## Introduction to

Art Therapy

Sources & Resources

# JUDITH A. RUBIN

"It Is Only in Being Creative
That the Individual
Discovers the Self."

D. W. WINNICOTT



### Contents

	Preface	X111
	Acknowledgments	xxi
	A Few Words About Style	xxiii
	Introduction to the Revised Edition	XXV
l	Previews	1
	The Many Faces of Art Therapy	1
	Preview of Coming Attractions	1
	Short Stories—Vignettes	1
	How Art Helped Me at Times of Trauma	3 5
	Art Helps a Psychotic Boy Return to Reality: RANDY (12)	5
	Art Contains Aggression at Home: JENNY (5), NONA (4), and JON (4 and 14)	
	(DVD 1.9)	6
	Stories from the Art Therapy Studio (DVD 1.10)	7
	Art & Drama Therapy Help a Girl Say Goodbye: LORI (5)	9
	Art Therapy Unblocks Grieving for a Little Boy: JEFF (6)	11
	Art Therapy Releases a Worried Boy's Energy: ALAN (4 and 11)	11
	Art Therapy Allows an Anxious Boy to Feel Secure: JACK (12)	12
	Art Therapy Helps a Talented Teenager: BETTY JANE (14)	14
	Art & Drama Therapy Liberate a Depressed Adolescent: JIM (17)	14
	Art Therapy with a Depressed Woman: MRS. LORD (27)	16
	Art Draws out Despair in Marital Therapy: MR. & MRS. T.	19
	Art and Writing Help in Adjusting to a Painful Reality: MARJORIE (45)	21
	Preview of Coming Chapters	24
2	What Is Art Therapy?	25
	Art + Therapy = ?	25
	Art Therapy: What It <i>Is</i> and What It Is <i>Not</i> (DVD 2.1)	26
	Art Therapy and Art Education (DVD 2.2)	28
	Invisible Differences	28
	Participants "Know" the Difference	29
	Art Therapy and Art for People with Disabilities (DVD 2.3)	31

#### vi • Contents

	Educational and Recreational Settings	31
	Medical and Rehabilitation Settings	33
	Medical Art Therapy and Arts Medicine (DVD 2.4)	34
	Room for All: Teamwork (DVD 2.5)	35
	Art Therapy and Child Therapy (DVD 2.6)	37
	Play Therapy and Child Art Therapy	37
	Pediatric Art Therapy and Child Life Programs	38
	Art Therapy and Art Counseling	38
	Other Clinicians Who Use Art (DVD 2.7)	39
	Art Therapy and Occupational, Recreation, and Activity Therapy	39
	Art Therapy and Others Using Art in Psychotherapy	40
	Art Therapy and Expressive Therapies (DVD 2.9)	42
	Expressive Arts Therapy Ends Nightmares: CARLA (8)	42
	Mixing Modalities in Treatment	43
	Sharing and Collaborating	44
	Training Issues	45
	Choosing a Multimodal Approach	46
	Concluding Thoughts	47
	Art + Therapy = Art Therapy	47
	Endnotes	48
3	History	49
	The Sources of Art Therapy	49
	Natural Beauty is Soothing	49
	Creating Comes Naturally	50
	Art for Healing Is Ancient and Universal	50
	Art Therapy: An Idea Whose Time Had Come	51
	Psychiatric Interest in Patient Art	51
	Interdisciplinary Exchange	52
	Creativity and Madness	53
	Art Brut and Outsider Art	53
	Art in Diagnosis and Therapy	53
	Therapeutic Art Education	54
	Artists in Hospitals	56
	Art Therapy Is Born	57
	Naumburg and Kramer	57
	Other Art Therapy Pioneers in the United States	61
	Art Therapy in Other Countries (DVD 3.13)	64
	Concluding Thoughts	68
	Endnote	68
4	The Basics	69
	The Art Part	69
	Knowing Materials	69
	Knowing the Creative Process	72
	Knowing Artistic Products	73
	The Therapy Part	74
	Knowing Development	74
	Knowing Psychodynamics	74

	Knowing Pathology and Potential	75
	Knowing Treatment Planning	75
	Knowing the Therapeutic Dyad (DVD 4.2)	75
	Knowing the Process of Change in Therapy	76
	Necessary Conditions: The Framework	76
	A Supportive Setting	76
	Physical Conditions	77
	Psychological Conditions	77
	Doing Art Therapy: The Interface	78
	Setting the Stage	78
	Evoking and Facilitating Expression	78
	Looking at and Learning from the Art Process	78
	Working Artistically	79
	Basic Principles	80
	Selecting Art Therapy	80
	Assessment in Planning and Evaluation	81
	Evaluating Art Therapy	81
	Qualitative Evidence	82
	Quantitative Evidence	83
	Art Therapy Research	83
	The Art Product in Evaluation	84
	The Art Process in Evaluation	84
	Why Art Therapy?	85
	Art Involves the Whole Person	85
	Much of Our Thinking Is Visual	85
	Memories May Be Preverbal or Forbidden	86
	Negative Ideas and Feelings Are More Easily Expressed in Art	86
	Art Helps to Face What's Inside: LAURIE (38)	87
	Art Offers Unique Possibilities for Expression	87
	The Art Product Is a Helpful Presence	88
	Art Is Flexible and Versatile	89
	Art Normalizes Psychotherapy	89
	The Creative Process Is a Learning Experience	90
	Art Is a Natural "High" That Also Heals	90
	Why Art?	92
	Back to Basics	92
	Endnote	93
E	Ammuo ah oo	95
5	Approaches Multiple Person estimas	
	Multiple Paths: Multiple Perspectives	95 96
	Psychodynamic Approaches to Art Therapy	96
	Freudian Psychoanalysis	96
	Free Association in Art Imagery: LINDA (8)	
	Jungian Analytic Therapy	98
	Humanistic Approaches to Art Therapy	100
	Person-Centered Approach	100
	Adlerian Gestalt	100
	Uestail	101

