



**MPS** | **ART**

**THERAPY**



**Graduate Programs**



# SVA's Master of Professional Studies

in Art Therapy is an immersive two-year, 60-credit program that prepares students to become licensed, credentialed art therapists. It integrates the experiential components of art therapy within a comprehensive framework of academic theory, clinical application via an internship program, and art practice. Students learn to adapt the creative process to the specific therapeutic needs of the individual, population, and setting, with a consideration of how systems of theoretical and social constructs impact treatment. SVA believes in active engagement with the community at large, which allows for utilization of the diverse, innovative, creative atmosphere of NYC and beyond to enhance training.

## Program History

The MPS Art Therapy Program developed from a single undergraduate course in collaboration with the Bronx Psychiatric Center in New York City over three decades ago. The undergraduate certificate program, guided by its founder, Estelle Bellomo, expanded and developed affiliations in a variety of settings and gained a reputation for excellence in both academic and clinical training. Subsequent changes in the field of art therapy made a master's degree program the natural progression, which was initiated in 2001. The program is approved by the American Art Therapy Association, as well as New York State's Department of Education, and is an educational provider for the Licensure in Creative Art Therapy (LCAT) credential by the New York State Office of the Professions, and as such meets the education standards of the art therapy profession.

—Deborah Farber, chair



# Program Learning Outcomes Objectives

- 1** Obtain an understanding of the complex relationship among cognition, emotion and behavior and analogizing these areas to art therapy diagnosis and treatment.
- 2** Cultivate the capacity for productive self-reflection, empathy, critical thinking, examination of personal assumptions and biases, and insight to enhance clinical practice.
- 3** Develop a distinctive approach to art therapy practice based on the client's needs while taking into account the student's individual talents and working style.
- 4** Demonstrate artistic growth through realized handling of materials, process and product as they relate to art therapy practice.
- 5** Develop an active leadership role, learning to advocate and collaborate in a professional setting.
- 6** Gain a thorough understanding of professional practices within the field, i.e. ethical/legal standards, career strategies and expectations.

*The Mural Project, collaboration*





# Destined to Heal Others Through Creativity

Art therapy was a part of Katie Hinson's life long before she even knew what the phrase meant. At the age of five, she had open-heart surgery, and while being treated at the Medical University of South Carolina (MUSC) in her hometown of Charleston, she used art as a part of her healing process. "I grew up with an artist mother and I was an avid artist from a very young age," she said. "But going through my health issues as a child, I used art to process what was going on, because art was just my mom's language." Today, she is back at MUSC to design the hospital's ►







first Arts in Healing program and is the president of the South Carolina Art Therapy Association.

When she joined the MPS Art Therapy program in 2008, after studying art and psychology at the College of Charleston, Katie threw herself into the Special Projects program, taking every chance to work with different populations in their communities. She worked with an HIV clinic in Brooklyn and with children on the autism spectrum—but didn't initially realize how personally affected she would be by such emotionally charged work.

"I'd read about it. I knew about it but I had no idea how in-depth my career choice was as a therapist," she said. But she found support within the Art Therapy Department and its staff and faculty. "My family therapy professor actually connected me with my personal therapist in New York. So not only were they taking care of my academics but

they were also encouraging me to grow as a person. They really encourage you to seek your own therapy because at times you're working with people who are struggling," she said. "As a therapist, you're always taken out of your comfort zone. SVA was unique in that I had a sense of comfort when I went back to class the next day."

Before moving back to Charleston, Katie lived in New York City for 10 years, moving here to start graduate school in a U-Haul she drove herself. She gained professional experience working at Heartshare, a nonprofit that works with families on abuse and neglect, the Art Therapy Project, a nonprofit mental-health organization, and later at Rikers Island.

"My position at Rikers had a big impact on me. I learned how art therapy can have an important impact on anyone, not just children in a hospital," she said.



Katie is president of the South Carolina Association of Art Therapists.





But despite her rich professional experience, moving back to South Carolina to start the creative arts program at MUSC was challenging. Art therapy isn't formally recognized in the state, but Katie is a vocal advocate for its importance. "The first week that I was at my new position creating the program, Debbie [Deborah Farber, chair of MPS Art Therapy] and the staff at SVA were the first people I contacted," she said. "I felt so out of my league because I was very much alone here in South Carolina. I looked to the staff at SVA for best practices."

