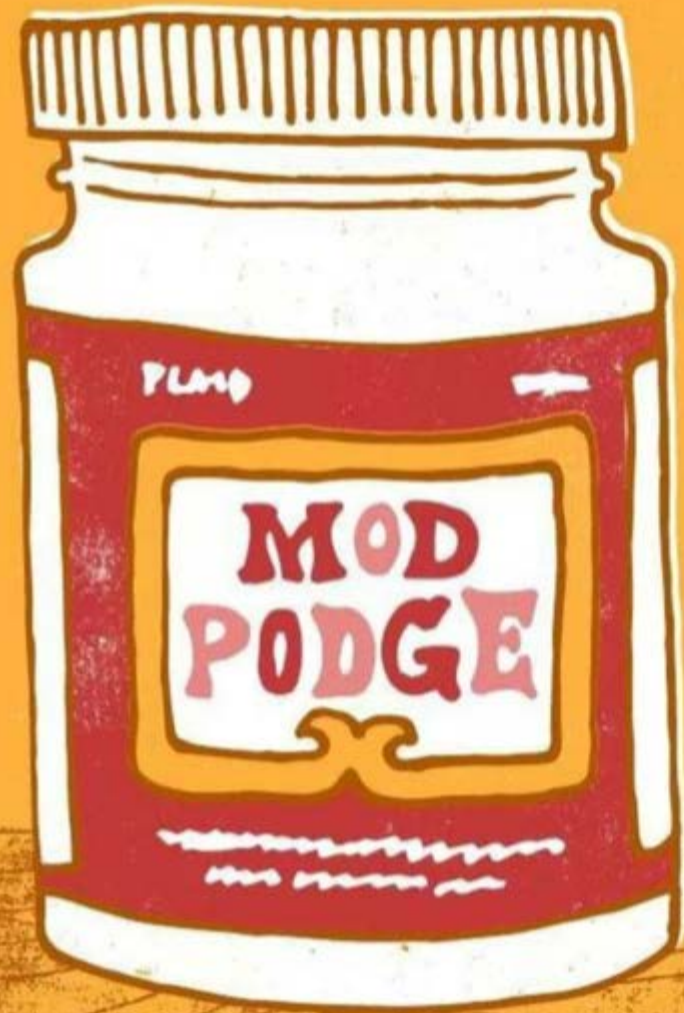
## How is Art Therapy different?

- It's grounded in theory.
- It's a lens or a way of conceptualizing- not an intervention (No one goes to grad school just to learn about techniques that can be followed like a recipe and applied on a "one-size-fits-all" basis!)
- Art therapists are skilled at using many types of art materials, techniques and are fluent in the language of visual communication.
- Art therapists have educational, training and practice guidelines (similar to LPC licensure).
- Every directive (or use of non-directive art making) is thoughtful, intentional and based in theory.

# Art Therapists consider the use of specific materials for their properties

## Materials:

- Soothe or challenge
- Hold emotion
- Facilitate expression
- Are often a third party in the therapy room- can take pressure off client and therapist or be a buffer
- Can embody transformation
- Release and engage, free and contain, hold and integrate



gives me  
peace  
of mind

#createpeaceofmind



For more information on all things  
Art Therapy:

<https://arttherapy.org>



**Why and how we use art  
therapy at our center:**



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**Why we use Art Therapy?**

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# Art Therapy rocks for following reasons:

- Gain awareness of emotions and improve communication with therapist
- Safe expression of difficult emotions
- Containment of emotions
- Self-regulation
- Metaphor and symbolism
- Encourages risk-taking in a safe environment
- Art can externalize trauma and emotions so that the client can express trauma in a safe way
- Can tap into material that verbal dialogue sometimes cannot
- Gain frustration tolerance
- Gain insight into issues
- Increase sense of control
- Improved mood
- Improved coping skills

# Other Benefits of Art Therapy

- Improve social skills and fosters a greater sense of connection (group art therapy)
- Gain sense of accomplishment/build self-esteem
- Improve gross and fine motor coordination
- Increased problem solving
- Develop/improve sense of self
- Manage behavior, reduce frequency of negative behaviors
- Create new patterns of learning
- Non-verbal expression can bypass verbal defenses
- Provides a tangible record of treatment
- Can be directive or non-directive



And...