#### viii • Contents

	Ericksonian	102
	Phenomenological	102
	Existential	102
	Psycho-Educational Approaches to Art Therapy (DVD 5.3)	103
	Behavioral	103
	Cognitive	104
	Developmental	107
	Adaptive	107
	Systemic Approaches to Art Therapy	107
	Family Art Therapy	109
	Images Illuminate Important Issues—John and His Mother After Father's Death	110
	Group Art Therapy	111
	Individual Growth in a Group: DON (9)	112
	Art/Image-Based Approaches to Art Therapy (DVD 5.5)	113
	Spiritual Approaches to Art Therapy	113
	Integrative Approaches to Art Therapy	115
	Theory, Technique, and Art Therapy	116
	Art Therapists as Theorists	116
	The Unspoken Perspective	117
	Selective Eclecticism	117
	Is Theory Really Necessary?	117
	Endnotes	118
	Endnotes	110
6	Assessment	119
	Art and Diagnosis	119
	Projective Techniques	119
	Responding to Visual Stimuli	120
	Preference Tests	120
	Copying and Completion	121
	The Scribble Drawing	121
	Projective Drawings	122
	Standardization in Drawing Tasks	125
	Art and Psychopathology	125
	Studies of Artistic Development	127
	Art Therapists as Diagnosticians	128
	Art Therapists and Projective Drawings	128
	Draw-a-Person and Self-Portrait in Assessment: JIMMY (5)	128
	Rating Scales by Art Therapists	129
	Rating Scales for Art Products	129
	Rating Scales for Art Behaviors	130
	Assessing Change After Seven Weeks of Group Art Therapy	132
	Art Therapy Assessments	134
	Overview	134
	Unstructured Approaches	134
	Art Assessment Reveals Depth of Pathology: EVELYN (16)	135
	A Scribble Drawing Helps a Sullen Adolescent: MELANIE (15)	135
	Structured Approaches: Themes	135

	Art Assessment Batteries: Individuals	136
	Art Assessments for Specific Purposes	137
	Assessing Sexual Abuse Through Art	138
	Assessing Spiritual Development Through Art	138
	Art Assessment Batteries: Families	139
	Art Assessment Batteries: Couples	139
	Selection/Creation Art Assessment Batteries	139
	Silver Drawing Test of Cognition & Emotion	139
	Magazine Photo Collage	140
	Face Stimulus Assessment	141
	Concluding Thoughts	141
	Endnotes	142
7	Technique(s)	145
	Introduction	145
	Evolution of Art Therapy Technique	146
	Evoking Expression (DVD 7.1)	146
	Warming Up	146
	Pictorial Stimuli	147
	Visual Starters	147
	Using the Nondominant Hemisphere	147
	Stimulating Materials and Methods	148
	Regressive Media Help in Dealing with Shame: GLORIA (29)	148
	Mental Imagery	148
	A Series of Images	149
	Facilitating Expression (DVD 7.2)	150
	Motivational Techniques	150
	Artistic Interventions	150
	Drawing Workbooks and Guides	153
	Deciding What to Do and Why	154
	Specific Tasks Help a Family to "See" Problems	157
	Variations on the Visual Arts	158
	Sandplay	158
	Hypnosis and Guided Imagery	158
	Phototherapy, Videotherapy, and Computers	159
	Art and Film Therapy Help a Young Man Grow Up: ISAAC (DVD 7.9)	161
	Multimodal Expressive Arts Therapy	163 164
	Concluding Thoughts Endnotes	
		166
8	People We Serve	167
	Art Therapy Is Especially Good For	167
	Those Who Have No Words	167
	Those Who Are Resistant	169
	Art Therapy With an Elective Mute: ELLEN (11)	169
	Art Therapy Is for All Ages	171
	Children	172
	Art and Sandplay Help a Grieving Toddler: BILLY (2)	172