It has been a difficult journey, but in the one year since Katie began designing the Arts in Healing program, MUSC has hired three art therapists and three music therapists, founding a creative arts program that has already generated a wave of interest and support and is certain to help make art therapy an integral part of healing spaces across the state.

Katie with a young client



# Curriculum/ Sample Program

Students are trained in the psychodynamic roots of the art therapy profession. Contemporary theories of human development and creativity are also thoroughly explored as students analyze changes in physical, cognitive, artistic and social-emotional development across the lifespan. Courses work in tandem with two years of internships and special projects in clinical, academic, medical and community settings. First-year course work involves training in fundamental theories, methods and evidence-based art therapy research. This includes an in-depth academic and experiential exploration of the therapeutic use of art materials with specific populations. The second year focuses on specialization, professional development and

practical application. Students develop a clinically oriented thesis, which includes designing and conducting research that follows ethical guidelines. In addition, students choose from two specialization tracks: Addictionology or Trauma. To see all courses visit [sva.edu/arttherapy/curriculum](http://sva.edu/arttherapy/curriculum).

All degree candidates must complete 60 credits, including all required courses and the thesis project. Each thesis offers an original point of view and is borne out of intensive internship work and an inspiring collaboration with faculty, on-site supervisors and peers that represents the dynamic and reflective nature of the thesis project. The department chair oversees all projects.

## SEMESTER ONE

Theoretical Foundations of Art Therapy  
Child Art Development  
Methods and Materials in Art Therapy  
Internship/Supervision in the Studio I  
Interviewing and Counseling Skills

## SEMESTER TWO

Adolescent Art Development  
Adult Art Development  
Group Therapy and Practice  
Internship/Supervision in the Studio II  
Psychiatric Populations and the  
Diagnostic and Statistical Manual

## SEMESTER THREE

Art Assessment and Diagnosis  
Thesis Project I  
Internship/Supervision in the Studio III  
Multicultural Issues in Art Therapy  
OR International Multicultural  
Internship  
Clinical Topics in Addictionology  
OR Physiology of Trauma  
Elective Course

## SEMESTER FOUR

Community Access Through the Arts  
Family Art Therapy  
Internship/Supervision in the Studio IV  
Thesis Project II  
Physiology of Addictions  
OR Clinical Topics in Trauma  
Elective Course

## SPECIALIZATION TRACKS AND ELECTIVES

In the second year of study, students choose between two areas of specialization: Addictionology or Trauma. Track selection informs the second-year internship placement and is the focus of thesis work. The Addictionology track explores neurobiology and its role in substance use and other addictive behaviors, the influence of attachment and trauma on capacities for self-regulation, and consequent reliance on chemical assistance and non-drug dependencies. Particular emphasis is placed on the role of art therapy in promoting enhanced capacities for integration among neural systems and networks, allowing for optimal self-regulation and overall functioning.

The Trauma track explores the nature and effects of interactions between the environment and physiology of the individual. The impacts of profound, event-related or shock trauma as well as developmental, attachment-based and strain trauma are examined throughout the life cycle. Students will understand the role of art therapy in promoting a sense of efficacy and mastery that offsets the learned helplessness acquired during traumatic experience, and reintroducing clients to experiences of pleasure and play in a safe and manageable way.

Students also select an elective class each semester in the second year, with courses focusing on exhibition, counseling, and studio art. Students can also opt to take an additional track course as an elective.

## SPECIAL PROGRAMS & PROJECTS

Students are given the opportunity to work in short-term community-based settings beyond their internships, gaining exposure and hands-on experience with diverse client populations. Partnering with sites that do not offer art therapy services, students learn how to develop, advocate, educate and implement programming supervised by licensed, board-certified alumni or faculty. This further enhances their understanding of social constructs and how they impact clinical work.

## INTERNSHIPS

The internship, a core component of SVA art therapy training, is integrated into all academic course work from the first semester of study, so that theory is consistently connected to practice. Students are required to complete an intensive 960 hours of on-site clinical work at two separate and diverse year-long internships where they gain in-depth art therapy experience and professional training under the supervision of a licensed art therapist.

Affiliations with a wide range of prominent institutions and non-traditional sites in and around NYC ensure students are exposed to innovative advancements and current trends in art therapy, the fine art world and related fields. Through ongoing individual consultation with a full-time internship coordinator, students select internships that correspond to their experience and SVA training standards while developing skills specific to seeking employment as an art therapist. Second-year internships are based on track selection and are the focus of thesis work so that didactic material is reinforced by work in the field.