It's fun!



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# How We Use Art Therapy at CTS

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# Individual and Group Art Therapy



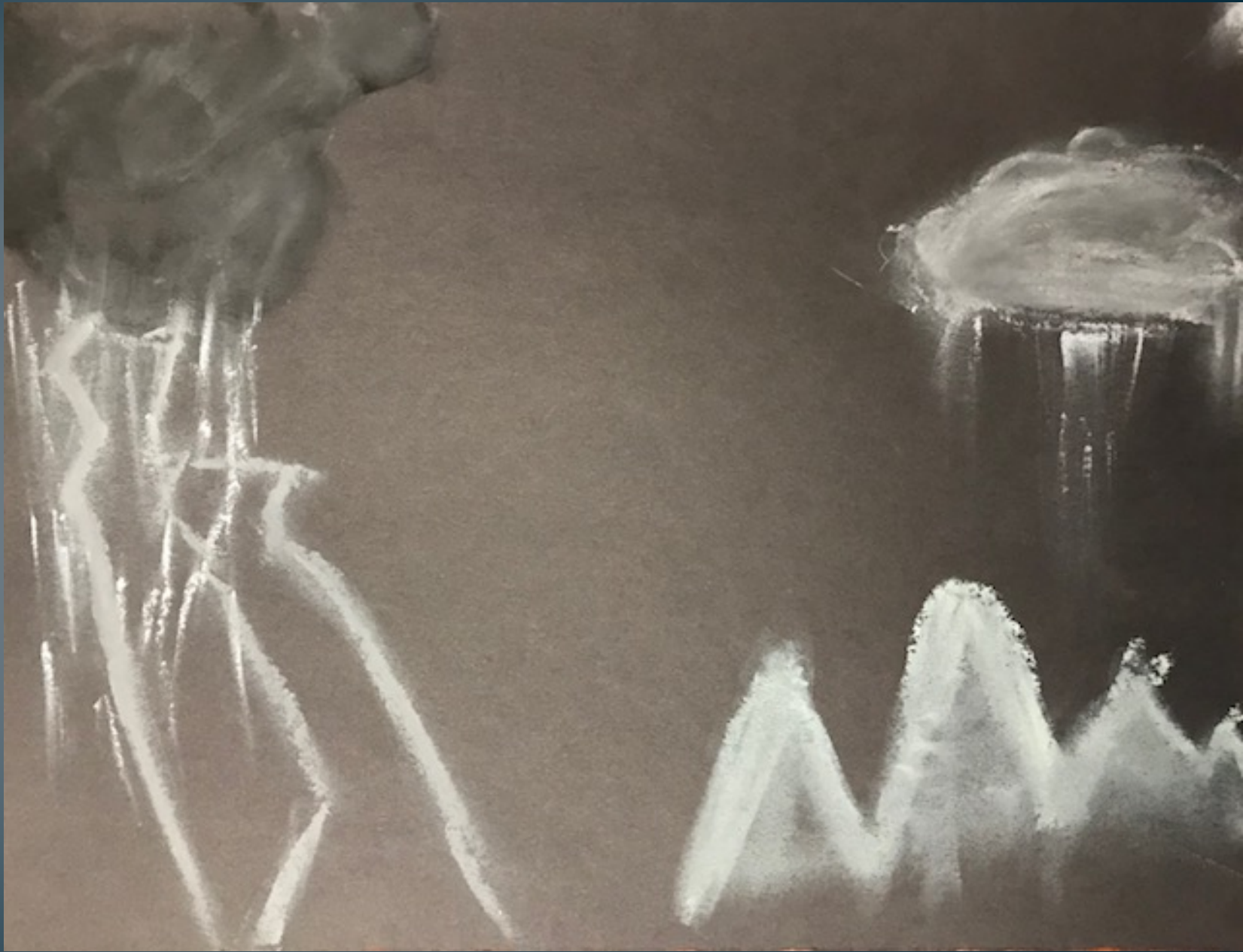
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# Individual Storm Drawings