#### $\mathbf{x}$ • Contents

	Art and Play Therapy for an Anxious Little Girl: AMY (3) (DVD 8.10)	174
	Adolescents Art Therapy for a Painfully Shy Adolescent: LUCY (13)	174 176
	The Story of Sam: A Schizoid Teenager (18)	176
	Adults	179
	Art in Diagnosis and Therapy with a Young Adult: SALLY (22)	180
	Unresolved Grief Finally Faced: OLIVER (36)	181
	Art Therapy for Artists	183
	The Elderly	184
	It's Never Too Late: HANNAH (64)	186
	Endnotes	189
9	Problems We Address	191
)	Living With Mental Illness	191
	Introduction	191
	A Story of Bravery and Creative Coping: KAREN	191
	Children with Psychotic Disorders	194
	A Youngster with Childhood Schizophrenia: DOROTHY (10)	194
	A Girl Who Spoke by Shutting Me Out: KITTY (4)	197
	A Teenager With Asperger's Syndrome Uses Puppets: EMILY (16)	199
	Living With Disabilities	199
	A Therapeutic Art Program Helps a Partially Sighted Girl: JANE (11)	200
	Expressive Arts Therapy Helps a Blind Boy: LARRY (8)	201
	History of Art Therapy for Those With Disabilities (DVD 9.8)	202
	The Family of the Disabled Individual	206
	Problems Especially Helped by Art Therapy (DVD 9.9)	206
	Eating Disorders	207
	Art Therapy for an Adolescent with Anorexia: LILA (17)	207
	Substance Abuse	207
	Art Therapy Helps a Recovering Addict: AMELIA (25)	209
	Survivors of Sexual Abuse	209
	Dissociative Identity Disorder (Multiple Personality Disorder)	210
	From Depression to Dissociation: The Story of ELAINE (40) Is Art Therapy Dangerous for Some People?	210 215
	Concluding Thoughts	213
	Endnote	216
10	Places We Practice	217
	Introduction	217
	Medical Art Therapy	218
	Art in Medical Assessment	218
	Art Therapy for Psychosomatic Conditions	220
	A Child With Encopresis: JERRY (11)	221
	Art Therapy in Trauma and Rehabilitation Art Therapy for Healing	222 224
	Art Therapy for Terminal Illness	224
	Fighting Cancer With Art and Imagery: SUE (37)	226

	Art Therapy for Bereavement (DVD 10.5)	227
	A Child Requests Art Therapy After His Mother Kills Herself:	
	CHRISTOPHER (7)	228
	Art as Therapy in Times of Crisis	229
	War and Combat	229
	Natural Disaster and Violence	231
	Community Tensions	231
	People and Families in Crisis	232
	Art Therapy for Posttraumatic Stress Disorder (PTSD): JACKIE (7)	232
	Displaced Persons	233
	Economically Disadvantaged Individuals	233
	Art Therapy in Correctional Institutions	234
	Art as Therapy for Wellness	235
	Art as Therapy in Everyday Life	235
	Art as Therapy for Children and Families	235
	Art as Therapy in a Preschool: SAMMY (4)	235
	Art as Therapy for Normal Adults	238
	Concluding Thoughts	238
	Endnotes	239
11	Professional Issues	241
	Evolution of Art Therapy Education	241
	Becoming an Art Therapist	241
	Learning by Doing	241
	Learning by Teaching and Consulting	242
	Art Reveals Capacities of a Deaf-Mute Girl: CLAIRE (10)	242
	Learning by Sharing with Others	243
	Learning in Personal Psychotherapy and Supervision	243
	Apprenticeships, Courses, and Training Programs	245
	Supervision	246
	Self-Awareness	246
	Images of Supervision	247
	Promoting Creativity in the Art Therapist	247
	Becoming an Art Therapist: Professional Identity Formation	248
	Evolution of Standards	249
	Standards for Registration	249
	Standards for Board Certification	250
	Standards for Educational Programs	250
	Evolution of Continuing Education	250
	Learning Through Further Education	250
	Obtaining Relevant Credentials	251
	Ethics in Art Therapy	251
	Standards of Practice and Ethical Conduct	251
	Ethics and the Art Created in Art Therapy	252
	Ethics and Client/Therapist Differences	253
	Disability Issues	253
	1	

#### xii • Contents

	Phenomenological Research on a Tactile Aesthetic	254
	Multicultural Issues	255
	Evolution of Political Action and Networks	258
	Public and Professional Awareness	259
	Concluding Thoughts	260
	Endnotes	261
12	What Next?	263
	Finding Out More About Art Therapy	263
	Growing Art Therapy Literature	264
	Art Therapy as a Career	266
	Reality Check: Jobs and Salaries	266
	Credentialing in Other Areas	267
	New Employment and Funding Sources	267
	The Future of Art Therapy	270
	Art Therapist Predictions: Past and Present	270
	Art Therapy Has Much to Share	271
	Art Therapy in the Age of Virtual Reality	273
	Artist or Therapist?	274
	Need for Art in Times of Change	274
	Art + Therapy = Art for Life	275
	Endnotes	275
	Resources	277
	References	281
	Introduction to Art Therapy: Sources & Resources	297
	Index	317