



**GRADUATE ART THERAPY PSYCHOLOGY DEPARTMENT
SUMMER 2023**

**AT5310 Art Therapy Techniques: Integrating Creative Arts (1 unit)
Monday – Friday, 12-16 June, 2022
9:00 a.m.- 12:00 p.m.**

**Instructor's name: Dr. Arnell Etherington Reader
Phone: +447507402584 or 650-576-3848
Email: arnellart1@gmail.com
Office hours: Upon Request**

1. Course Description:

This is an experiential course, emphasizing the integration of creative arts therapies. Course content covers counselling processes, and psychotherapeutic standards of practice used by marriage and family therapists, professional counsellors, and art psychotherapists, in a multiculturally diverse society. Art, movement, dance, drama, poetry, and music will be integrated in this overview. We will build on the resilience and strength of individuals in families and incorporate the collaborative community engagement. The class maintains a client-centred advocate poise when introducing these modalities in a variety of therapeutic situations as various forms of psychotherapy.

This course will review aspects of creating the safe space of a therapeutic container, attending to the body with movement/dance, the use of drama in reflecting on personal interactions, and the joy of Orff Schulwerk orientation to music and the application of art in movement/dance/drama/music. Elements of dance/drama therapy and music therapy will be presented and experienced. Working in depth with individuals and groups will be the focus.

2. The art therapy, MFT and/or LPCC content areas addressed through this course include:

- a. Students will learn art therapy techniques and standards of practice applying a variety of creative art media in therapy.
- b. Students will demonstrate a working knowledge of the advanced counselling and psychotherapeutic theories and techniques, develop knowledge of specific treatment issues, working with special populations, the application of counselling constructs, assessment and treatment planning, various clinical interventions, therapeutic relationships, psychopathology, and other clinical topics.
- c. Students will be taught an emphasis of specialization that may address any one or more of the unique and complex arrays of human problems, symptoms, and needs of Californians served by therapists.
- d. Students will be aware of how class and socio-economic status of families affects their mental health and treatment; how assessment must integrate cultural and social diversity with the understanding of how poverty and social stress impact the family's mental health as well as its recovery, including the range of addictive behaviours which impact families and individuals throughout their life; how understanding marriage, divorce and the blended families impact the status and socio-economic platform of the individual in the social/psychological system.

e. Students will understand multicultural counselling theories and techniques, including the counsellors' roles in developing cultural self-awareness, identity development, promoting cultural social justice, developing individual and community strategies for working with and advocating for diverse populations, as well as the counsellors' roles in eliminating biases and prejudices, by being aware of the processes of intentional and unintentional oppression and discrimination.

3. Learning Outcomes:

- a. To provide the student with an overview and introduction of Integrating Creative Arts in therapeutic settings maintaining a culturally sensitive approach.
- b. To provide the student with an orientation to creating a safe space involving dance/drama/music/art.
- c. To provide the student with experientials in all these modalities and to increase understanding of group cohesion by exchange and interactions of participation in small groups.
- d. To provide the student with readings to expand the experientials and discussions within the classroom.
- e. To provide the student with an opportunity for deepening their knowledge of the week's experience by submitting a 5-page reflective paper on Integrating Creative Arts due to arnellart1@gmail.com by June 24, 2023. **Integrating and referencing the reading material**, appropriately in APA style.
- f. To provide the student with evidence-based practices and positive psychology to build upon the resilience and strength of individuals in families, utilizing collaborative community engagement.
- g. To provide the student with a review of client centred formulation of treatment plan goals.

4. Teaching Methods: The instructor will use lecture, DVD/video, readings, small and large group presentations, guest presenters, art assignments, experiential, and class discussions/participation to present Integrating Creative Arts.

5. Library Support:

Each department has a Library Liaison who is most familiar with the needs of that department. The Graduate Art Therapy Psychology Department works with Aaron Richardson, aaron.richardson@dominican.edu; (415) 485-3251

6. Online Components of the Course

All class and work are intended to be in situ. Papers due after class will be sent to instructor via email.

7. Academic Honesty Honor Code

Students are expected to adhere to the Academic Honesty Honor Code stated in the [Catalog](#).

Students should practice academic integrity in all its forms, including abstaining from plagiarism, cheating, and other forms of academic misconduct. The University reserves the right to determine in any given instance what action constitutes a violation of academic honesty and integrity.

8. Diversity

Sovereign Rights: We acknowledge that Dominican University of CA sits on the unceded ancestral homeland of the Coastal Miwok who are the original peoples of this area. We recognize that we benefit from living and working on their traditional homeland, and we affirm their sovereign rights as first peoples.

Social Justice: We in the Art Therapy Psychology Department support social justice movements, including Black Lives Matter, to enhance our work as culturally humble art therapists.

