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typically practiced in
conjunction with

individual, group, or
family psychotherapy
(or verbal therapy).

While a therapist may
provide critical
guidance for these
activities, an

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important feature of effective talk therapy is that the patient/artist, not the therapist, direct the interpretation of their artwork.

Art Therapy -
Applications, Benefits
- Mental, Feelings ...

Art Therapy is an
integrative mental
health and human

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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.

(American Art
Therapy Association,

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TECHNIQUES AND
APPLICATIONS 1.

Move the markers
alongside each other,
going the same
direction around the
form. 2. Move one
marker along one

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side of the form and
the other along the
other side. 3. Move
each marker in a
completely different
direction
simultaneously.

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You will be

introduced to art

therapy and get an

opportunity to

practice self-paced

experiential exercises

designed to support

the development of

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skills in applying art therapy techniques. With practice, students will come to appreciate the power of the creative process for healing and growth.

An Introductory
Guide to Art Therapy
| Udemy
The American Art
Therapy Association

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(AATA) defines art therapy as “ a mental health profession in which clients, facilitated by the art therapist, use art media, the creative process, and the resulting artwork to explore their feelings, reconcile emotional conflicts, foster self-awareness, manage behavior and

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addictions, develop social skills, improve reality orientation, reduce anxiety, and increase self-esteem ” (American Art Therapy Association, n.d.).

A Master ' s Project
The 60-credit program offers a broad approach to art therapy which

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combines the application of techniques and media techniques, with lecture and discussion, and field experiences through practicum and internship.

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and applications
offers directives
techniques and
applicable to various
populations A
applications art
therapy can be a
particularly useful
treatment tool for
children who often
have limited
language and
communications
skills by drawing or
visually expressing

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their feelings even if
they cant identify or
label the emotions
younger patients

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