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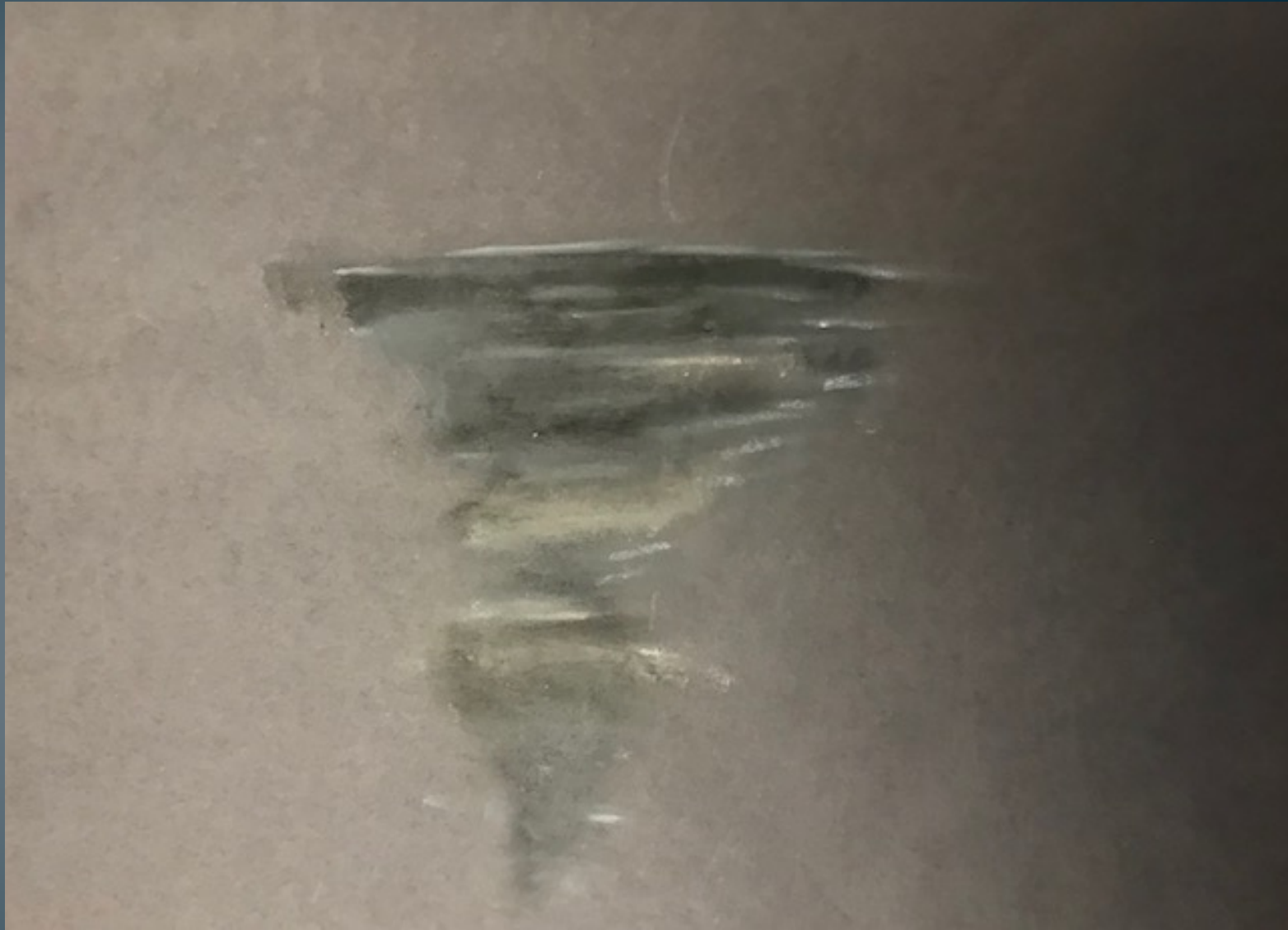