9. Grading

This class will utilize the following grading system:

Grading System:

Percent	Grade	Grade Points Per Unit
94-100	A	4.0
90-93	A-	3.7
87-89	B+	3.3
84-86	B	3.0
80-83	B-	2.7
77-79	C+	2.3
74-76	C	2.0
70-73	C-	Unacceptable
69 or below		Unacceptable

The instructor is available for consultation if problems arise within your coursework, group dynamics or any issues needing attention. Please feel free to ask questions in/out of class.

Final grades will be based on attendance, class assignments, class participation (in and out of class), mid-term and final exam. **You must complete all assignments, including Mid-term and Final exams to pass the class.**

Note: The instructor may modify the course requirements at her discretion.

Assignments

1. **Attendance** of all classes in full.
2. **Participation** in class discussions of reading materials, class exercises, and dialogues. 20%
3. **Completion of writing** a Reflective, Summative 5 page paper on Integrating Creative Arts Therapy, **Integrating and referencing the reading material**, appropriately in APA style. 45%
4. **Completion of group presentation** integrating the week's work. 35%

**** Assignments handed in late will reduce your grade by 10% or one letter grade**

**** If absent on the due date of the assignment** and assignment is not handed in through arnellart1@gmail.com on the due date, this is considered late since the homework is not turned in the day it is due.

**** An INCOMPLETE for the course (not related to a medical reason) reduces the final grade.**

10. Expectations for Students

Attendance: Expectation is for every student to be present each class, and mandatory contact to the professor if missing the class. Please arrive on time to class and be ready to start on time.

- If you will be late, please text the professor (650) 576-3848 and another student to let us know.
- Two points will be deducted from your final grade each time you are late (more than 15 minutes at beginning of class or anytime late after a break).
- More than one absence or tardiness will affect your grade, three points for each absence that is the second occurrence or higher.
- Repeated unexcused absences (more than two) or excessive tardiness may result in a failing grade.
- Additional outside work may be offered as a way to offset any absences; however, this is on a case-by-case basis and at the discretion of the professor.

Grievances: First, talk with your professor about your concerns, within a timely manner. If your concerns are not resolved or you are not satisfied with the plan to resolve the problem, consult the Chair of the Art Therapy Department. If your concerns are still not resolved or you are not satisfied with the plan to resolve the problem, please consult the Student Handbook for Dominican's grievance policy.

Clinical Suitability and/or Academic Concerns: A "Notice of Concern Form" may be completed by the instructor if s/he is concerned about a student's clinical suitability, academic performance, interpersonal and/or social interactions, professionalism, or has other areas of concern. This notice will be reviewed with the Chair of the Art Therapy Program and with the student. Steps for improvement/resolution will be proposed and a copy will be placed in the student's file and reviewed at a later date, or as an ongoing process, if needed.

Privacy and Confidentiality: One of the highlights of the Dominican academic experience is that faculty and students often use real-world examples from their organizations in class discussions and in their written work. However, it is imperative that students not share information that is confidential, privileged, or proprietary in nature. Students must be mindful of any contracts they have agreed to with their companies.

Workloads and Grading:

- An INCOMPLETE assignment for the course is generally not given, except in the event of an extenuating circumstance, such as a medical reason.
- Hand in all work by the due date or before via arnellart1@gmail.com. This includes your papers, presentation, and art journals.
- Assignments handed in late without discussing with the professor prior to the due date will lower your grade by 10% each week.
- Working on assignments in class will also reduce your grade.
- Only in special circumstances will make up tests be allowed (e.g. arrangements made with professor prior to test or in case of valid emergency).

Use of Electronic Devices in Class: The use of cell phones is prohibited during class. Please turn them off prior to class and keep them out of sight for the duration of class. Laptops are mandatory for attending the class. This class may not be completed using a phone or tablet. No browsing the web, checking social networking sites, email, working on other assignments, etc. permitted while class is in session. The improper use of technology during class time may affect participation grade (and/or other grades if applicable).

11. Educational Standards:

WASC is prioritizing the educational standard that requires courses taught at the Master Degree level demand two hours of out-of-class work for every one hour of in-class work (i.e. a three-unit class needs to require approximately 90 hours of additional work, outside the 45 hours spent in class, for a total of 135 hours).

For this one-unit class, that means 30 hours of work outside of class. These hours will be met through a variety of assignments listed under Course Schedule and Assignments.

12. Students Who Require Accommodations:

Dominican University of California is committed to equal access for all students in accordance with the Americans with Disabilities Act of 1990. Students who feel they may need accommodations based on the impact of a disability should contact the [Office of Accessibility and Disability Services](#) at 415-257-1388 or email accessibility@dominican.edu soon as possible to discuss specific accommodations. Please submit the subsequent paperwork to the instructor right away.