Students are expected to take an active role on-site and in supervision, developing leadership, advocacy and critical-thinking skills. A fundamental part of internship training is considering the impact of socio-political issues, culture and power structures on treatment, as well as upholding the standards and ethical guidelines of the American Art Therapy Association, Art Therapy Credentials Board and the New York State Education Department Office of the Professions.





### COUNSELING TEAM

Select second-year students comprise a team that provides art therapy services to undergraduate and graduate SVA students from other programs. Students are chosen for the team through an application and interview process at the beginning of the second year. The team of students augments its clinical skills by independently facilitating weekly one-on-one and group sessions.

### EXHIBITION

Internship course work includes participation in a client/student art exhibition held each spring at an SVA gallery in the Chelsea neighborhood of NYC. Applying social action theory within an art therapy framework, students consider therapeutic goals and the role of art and the artist in a community context. Students and clients develop their identity as artists and examine the limitations of socially constructed labels and the impact of institutional policies.

### ANNUAL ART THERAPY CONFERENCE

The Department is committed to the development and advancement of the field. Innovative and interdisciplinary in approach, the conference fosters a dialogue on a range of challenging and contemporary topics. The conference features speakers from diverse disciplines including art therapy; fine arts; psychology; academia; and medical, political and social activism.

Special project at VA Hospital.

### VISITING ARTIST WORKSHOPS

Students and alumni are encouraged to develop their identity as artists. Drawing from the cultural richness of NYC and SVA's faculty of renowned artists, workshops are offered in traditional techniques and cutting-edge processes with discussions on clinical reasoning and their applicability to art therapy.

### ALUMNI PROFESSIONAL DEVELOPMENT

The Department is invested in the professional development of its alumni. Free licensing workshops and board certification training, professional networking events, and employment opportunities are provided.

Once credentialed, alumni have the opportunity to work closely with students as on-site supervisors, developing and facilitating Special Projects, lectures and workshops. Current alumni-run programs include the use of technology in art therapy settings and social action. Alumni consistently present their research at conferences and publish in professional journals.

### PART-TIME PROGRAM

The MPS Art Therapy program also offers three- and four-year part-time program options on a case-by-case basis.



“Art gives students an opportunity to express themselves in a nonverbal way. Art therapy helps them discover their creativity and raises their self-esteem, which in turn helps them do better in school.”

—Lesley Achitoff, MPS 2004

Making masks in Methods and Materials class

#### COMMUNITY LECTURE SERIES

The Department provides free ongoing education to art therapy students, art therapists, related professionals, and the general public to broaden community outreach and highlight the field. Topics include current research on the therapeutic use of the arts, advancing the clinical practice of art therapy.

#### INTERNATIONAL ART THERAPY

In this immersive study-abroad program, an international location is used as a point of reference for examining the effects that power, privilege and identity have on the therapeutic process. Students consider culture on a broad level, exploring how social constructs, personal biases, assumptions and beliefs affect treatment, diagnosis and art-making.

MPS ART THERAPY





# Notable Alumni

**Lia Camion, MPS,  
ATR-BC, LCAT**  
art therapist, Lenox  
Hill Hospital

**Francesca DeBiaso,  
MPS, ATR-BC, LCAT**  
art therapist, MercyFirst  
Hospital

**Danielle DeLade,  
MPS, ATR-BC, LCAT**  
art therapist, Safe  
Homes Project

**Cristina Fort, MPS,  
ATR-BC, LCAT**  
art therapist, Kings  
County Hospital

**RaeAnne Macmillan,  
MPS, ATR-BC, LCAT**  
art therapist, WomenAware

**Javere Pinnock,  
MPS, ATR-BC, LCAT**  
art therapist, Kings County  
Hospital

**Ayde Rayas, MPS,  
ATR-BC, LCAT**  
art therapist, Cooke Academy

# Faculty

To learn more about the faculty members and to read their biographies, visit: [sva.edu/arttherapy/faculty](http://sva.edu/arttherapy/faculty).

