CLASS OF 2016
Maria Elena Alarcón
Exploring Attachment in Preschool Children through the Bird’s Nest Art Therapy Directive
The purpose of this study was to explore whether attachment schemes in preschool-aged children are shown in the Bird’s Nest art therapy directive. Research has shown a strong correlation between insecure attachment and behavioral problems as well as mental health disorders. Therefore, early identification of unhealthy attachment patterns may help art therapists and other mental health professionals to better treat such issues in order to prevent problems that could become more difficult to address later in life and reduce the potential transmission of unhealthy attachment organization to other generations. This paper describes a qualitative analysis of the artistic creations of bird’s nest drawings and felt collages by five preschool-aged Hispanic participants of low socio-economic status, who met the parameters of the study in relation to attachment T-scores in the Devereux Early Childhood Assessment Test - Clinical Form (DECA-C). Data from two individual sessions with each participant, which included artistic creations of a bird’s nest, questions and the narration of a story concerning the artwork, were analyzed. Through the childrens’ presentation, narrations and artwork, themes of family dynamics, protection, care and nurturing were evoked. This study builds on the adaption of the original Bird’s Nest Drawing (BND) study using Sheller’s scripted concrete questions plus the addition of felt collage to address this age group’s developmental stage. The study suggests that the bird’s nest metaphor could be a valuable tool for showing internal schemes of attachment in preschool children.

Petra Artz
Case Study of an Adolescent with a Complex History of Loss and Trauma
This thesis explores the art therapy treatment of an adolescent young woman, Annie, with complex and cumulative trauma, within a state hospital setting. The work with Annie revealed a deeper understanding of a young girl, and how she was able to use art therapy and therapeutic relationship to explore her losses in the past, her future, and her identity. Themes surrounding her medical history, familial relationships, connectedness, and attachment were prominent throughout her artwork and through interactions. Keywords: art therapy, adolescent inpatient, attachment, cardiac transplant, parental loss, trauma

Robert Belgrod
Exhibition as Intervention: Empowering Homeless Adolescents in Crisis Through Art Therapy
The current research investigates art exhibition as an efficacious intervention in the art therapy process by increasing levels of empowerment in homeless adolescents. Adolescence is considered a period of second individuation where defenses are built against overwhelming libidinal energies and self-identification is most important. Delays
in self-identification can cause feelings of disempowerment. Allowing adolescents to identify their strengths through the art therapy process is ideal for adolescents as it fosters self-growth through self-reflection, self-expression, and self-revelation. Additionally, by giving them control in decision-making related to themselves by way of the art created and exhibition process further empowers them. In this 6-week long quasi-experimental, correlational, group and multiple case study research project the General Self-Efficacy Scale measure was administered three times to the three homeless adolescent participants, then correlated to the artwork produced by the participants to determine if exhibition can be effectively utilized as intervention in increasing self-efficacy and empowerment levels. Both the quantitative and qualitative results suggest that exhibition can be utilized as a therapeutic intervention in not only increasing self-efficacy and empowerment in homeless adolescents, but also act as a catalyst for engagement and investment in further therapeutic work.

Keywords: Homeless adolescents, adolescence, art therapy, exhibition, empowerment, engagement, self-efficacy

**Stephanie Carter**  
*Yoga and Art Therapy: Creating a Space for At-Risk Adolescents to Connect*

Yoga is an eastern philosophy and technique derived from India that has been used to connect to a deeper sense of self and create a mind body awareness. Adolescence is the time when one first begins this journey to self discovery, what Blos describes as the second individuation process. Shirley Riley believes that creating art in groups is a powerful means for self-expression for adolescents as they begin to identify with peers and discover a unique self. Yoga has become an effective tool for treating populations of adolescents struggling with various diagnoses such as anxiety, depression, disruptive disorders, and trauma as researched by Suarez, and Jansen, Stevens, and Kenney. Yoga has been shown to be an effective adjunct treatment for PTSD as well. Bessel van der Klok also describes how the repetition of the yoga postures and breathing techniques helps to rewire the brain that has been physically altered by traumatic experiences. This thesis aims to investigate the effects of integrating group yoga and art therapy for at-risk adolescents in residential treatment.

