

Art Therapy Certificate Program

What is Art Therapy?

Art therapy is a special therapeutic approach for working with children, adolescents, their families and/or care providers.

Through art, therapists can work with children who have not developed the cognitive or verbal skills that adults use to discuss feelings, emotions and experiences in therapy. A safe and structured playroom environment is established where children are encouraged to play in ways that reveal concerns, problems and issues they are struggling with.

Art therapy allows:

1. Children to communicate ideas, feelings and experiences through artistic expression.
2. Children to recreate and resolve events (such as trauma, divorce, abuse or death of a parent or family member) in art.
3. Children can rehearse and master life skills and other techniques through art.
4. Children work through various problems in art.
5. A window for adults, including parents, caregivers, and foster parents, into a child's world.

A qualified art therapist is able to guide children in ways that are therapeutic and healing. Parents, family members or care providers are often included in the art. This allows the art therapist to observe and interpret the full range of systemic/relational dynamics that are important to the child or adolescent. The art therapist is then able to enter into the intra-psychic and systemic reality of the child resulting in appropriate suggestions/interventions.

The Certificate program also integrates music, play therapy, dance, movement, and other creative approaches. At the School, students will learn to do art therapy with adolescents, adults, couples, and families. Five (5) classes are required for the certificate. The total program cost is \$7,000.00.

Courses include:

- History of Art Therapy
- Multicultural Art Therapy
- Family Art Therapy
- Art Therapy and Play Therapy
- Art Therapy Practicum

Most classes are available in independent study formats. Students may earn a certificate by home study or distance education.