



MPS | **ART**

THERAPY



School of Visual Arts
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 art therapists. The program integrates the experiential components of art therapy within a comprehensive framework of academic theory and 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 and 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 level 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 Education Department, and it is an educational department 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 Goals and Objectives

The MPS Art Therapy program prepares competent entry-level art therapists in the cognitive (knowledge), psychomotor (skills) and affective (behavior) learning domains. Students will:

- 1 Obtain an understanding of the complex relationship between cognition, emotion and behavior, and analogize 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, research, career strategies and expectations.

The Mural Project, collaboration.



Art Therapy Fellow Turned TV Host Feels Ready to Take on the World

Children's television host is not a title Sabrina Rodriguez (MPS 2021) thought would ever be applied to her, but as a fellow at the Mount Sinai Kravis Children's Hospital, it's one that comes with the territory. "Everyone in the Child Life and Creative Arts Therapy Department is expected to have a weekly show. I'm on Sundays at 3," she says. "[My program] is called 'Art With Sabrina.' " ►

Sabrina's second-year internship while studying at SVA took place at Kravis Children's Hospital. She had built an excellent relationship with staff while there, so, despite the cameras, arriving for a second stint as a fellow felt more like a homecoming. "I was camera shy and hesitant at first, but once you get past that, the TV show is such a unique way of meeting goals," Sabrina says. "It's really helped me consider how you can connect with different populations. Kids really take to it."

On her show, Sabrina may discuss and demonstrate general drawing art methodologies or crafting activities that can help children with psychological healing. "There's a theme I talk about a lot—it's drawing a superhero, and I use it to draw reference to our everyday superpowers. There're a lot of creative ways we can talk about therapeutic themes in a manner that's lighter and more fun," Sabrina adds.

A Florida native, Sabrina left home to study for her bachelor's degree at NYU. Unlike a lot of art therapy students who discover the profession as an undergrad or even after they graduate from college, Sabrina knew she wanted to become an art therapist as early as her high school days and thought that her graduate education would continue at NYU.

"What made the difference was a scholarship I received, but also, I thought that SVA's program was a lot more dynamic than other programs in the city, and that put it ahead for me," she says about her decision to attend SVA.

Part of that dynamism includes SVA's special programs and projects run by Valerie Sereno. This unique aspect of the curriculum joins forces with sites that, for myriad reasons, don't have art therapy in their programming. Students are able to diversify the kinds of clients they see before going out into the world of work. "Doing those special projects was incredibly rewarding. You're getting to do short-term projects with specialized populations that you wouldn't have an opportunity to work with otherwise," Sabrina says. "As students, it's so important we get exposure to many different populations."

All faculty within the program are working therapists and their deep reach within the New York City art therapy world also means students are well connected. "[Faculty] give you the connections, and you have to act on them," she says. Sabrina credits a lot of her success to their eagerness to support: "This is the type of program where you linger before or after class and you get to talk to your professors—everyone is very accessible."

Of course, Sabrina's four days a week at the hospital are filled with work apart from her television show. She usually has six to eight one-on-one client sessions per day, which gives her ample real-world practice as she prepares to take her licensing exam in the next few months. She says, "The experience I got from the program combined with the experiences I'm having post-grad make me feel really prepared for a full-time job as an art therapist."

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 coursework 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.

All degree candidates must complete 60 credits, including all required courses and the thesis project. Graduate students must maintain a minimum grade point average of 3.0 in order to remain in good academic standing. MPS Art Therapy will accept toward a graduate degree only those courses with grades of B- or higher. Each thesis offers an original point of view and is born out of intensive internship work and an inspiring collaboration with faculty, on-site supervisors and peers that represent 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



SPECIAL PROGRAMS AND PROJECTS

Students are given the opportunity to work in short-term, community-based settings beyond their internships in order to gain 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.

ANNUAL ART THERAPY CONFERENCE

MPS Art Therapy 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 and academia as well as medical, political and social activism.