Keywords: Art therapy, yoga, complex trauma, adolescents, residential treatment

**Kerry Ann Castoria**  
*A Case Study: Navigating Attachment through Art*

This paper explores attachment theory and how attachment systems function within a person with bipolar disorder. A qualitative case study was conducted on a 30-year-old female with bipolar disorder who attended group and individual art therapy sessions. In the work conducted, the participant explored her past attachments through her artwork and developed a secure attachment within the therapeutic relationship. This paper considers how art therapy can be utilized to allow a client to explore and mend their attachment system.

Keywords: Attachment, attachment theory, insecure attachment, secure attachment, bipolar disorder, art therapy

**Celeste Classon**
**Art Therapy with Adolescents: Using Ephemeral Natural Materials to Process Loss and Transition**

This study looks at the utility of using ephemeral natural materials within art therapy as a way to metaphorically address transition and loss with adolescents living in a residential treatment center (RTC) who have a history of trauma and mental health diagnoses. Ephemeral natural materials are materials from nature such as leaves, sticks, and flowers that naturally decay or disintegrate over time. According to some literature, art therapy as a modality can be effective when working with adolescents who are forming their identity and transitioning out of childhood. In particular, using sensory art materials in art therapy can be helpful when processing trauma, which could be helpful for adolescents in RTCs who have experienced it. Contemporary artists who use sensory ephemeral materials note that these materials address the idea of impermanence and loss as it relates to the human experience. This qualitative comparative multiple and group case study found that the ephemeral natural materials were inappropriate for fragile populations such as the adolescents at the RTC. Upon further investigation, these materials were used with a normative adult population, where it was discovered that they stimulate conversation about loss and are both relaxing as well as upsetting.

**Keywords:** art, therapy, adolescents, impermanence, loss, transition

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**Daniel Cortorreal**

*Art Therapy and Resilience with Families At Risk*

With the rise of substance abuse in families and homes across the United States comes the all too unfortunate reality of having children removed from their caretakers and placed into the child welfare system. Art therapy can provide an effective tool for the safe exploration of such a traumatic event within families and serves as a great mediator between children, caretakers, and the child welfare system when working on such particular concerns. Children and families that are subject to such traumatic experiences are not without their share of difficulties when engaged at a therapeutic level. This study features an amalgamated view on research, methods, directives, and hypothesis when attempting to discover just how impactful art therapy can be when gauging the benefits it may have on the resiliency of children and families working on recovering from substance abuse and mental health issues.

**Keywords:** Art therapy, child welfare, families, mental health, substance abuse, resilience, trauma

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**Julia Culkin**

*Creating Resilience: Art Therapy with the Dual Diagnosis Patient*

The Dual Diagnosis (DD) individual lives with both the psychological and physical implications of addiction combined with a diagnosed mental illness. In light of the psychological complexity of the DD population, art therapy interventions within mandated group treatment have been widely overlooked and as a result, patients who are admitted into an acute inpatient institution commonly fall victim to bureaucratic shortcomings of internal policy and structure. When studying a population of human research subjects using a specific psychotherapeutic approach, the tendency is to focus energies on the efficacy of the chosen modality and how it can be measured. However, upon informed intervention and processes of experiential learning within structured care
peppered with unforeseeable flaws of institutional management and human error, the researcher may gain more knowledge in the importance of professional flexibility and personal resilience.