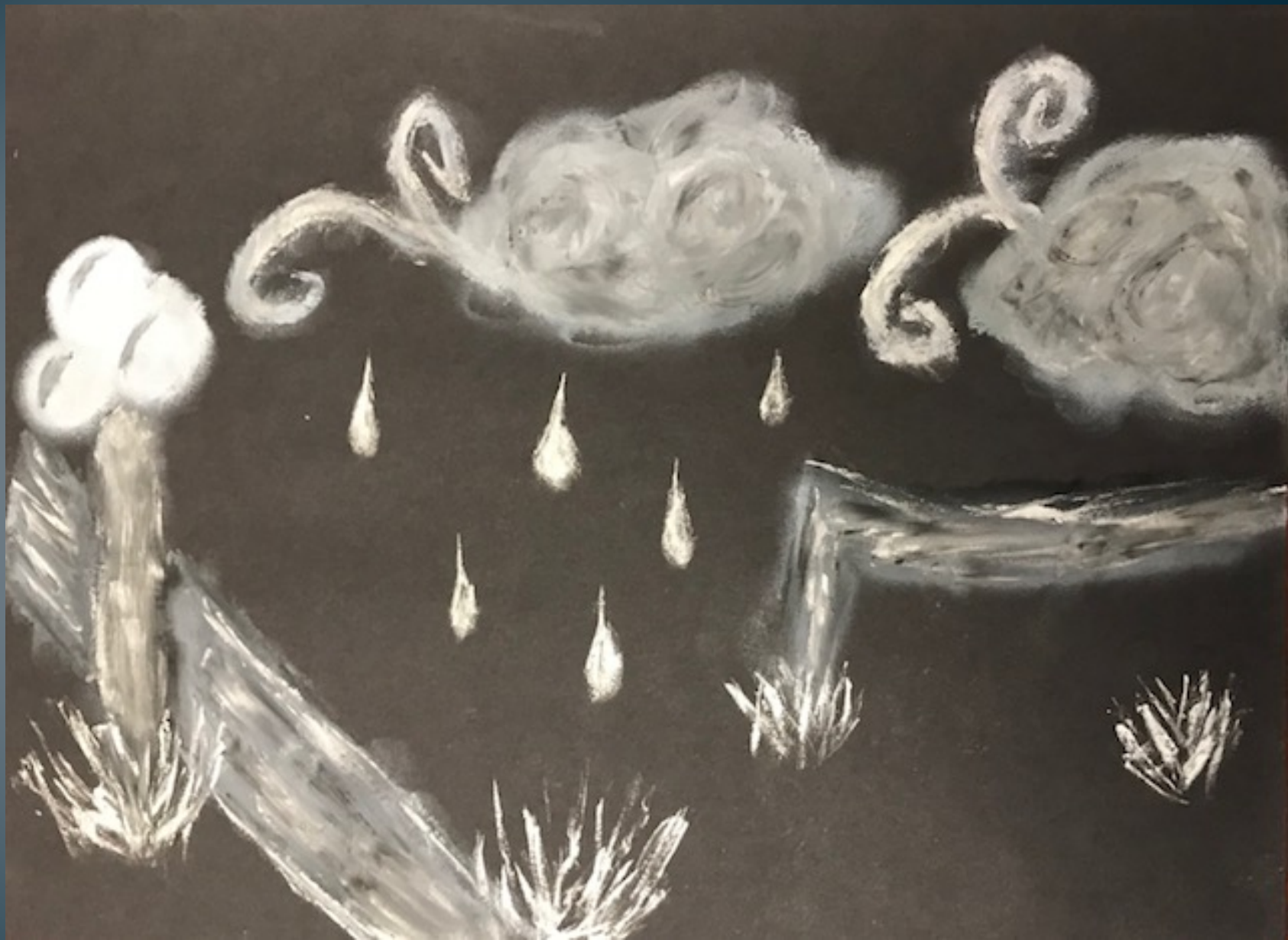




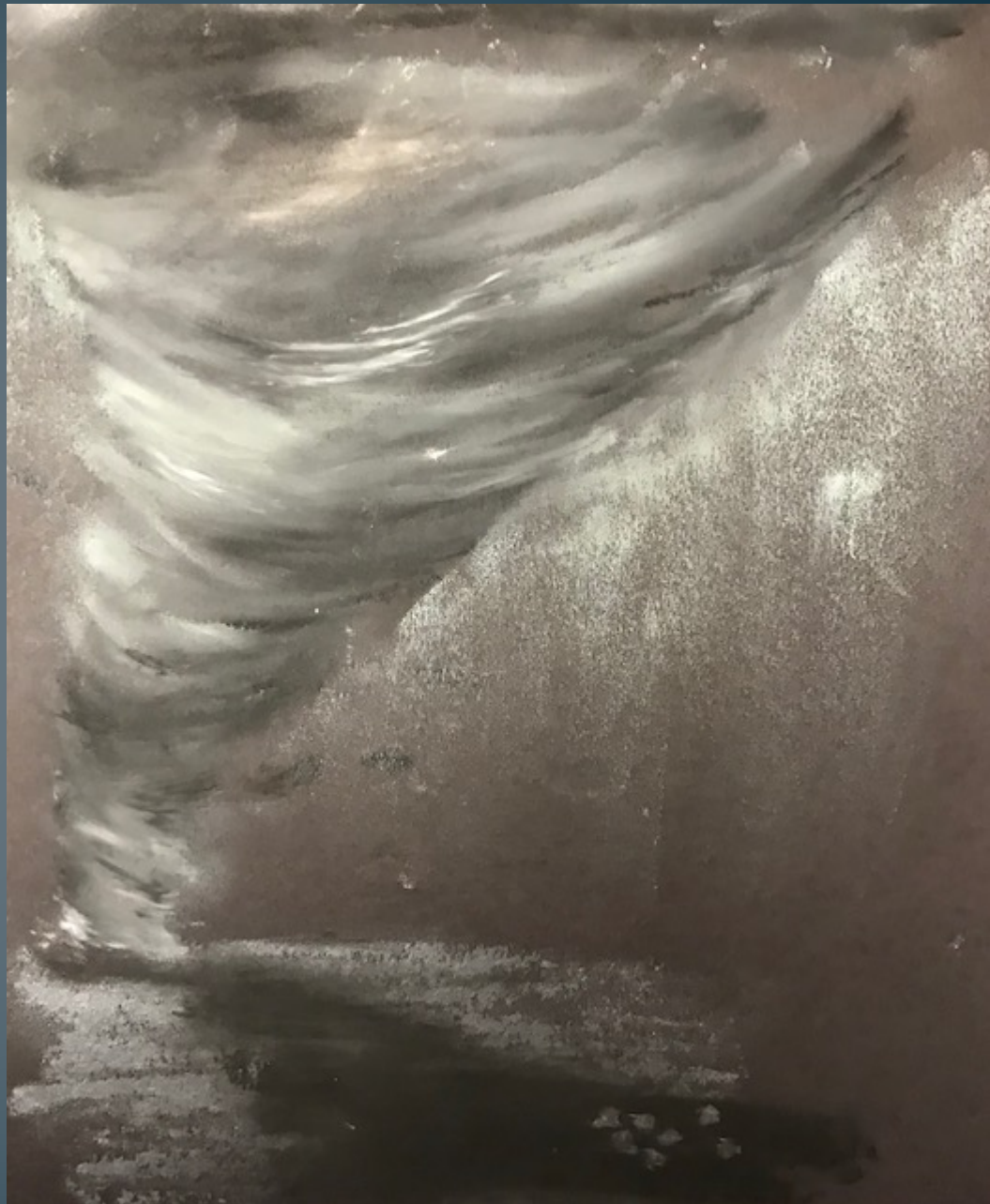


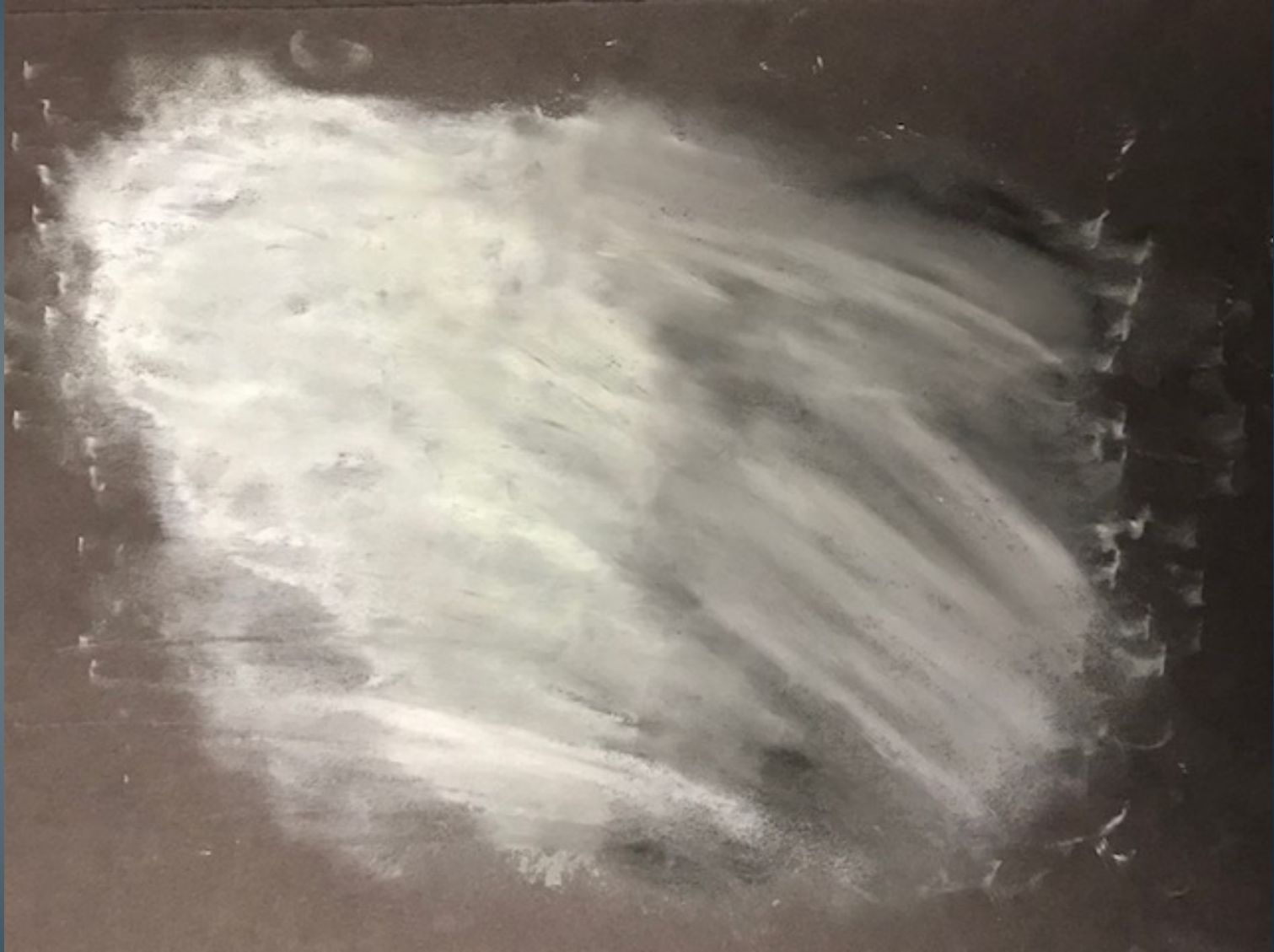




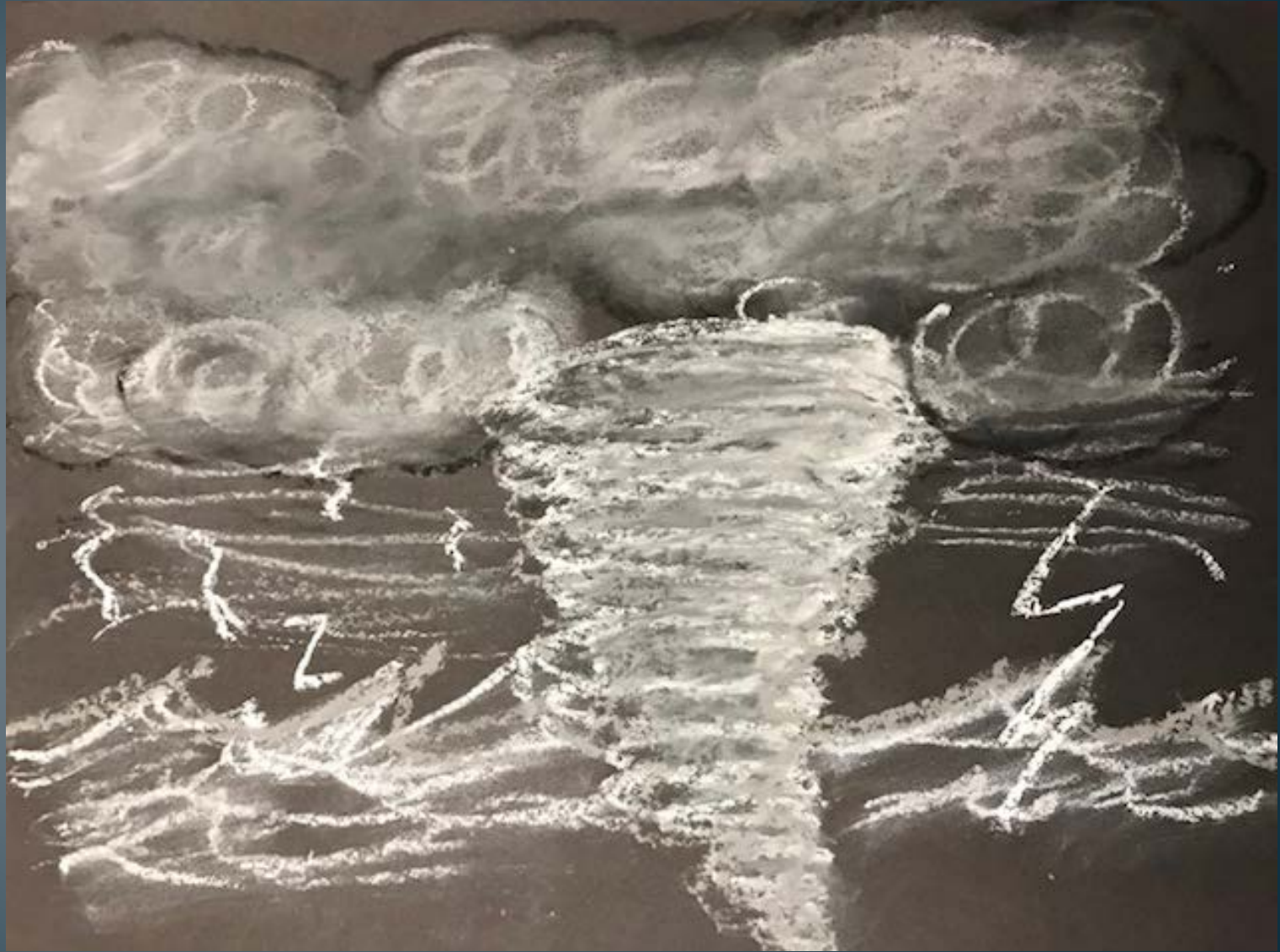












# Group Art Therapy





passages

perspective

INTENSELY NOURISH

WHERE ARE YOU GOING?



POWER!

invincible spirit

NO MESS

PEOPLE



This is <sup>NATURAL</sup> inside

Justice



Spring Into Action

NO ROOM FOR LOSING

SOLUTIONS



Change

STRONG ENOUGH

RESTORATIVE <sup>INSIGHT</sup>

See



To de... Trauma

AGE IS JUST A NUMBER

PERFECTION IN CHALLENGE

FREE











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# Special Events

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From Hurricane  
Harvey Support  
Group



Prototype for upcoming  
Craftivism workshop  
t-shirt project







I'M SO ANGRY



I STITCHED THIS  
JUST SO I COULD  
STAB SOMETHING  
3,000 TIMES





# The Ultimate Art Therapy Intervention:

Hire an Art Therapist at your center!