**Deborah Farber**  
chair, MPS Art Therapy  
Department; art therapist,  
ATR-BC, LCAT

**Claudia Bader**  
art therapist, ATR-BC, LCAT;  
psychoanalyst

**Irene Rosner David**  
art therapist, ATR-BC, LCAT

**Elizabeth DelliCarpini**  
art therapist, ATR-BC, LCAT

**Monica Duque**  
art therapist, ATR-BC, LCAT

**Sheila Fontanive**  
art therapist, ATR-BC, LCAT

**Stephanie Gorski**  
art therapist, ATR-BC, LCAT

**Robert Abel Grant**  
art therapist, ATR-BC, LCAT

**Tami Herzog-Rodríguez**  
art therapist,  
ATR-BC, LCAT

**Judith Jordan**  
psychotherapist, LCSW

**Markus J. Kraebber, MD**  
psychiatrist

**S.J. Langer**  
social worker, LCSW-R

**Eileen P. McGann**  
art therapist, ATR-BC, LCAT

**Renée Obstfeld**  
art therapist, ATR-BC, LCAT

**Valerie Sereno**  
art therapist, ATR-BC, LCAT

# Lecturers

Below is just a sample of guest lecturers who have spoken with our students.



**Ted E. Becker, Jr.**  
psychiatrist

**Judi Betts**  
watercolorist

**Philip Bromberg**  
psychotherapist

**Teju Cole**  
writer, photographer

**Pablo Helguera**  
fine artist, educator

**David Read Johnson**  
director, Institute for the Arts  
in Psychotherapy;  
co-director, Post Traumatic  
Stress Center

**Lynn Kapitan**  
art therapist; professor;  
author; former president,  
American Art Therapy  
Association

**Juliet King**  
art therapist, mental health  
counselor, author

**Gussie Klorer**  
art therapist; educator;  
author; Clinician's Award  
and Honorary Life Member,  
American Art Therapy  
Association

**Judith Kuspit**  
psychologist, psychoanalyst

**Cathy Moon**  
art therapist, author,  
professor

**Wangechi Mutu**  
fine artist

**Shirley Riley**  
art therapist, author

**Judith Aron Rubin**  
art therapist, author

**Dan Siegel**  
psychiatrist; author;  
professor; director, Mindsight  
Institute; Distinguished  
Fellow, APA

**Bessel van der Kolk**  
psychiatrist; author;  
professor; researcher;  
medical director, Trauma  
Institute

**Laurie Wilson**  
psychoanalyst, art therapist,  
art historian

**Irvin D. Yalom**  
psychiatrist, author,  
professor



# The Ideal Applicant

The Department seeks dynamic, well-rounded applicants who demonstrate achievement in studio art, psychology and community involvement. The program is emotionally and academically challenging. Applicants are expected to prepare for the rigorous classroom and internship training. Applicants should have a basic understanding of the field of art therapy and be prepared to discuss issues that relate to their specific interest in the field.

## PREREQUISITES

- 12 credits in Psychology (Abnormal Psychology and Developmental Psychology are REQUIRED; Introduction to Psychology and Theories of Personality are recommended)
- 18 credits in Studio Art (a range of course work, including Drawing, Painting, Sculpture/3D, Design, Mixed Media, Photography, Animation, Computer Art and Film, is recommended)

## RELEVANT EXPERIENCE

Applicants are expected to seek out relevant volunteer or work experience, ideally in an art therapy setting, to understand the professional expectations and realities of the field. These experiences should include exposure to diverse populations and settings.

## PROFESSIONAL ORGANIZATIONS

Applicants are expected to be familiar with the American Art Therapy Association ([arttherapy.org](http://arttherapy.org)), the official organization for art therapists in the U.S.; the Art Therapy Credentials Board ([atcb.org](http://atcb.org)), the credentialing organization for art therapists in the U.S.; the New York State Office of the Professions ([op.nysed.gov/prof/mhp/catlic.htm](http://op.nysed.gov/prof/mhp/catlic.htm)); as well as the professional art therapy association of the state, region or country in which the applicant wishes to work upon graduating.

## INFORMATION SESSIONS AND WORKSHOPS FOR PROSPECTIVE APPLICANTS

The Department offers group information sessions and experiential workshops for prospective applicants each year, as well as individual information sessions. For more information, please contact [arttherapy@sva.edu](mailto:arttherapy@sva.edu).