Some works created by students
at Cooke Center Academy in SoHo.

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 in reintroducing clients to experiences of pleasure and play in a safe and manageable way.

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

INTERNSHIPS

The internship, a core component of SVA art therapy training, is integrated into coursework from the first semester of study, so theory is consistently reinforced by 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 nontraditional 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 and cultural and power structures on treatment as well as upholding the standards and ethical guidelines of the American Art Therapy Association, the Art Therapy Credentials Board and the New York State Education Department Office of the Professions.

A collaborative project in
Community Access class.





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 coursework 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.

Special project at the VA Hospital.

VISITING ARTIST WORKSHOPS

Students and alumni are encouraged to develop their identities 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

MPS Art Therapy 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

MPS Art Therapy provides free ongoing education to art therapy students, art therapists and related professionals, to highlight the general public, to broaden community outreach and to feature the field. Topics include current research on the therapeutic use of the arts and 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

Sandra Angilletta
(MPS 2019), ATR-BC, LCAT;
art therapist, creative arts
therapist, Manhattan Star
Academy

Lia Camion (MPS 2011),
ATR-BC, LCAT; art therapist,
Lenox Hill Hospital

Francesca DeBiao
(MPS 2017), ATR-BC, LCAT;
art therapist, NARA NW,
Oregon

Dani DeLade (MPS 2009),
ATR-BC, LCAT; art therapist,
Good Shepherd Services,
Refresh Psychotherapy

Cristina Fort Garces
(MPS 2010), ATR-BC, LCAT,
CPC; art therapist, founder,
Creative Now Therapy,
New York

Jessamyn Henschel
(MPS 2020), ATR-BC, LCAT;
art therapist, creative arts
therapist, Postgraduate
Center for Mental Health,
New York

Jordyn Jacobs (MPS 2020),
ATR-BC, LCAT; art therapist,
creative arts therapist, The
League School, New York

Effie Kline-Salamon (MPS
2019), ATR-BC, LCAT;
art therapist, creative
arts coordinator, Bowery
Residents' Committee,
New York

Lindsay Lederman
(MPS 2007), ATR-BC, LCAT,
ATCS; art therapist, clinical
director, The Art Therapy
Project (TATP)

RaeAnn Macmillan
(MPS 2012), ATR-BC, LCAT;
art therapist, Women Aware

Jason Montalvo
(MPS 2017), ATR-BC, LCAT;
art therapist, MercyFirst,
New York

Javere Pinnock (MPS 2014),
ATR-BC, LCAT; art therapist,
Kings County Hospital

Ayde Rayas (MPS 2004),
ATR-BC, LCAT; art therapist,
Cooke Academy

Victoria Scarborough
(MPS 2011), ATR-BC, LPC-
AT-S, CEDS; art therapist,
program director, Cancer
Support Community
of North Texas

Jamie Shoneman
(MPS 2011), ATR-BC,
LCAT, CASAC; art therapist,
director of creative arts
therapies, Lenox Hill
Neighborhood House,
New York

Julia Volonts (MPS 2017),
ATR-BC, LCAT; art therapist;
Fulbright alumnus; creator,
Art Therapy Lab

Faculty

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

Deborah Farber
ATR-BC, LCAT;
chair, MPS Art Therapy,
School of Visual Arts;
art therapist