KEEPING YOUR HEAD IN THE CLOUDS

USING CREATIVE INTERVENTIONS  
FOR BETTER SERVICES





# HELLO!

Myriam Reynolds, LPC, ATR  
Aimee Howarth-Horner, LPC  
Rebecca Partridge, LMFT

# Why Are We Talking About This?

**GROWING DEMAND + LIMITED TIME/RESOURCES =**

A need think outside of our “traditional” college counseling center approach.

## Bonus Benefits

- Prevents staff burn out
- Relevant and inclusive programming
- Reaches students that may have never used traditional counseling services

**“You can never solve a problem on the level on which it was created.”**

**- Albert Einstein**

# A VERY BRIEF SNAPSHOT OF GEN Z

## **“DIY” GENERATION**

↑ anxiety/pressure to succeed without help

## **DIVERSE COLLEGE CAMPUSES**

Greater need for inclusive programming

## **SOCIAL MEDIA EXTENSION OF IDENTITY**

Creates FOMO



## **LEARNING STYLE**

Mobile, V.R. and A.R.

Youtube is #2 search engine

## **PREFER FACE-TO-FACE INTERACTIONS**

Loneliest Generation

**What we consider convenience, Gen Z considers an expectation.**

**Gen Z has ALWAYS known effortless and seamless service.**



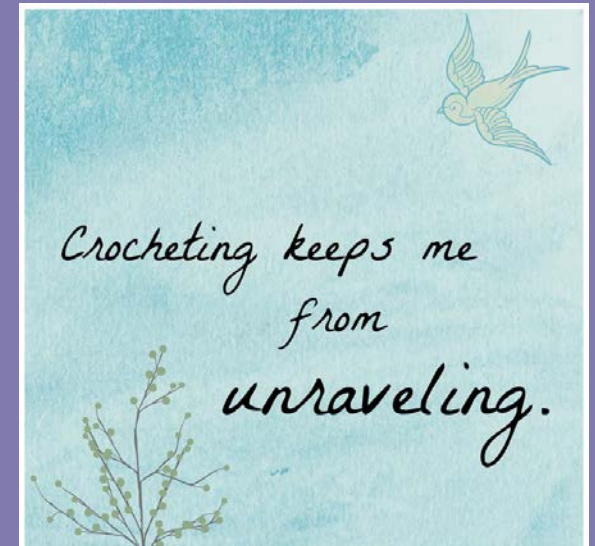
# Aimee – Using Your Strengths/Interests



Defense Against the Dark Thoughts

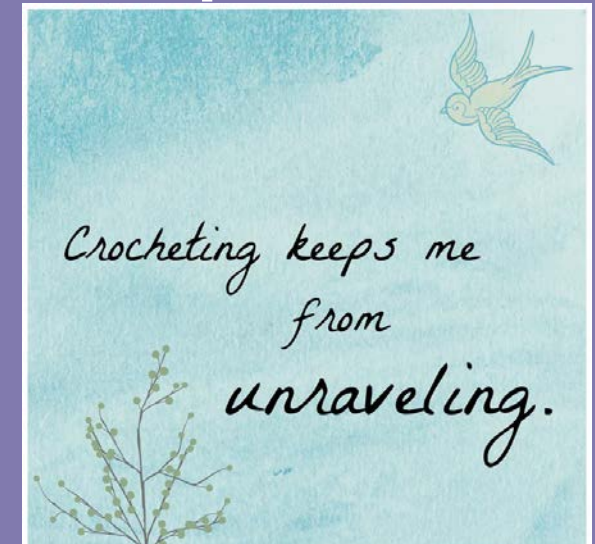


A Healing Hook: Crochet Therapy



# Aimee – Benefits of Creative Groups

- Students bond over common interest- feel a part of something
- Provides “buffer”
- Less stigma/easier to attend
- Learn new healthy coping skills
- Increase self-esteem / competence through learning a new skill



A Healing Hook: Crochet Therapy



# Myriam – Art Therapy and Hiring for Creativity





# Rebecca – Getting Out of Your Center



# Now It's Your Turn 😊

Group Discussion

Q&A

# THINGS TO THINK ABOUT

What do you like to do for fun/stress reliever?

What do you know more about than most people?

What do you spend time doing when you aren't at work?

What makes you unique?