Naomi Tawil Dweck
An Exploration of Cultural Identity with Binational Children through the use of Collage
Cultural identity can be a complex and difficult concept for children to grasp, yet children with binational backgrounds are continually exposed to the challenges and differences of their cultural groups. This study aims to use collage materials in an individual art therapy setting to explore cultural identity with elementary school aged children. Over the course of 3 sessions, children were asked to identify different aspects of their cultural identity using collage materials. The resulting artwork suggested high levels of integration among binational children, as children seemed to greatly identify with their surrounding culture, including imagery related to the culture of their peer groups rather than imagery related to their own culture. Furthermore, both case vignettes showed that children’s understanding of culture was specifically related to their family and home life. Despite expansive research on adaptation patterns to new cultures, this study is part of the limited pool of research on the exploration of cultural identity with children and the use of collage as a medium of art therapy. The limitation of collage imagery as a culturally competent material and the presentation of collage materials are important consideration for future research. Expanding this research to a larger range of participants can help support the generalization of these findings to understand the cultural identity of binational children.
Keywords: Acculturation, binational children, culture, identity, collage, art therapy

Chloe Greenleaf Finore
A Process that Builds Up Slowly: Stop motion animation and the substance abuse population
This study was conducted to assess how stop motion animation and the exploration of one’s personal narrative could have a positive or negative effect on the substance abuse population’s recovery process. The topic was explored to address the parallels between stop motion animation’s inherent requirement of delayed gratification and the medium’s ability to create a narrative in a profound and novel way with the substance abuse population’s recovery needs. A 10-week long stop motion animation filmmaking project was implemented with a group of adult men at a residential substance abuse rehab facility in the New York metropolitan area. Clients were selected based on their willingness to discuss substance abuse related themes within an art therapy setting. Participants built puppets, sets, wrote a story and dialogue, recorded voices and sounds, and animated their narrative to create a stop motion film. Themes of community, teamwork, skill building, addiction and recovery process as a whole emerged during the multilayered project as clients constructed their story. Clients were able to draw parallels between the themes in the film and their own life’s story, and came together in a distinctive way to process their combined and individual losses and growth. Stop motion animation is a largely unexplored medium within the field of art therapy, and the results of this study may serve as a stepping stone for further exploration of the medium, and digital art within a therapeutic setting.
Carina Gomez

*The Effects of Story Cloths as an Intervention to Regulate Affect in Addiction Treatment*

Literature regarding the use of soft arts to promote mindfulness and affect regulation is limited in the field of art therapy. This paper presents a study conducted to measure the effectiveness of using story cloths to promote mindfulness and increase ability to regulate affect in an adult chemical dependency out-patient program (CDOP). The use of soft arts in addiction treatment can provide a safe, comforting outlet for expression that juxtaposes the often traumatic experiences clients portray in their artwork. Data was collected through anonymous self-report surveys and observation during sessions. The intervention used in this study was described by clients as relaxing, satisfying, engaging, and calming coupled with a reported increase in mood and positive feelings. Four case studies of clients were used to show how this narrative form allows clients to explore attachments to alcohol, caregivers, romantic interests, and the self.

Keywords: Art therapy, affect regulation, addiction, story cloths, soft arts, adult out-patient

Peggy Hazan

*Defense Functioning Style in Art Therapy*

The interpretation of defense mechanisms in psychotherapeutic treatment provides useful information for the therapist to provide effective interventions. Maladaptive defense mechanisms are more commonly used among those with acute mental illness. The use of artwork can assist in understanding a patient’s defensive functioning style, along with the patient’s observable objective presentation. The use of a relational defense mechanism scale, developed by the researcher, was effective in organizing the information gathered on two participants artwork from art therapy sessions. The results had the majority of traits highlighted along the maladaptive row of defensive functioning. This information assisted the art therapy intern in adapting to different therapeutic interventions.

Keywords: defense mechanisms, inpatient psychiatry, art therapy, relational defense mechanism scale, art analysis, art interpretation

June Ju Hyun Kang

*Art Therapy with Older Adults using Technology*

In the field of mental health and art therapy, there is lack of outcome-based research with an older adult population who suffers from declining physical and cognitive functioning as well as people with EndofLife issues. A person’s ability to be independent is dependent on his or her overall health, mobility, and ability to complete the activities of daily living. Computer devices have been developed to support independent living and agingwithchoice. Dealing with endoflife issues, hospice patients who have terminal illness need to maintain their quality of life by gaining empowerment. Through this qualitative study, art therapy intervention was facilitated using technology in terms of providing physiological accessibility in order to be able to gain a sense of control and achievement by art making. To view the effects of using technology with this population, the research made comparisons between the sessions which used traditional art materials (colored pencils) and those which used advanced technology (a tablet computer). By analyzing the participants' artworks as well as observing their subjective and objective responses during the sessions that art therapy took place, the results of the four case
vignettes demonstrated that when they incorporated a tablet to draw a picture, they appeared to have more engagement (time investment), intention and integration (composition and color coordination), playfulness and satisfaction (verbal reports). It was observed that technology allowed the participants to receive choices that are accessible. However, each case shows findings specific to particular clients and situations. The significance of individualization for each client’s need is raised.