Bethany Altschwager
DAT, ATR-BC, ATCS,
LCAT / LPAT

Irene Rosner David
ATR-BC, LCAT; art therapist

Elizabeth DelliCarpini
ATR-BC, LCAT; art therapist

Meagan Frederick
ATR-BC, LCAT; art therapist

Saeideh Golji,
ATR-BC, LCAT

Stephanie Gorski
ATR-BC, LCAT; art therapist

Robert Abel Grant
ATR-BC, LCAT; art therapist

Chloe Hayward,
ATR-BC, LCAT

Tami Herzog-Rodriguez
ATR-BC, LCAT; art therapist

Judith Jordan
LCSW; psychotherapist

Juliet L. King
ATR-BC, LPC; art therapist

Markus J. Kraebber
psychiatrist

S.J. Langer
LCSW-R; social worker

Kelley Linhardt
ATR-BC, LCAT; art therapist

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

Valerie Sereno
ATR-BC, LCAT; art therapist

Raquel Chapin Stephenson
ATR-BC, LCAT

Therese Weisbrot
ATR-BC, LCAT; art therapist

Lecturers

Below is 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

Girija Kaimal
president-elect, American
Art Therapy Association; art
therapist; professor

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

Juliet L. King
art therapist, mental health
counselor, author

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

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

Judith C. Kuspit
psychologist, psychoanalyst

Catherine Hyland 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

Laurie Wilson
psychoanalyst, art therapist,
art historian

Irvin D. Yalom
psychiatrist, author,
professor

The Ideal Applicant

MPS Art Therapy 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 coursework—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), the official organization for art therapists in the U.S.; the Art Therapy Credentials Board (atcb.org), the credentialing organization for art therapists in the U.S.; the New York State Office of the Professions (op.nysed.gov/creative-arts-therapists); 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

MPS Art Therapy 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.

Application Process

APPLICATION REQUIREMENTS

For a full list of application requirements and detailed instructions, visit: sva.edu/grad/howtoapply

- Online Application and \$80 Application Fee: sva.edu/apply
- An admissions interview is required.

DEADLINES

SVA's preferred application deadline for Fall entry is January 15th.

For information on application deadlines, visit: sva.edu/grad/timeline

IMPORTANT LINKS

- FAQ: sva.edu/grad/faq
- International students: sva.edu/grad/intl
- Tuition and fees: sva.edu/tuition
- Visit SVA: 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.

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

Deborah Farber, chair

Kate McWatters, director of operations

Kristina Lee, curriculum and program coordinator

Valerie Sereno, special programs and projects coordinator

Elizabeth DelliCarpini, internship coordinator

Tel: 212.592.2610

Fax: 212.592.2538

Email: arttherapy@sva.edu

Site: sva.edu/arttherapy



“ I think that
self-reflection

is so important as a

therapist! Be open to supervision,
explore countertransference, 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) to confer the degree of Bachelor of Fine Arts on graduates of programs in 3D Animation and Visual Effects; Advertising; Animation; Comics; 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; 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; 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; Fashion Photography; Film Directing.

The School of Visual Arts is accredited by the Middle States Commission on Higher Education (msche.org), 1007 North Orange Street, 4th Floor, MB #166, Wilmington, DE 19801, 267-284-5011. The Commission on Higher Education is an institutional accrediting agency recognized by the U.S. Secretary of Education and the Council on Higher Education Accreditation.

COVER: Hailee Kendrick (MPS 2021).

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), 206 Grandville Avenue, Suite 305, Grand Rapids, MI, 49503-4014.

SVA is a member in good standing of the Association for Advancing Quality in Educator Preparation (AAQEP), a national accrediting organization recognized by the Council for Higher Education Accreditation. The MAT program in Art Education has been awarded full accreditation by AAQEP through December 31, 2030. Accreditation acknowledges that a program prepares effective educators who continue to grow as professionals and has demonstrated the commitment and capacity to maintain quality.

The MPS Art Therapy program is accredited by the Commission on Accreditation of Allied Health Education Programs (www.caahep.org) upon the recommendation of the Accreditation Council for Art Therapy Education. Commission on Accreditation of Allied Health Education Programs, 25400 US Hwy 19N, Suite 158, Clearwater, FL 33763, 727-210-2350. The program meets all educational requirements for licensure in New York State as a Creative Arts Therapist (LCAT) and Registered Art Therapist (ATR) with the Art Therapy Credentials Board (ATCB).

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School of Visual Arts

209 East 23rd Street, NYC
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