

## History of Art Therapy

When you're writing a brochure, write it so that someone who has never heard of your company can understand what you're offering as quickly as possible. So Art Therapy is a growing field, which began by treating children who were emotionally scarred disabled, with art and an understanding of the creative process. Art Therapy begun in the United States in 1940s by Margaret Naumburg and Edith Kramer. Naumburg created "psychodynamic art therapy" which is closely related to the psychoanalytic theory, whereas, Edith Kramer derived art therapy out of artistic practice and process. Margaret Naumburg offered courses and training to graduate students at New York University's Department of Art and Art Professions and in 1973 Edith Kramer came to the University to develop the first master's program in Art Therapy where she was a professor from 1973-2005.



## How Do I Become an ATR?

The ATR [registered art therapist] and ATR-BC [board certified art therapist] are the recognized licensed standards for the field of art therapy, and are granted by the Art Therapy Credentials Board (ATCB). In order to qualify as a registered art therapist (ATR), in addition to the educational requirements at an accredited academic institution, an individual must complete a minimum of 1,500 direct client contact hours after graduation; half of those hours must be supervised by an ATR. Once this has been completed the ATR application may be completed.



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**Fall 2011**

## Art Therapy



***You don't need to be talented or even an artist!***

Art Therapy is a growing field, which uses the creative process to help improve the mental health and emotional well-being of clients. Through creating art and reflecting on the art products and processes, clients can increase their awareness of self and others, cope with symptoms, stress and traumatic experiences, and enhance cognitive abilities; while enjoying the affirming pleasures of making art.

## Who Can Benefit From Art Therapy?

Art therapists provide services to children, adolescents, and adults, whether as individuals, couples, families, or in groups settings. Art therapy can be used to treat a wide range of issues, including anxiety, stress, depression, learning disabilities, autism, brain injuries, eating disorders, cancer, post traumatic stress disorder, family and relationship problems, abuse and domestic violence, trauma, loss. The creative process used in Art therapy can also be beneficial to someone who considers themselves 'problem free'. Group therapy offers the opportunity for the client to explore and understand how they relate to others and get specific feedback on how others react to them, whereas individual therapy allows for a closer connection between therapists and client. Group therapy can be more effective and produce quicker results than individual therapy.

## So, What is Art Therapy?

Art Therapy is a form of expressive therapy that utilizes both the benefits of artistic self-expression and psychotherapy to help clients of differing ages and backgrounds to improve their physical, psychological, and emotional well-being as well as cope with events in their lives by creating and reflecting on their own art work with the help of a registered art therapist. Using art and psychotherapy skills, art therapists choose materials and interventions appropriate to their clients' needs and design therapy sessions to achieve their therapeutic goals and objectives. An Art Therapist uses art and the client's creative process to help gain personal insight, clarify judgment, improve self-esteem and awareness, cope with stress, manage their behaviors and feelings, and help the client work through traumatic experiences.

## Where is Art Therapy used?

- Hospitals
- Community mental health centers
- Child Life programs
- Shelters
- Prisons
- Outpatient facilities
- Inpatient homes
- Nursing homes
- Schools
- Private Art Therapy programs

## Why Does Art Therapy Work?



By expression through art, an art therapist can help the client to see things about themselves that they may otherwise have overlooked. Art therapists are trained to pick up on nonverbal symbols and metaphors that are often expressed through art and the creative process, concepts that are usually difficult to express with words. Art therapists can help the client process emotions and feelings that they are struggling with, so that they can begin healing. It is through this process that the client begins to see the effects of art therapy.