

# Art Therapy

Visual Arts Concentration | Four-year Art Major

## The Visual Arts Department

UW-Superior's Visual Arts Department offers many options for students to enable talents and pursue a meaningful career in the arts industry. Students are able to gain experience through off-campus internships in the vast Twin Ports arts community.

On campus, students gain one-on-one attention from instructors to enhance skills and build important relationships. Instructors in the Visual Arts department are artists themselves and provide deep connections to the arts industry.

## Art Therapy Concentration

Art therapists are professionals trained in both art and therapy to help people who experience:

- Illness
- Trauma
- Challenges in living
- Personal change

According to the American Art Therapy Association, through creating art and reflecting on the processes, people can:

- Increase awareness of themselves and others
- Cope with symptoms, stress and traumatic experiences
- Enhance their cognitive abilities
- Enjoy the life-affirming pleasures of making art

With this concentration in Art Therapy, students major in Visual Arts while completing courses in Art Therapy and Psychology.

The undergraduate Art Therapy comprehensive degree is designed to meet the admission requirements into Master's programs in Art Therapy throughout the nation.



## Career Possibilities

Art Therapists can work with an ever-increasing variety of client populations including children, adolescents, adults and geriatric on an individual or group basis. Typical employment settings include:

- Hospitals
- Community health centers
- Prisons
- Halfway houses
- Residential treatment homes
- Developmental centers

For more information about UW-Superior's Visual Arts program, go to [uwsuperior.edu/art](https://uwsuperior.edu/art).

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