13. Resources:

CARE Team

From [CARE team](#) (Connection, Advocacy, Resources, Education) website:

- The CARE Team serves as the centralized body for discussion and action regarding students in need of additional support and students exhibiting behaviors that may indicate distress.
- The CARE Team supports students directly, as well as through consultation with campus partners. When necessary, the CARE Team also assesses risk of harm to the University community and coordinates appropriate action to ensure the safety of individual students and the University at large.

Counseling Services

[Counseling Services](#) provides a supportive environment where students can explore, change and grow at their own pace. Counseling can help with issues ranging from test anxiety to family conflict, from alcohol and drug use to general feelings of being “stuck.”

- Every Dominican student is eligible to use Counseling Services, free of charge, during their time at Dominican. Make an appointment using the link above
- Our counselors are Marriage and Family Therapist trainees or associates who are advanced students in, or graduates of the Master's in Counseling Psychology program at Dominican.
- Appointments are available throughout the day, Monday through Friday, including some evenings. Appointments typically last 50 minutes.

Student Success Center: Integrative Coaches + Peer Mentors

- The [Student Success Center](#) provides a collection of services that support students' academic, personal, and professional goals, connecting students to campus and community resources.
- All students are encouraged to connect with Integrative Coaches for academic support. Email sscstu@dominican.edu to arrange for a meeting with an integrative coach and/or to request contact with a peer mentor.

Tutoring and Learning Center

- [TLC Website](#)
- [Tutoring Request Form](#)

14. Course Evaluations

Dominican University of California is committed to an ongoing evaluation of its programs and courses through a culture of constructive dialogue and feedback. It is expected that students will complete the course evaluation either in class or outside of class. The instructor will determine time for the course evaluation to be completed. A link to the course evaluation will be sent to all the students enrolled in the class by the IT Department. The evaluation may be completed on a laptop, tablet, or mobile device. A laptop can be checked out from the library if needed.

15. Title IX

As instructors, one of our responsibilities is to help create a safe learning environment for our students and for the campus as a whole. As part of our commitment to students' wellbeing, we have the responsibility to report any instances of sexual harassment, sexual violence, relationship violence, or stalking to our Title IX Coordinator, so they can inform students about their reporting options and the various support resources available. Student privacy is a priority for us and will be maintained to the extent permissible by law and policy. For more information about your rights and reporting options, including confidential and anonymous reporting, please visit <https://www.dominican.edu/about/safety-and-emergency-information/sexual-misconduct-title-ix-and-discrimination>

16. Dominican Scholarly & Creative Works Conference

17. Texts and Resources

****The instructor may provide additional readings and assign throughout the course.****

No text books will be required. However, Selected Reading will be forwarded to you and expected to be read.

18. Course Schedule and Assignments:

Instructor: Arnell Etherington Reader, Ph.D., MFT, ATR- B.C. arnellart1@gmail.com

Monday- Friday, 9-12

Class Schedule

Monday - Introduction exercise (Name and make a movement) and overview of Creative Arts Therapy CAT. Floor experiences; drawing, music, and movement; putting our heads together for storytelling. Recreating different stories, same drawings; new stories same drawings; new stories, same drawings with another drawing or change somethings on the original drawings.

Tuesday -Introduction exercise, (Say your name and throw the ball) Floor movement work. Found Poetry experiential. Australian Cave Painting power point and response art.

Wednesday - Introduction exercise (using the drum say your name), music and movement, dramatize of Kenneth Patchen poetry. Drama therapy with children in 911 video, Standing Tall. <https://www.youtube.com/watch?v=F-HAsTr2LO4> Continue with Found poetry and its use in a variety of clinical settings. Use of Lakota Sioux Cards for integrating symbols into your own meaning.

Thursday - Introduction exercises,(using instrument, say your name and how you feel). Special current clinical issues, small group work with CAT– drawing and drama to heal. A Home for the Mermaid or Merman, eco psychology (Joanna Macy you tube, <https://www.youtube.com/watch?v=LwIXTAT8rLk>) and its uses with depression, anxiety and other issues in mental health. Evidence based practice

within culturally sensitive awareness parameters. (Bring box for diorama.)

Discussion of paper due. Discussion of reading.

Friday – Introduction exercise (introduce one another). Movement, music, and drama piece in working as a group in Presentation. Family Shoe Project (bring old pair of shoes) to discuss family dynamics and their role in creative arts therapy interventions. Finger Labyrinth together. Becoming client centred advocates through understanding and implementation of CAT. Five page papers due by Saturday June 24, 2023, to arnellart1@gmail.com.