# Application Process

## APPLICATION REQUIREMENTS

For a full list of application requirements and detailed instructions, visit: [sva.edu/grad/howtoapply](http://sva.edu/grad/howtoapply)

- Online Application and \$80 Application Fee: [sva.edu/apply](http://sva.edu/apply)

## DEADLINES

For information on application deadlines, visit: [sva.edu/grad/timeline](http://sva.edu/grad/timeline)

## IMPORTANT LINKS

- FAQ: [sva.edu/grad/faq](http://sva.edu/grad/faq)
- International students: [sva.edu/grad/intl](http://sva.edu/grad/intl)
- Tuition and fees: [sva.edu/tuition](http://sva.edu/tuition)
- Visit SVA: [sva.edu/grad/visit](http://sva.edu/grad/visit)

# Contact Us

We encourage applicants to visit our department. Contact us directly to schedule a department tour or sign up to attend an Information Session. For more information and to register, go to: [sva.edu/grad/visit](http://sva.edu/grad/visit).

If you have any questions about the application process, contact Graduate Admissions at 212.592.2107 or email: [gradadmissions@sva.edu](mailto:gradadmissions@sva.edu).

**Deborah Farber**, chair

**Emily Frederick**, director of operations

**Kate McWatters**, assistant to the chair

**Valerie Sereno**, special programs and projects coordinator

**Elizabeth DelliCarpini**, internship coordinator

**Tel:** 212.592.2610

**Fax:** 212.592.2538

**Email:** [arttherapy@sva.edu](mailto:arttherapy@sva.edu)

**Site:** [sva.edu/arttherapy](http://sva.edu/arttherapy)

**Department site:** [arttherapyblog.sva.edu](http://arttherapyblog.sva.edu)

“ I think that  
self-reflection

is so important as a

therapist! Be open to supervision,  
explore counter-transference, and  
practice self-care! And don't forget  
to make your own art!”

—Lena DeLeo, MPS 2012

## ACCREDITATION

The School of Visual Arts has been authorized by the New York State Board of Regents ([www.highered.nysed.gov](http://www.highered.nysed.gov)) to confer the degree of Bachelor of Fine Arts on graduates of programs in Advertising; Animation; Cartooning; Computer Art, Computer Animation and Visual Effects; Design; Film; Fine Arts; Illustration; Interior Design; Photography and Video; Visual and Critical Studies; and to confer the degree of Master of Arts on graduates of programs in Art Education; Critical Theory and the Arts; Curatorial Practice; Design Research, Writing and Criticism; and to confer the degree of Master of Arts in Teaching on graduates of the program in Art Education; and to confer the degree of Master of Fine Arts on graduates of programs in Art Practice; Art Writing; Computer Arts; Design; Design for Social Innovation; Fine Arts; Illustration as Visual Essay; Interaction Design; Photography, Video and Related Media; Products of Design; Social Documentary Film; Visual Narrative; and to confer the degree of Master of Professional Studies on graduates of programs in Art Therapy; Branding; Digital Photography; Directing; Fashion Photography.

The School of Visual Arts is accredited by the Middle States Commission on Higher Education ([msche.org](http://msche.org)), 3624 Market Street, Suite 2 West, Philadelphia, PA 19104, 267.284.5000. The Commission on Higher Education is an institutional accrediting agency recognized by the U.S. Secretary of Education and the Council for Higher Education Accreditation.

The School of Visual Arts is an accredited institutional member of the National Association of Schools of Art and Design ([nasad.arts-accredit.org](http://nasad.arts-accredit.org)).

The Interior Design program leading to the Bachelor of Fine Arts in Interior Design is accredited by the Council for Interior Design Accreditation ([accredit-id.org](http://accredit-id.org)), 206 Grandville Avenue, Suite 350, Grand Rapids, MI 49503-4014.

The School of Visual Arts' Department of Art Education is currently pursuing accreditation of its educator preparation programs by the Association for Advancing Quality in Educator Preparation (AAQEP).

Pursuant to Section 52.21 of the Regulations of the Commissioner of Education, the educator preparation program offered by the School of Visual Arts is considered to be continuously accredited for purposes of meeting the New York State requirement that all such programs maintain continuous accreditation. The School of Visual Arts' Master of Arts in Teaching in Art Education program was previously accredited by the Council for the Accreditation of Educator Preparation (CAEP).

The Master of Professional Studies in Art Therapy degree program is approved by the American Art Therapy Association, Inc., and as such meets the education standards of the art therapy profession.

## CREDITS

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# School of Visual Arts

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