*Keywords:* hospice care, quality of life, technology-based, older adult art therapy

**Kylene Kasch**

*Personal Narrative Bookmaking: Exploring the Cognitive Dissonance between Womanhood and Veteran Identity*

This study explores the unique challenges facing the woman veteran community, their perception of their gender identity as women, and how their internalized self-concept potentially collides with their identity as veterans. These core ideas exist within the unconscious, but have a direct and long-lasting impact upon the treatment trajectory of patients in this population. Negative self-concepts or dissonance between their womanhood and veteran identity can potentially lead to setbacks, stalled progress within their recovery plan, and create obstacles for the clinician that hinder the creation of a therapeutic alliance. Site regulations, particularly in large federal hospitals, may also limit or provide additional barriers during the treatment process. Originally planned as a six-week book-making workshop, the results from the research indicated the necessity of initially engaging woman veteran patients on an individual basis, to establish trust before forming a larger group. *Keywords:* art therapy, book making, gender identity, military veterans, women

**Julia Marcus**

*The Therapeutic Value of Puppets for Adults with Developmental Disabilities*

The following observational case study explores the therapeutic value of making sock puppets in art therapy, particularly in terms of their efficacy in promoting self-expression, autonomy, and self-empowerment for an adult with developmental disabilities. Over the course of three consecutive weeks, the art therapy intern met with the client to make sock puppets, as per the client’s request. To achieve a comprehensive understanding of the client-directed artistic process of creating the sock puppets, the intern utilized information compiled from client records, observational process notes, and supervisory feedback. The qualitative information considered how a client-directed approach to art therapy created an atmosphere conducive to exploring identity, exercising creativity and independence, learning through trial and error, organizing and integrating experiences, and communicating oneself to others. With regard to adults with developmental disabilities, these results speak to art therapy as a valuable context for therapeutic growth. Future research that follows a longer course of treatment is needed in order to determine puppet-making as a likely avenue for play in work with this population. *Keywords:* Art therapy, client-directed approach, adults, developmental disabilities, puppets, sock puppets, self-expression, autonomy

**Arielle Rothenberg**

*Integration and Identity: Artwork as a Metaphor for Internal Self-States*
The following study examines the metaphorical integration of internal self-states as represented by integration in artwork. This case study considers the process and progress of treatment with a high functioning, creatively-inclined thirty-four year-old woman who had a traumatic history of parental loss and was diagnosed with Schizoaffective disorder. An image rating session of the client’s artwork was held, where the Formal Elements Art Therapy Scale (FEATS) was utilized to guide analysis of treatment. The composition and coding of session progress notes, in-session observation, therapist participation in the art-making process, and ongoing assessment of countertransference was also employed to advise the treatment relationship and process of identity formation. The impact of trauma and grief, relational style, and social attitudes towards those living with mental illness were also relevant in treatment.

Keywords: Identity, Integration, Formal Elements Art Therapy Scale (FEATS), Schizoaffective disorder, Trauma, Art therapy

Adina Rubin

Gift Giving in Inpatient Rehabilitation for Substance Abuse During the Holiday Season

This thesis discusses how art therapy directives that involve a gift-giving component can be used in an inpatient substance abuse rehabilitation facility during the Holiday Season. Through the lens of addiction as an attachment disorder, this paper focuses on how structured art therapy groups that promote direct social interaction and communication through art making can be used to create stability on an unstable unit and to develop social support at a time when clients may feel particularly isolated and anxious. The results and discussion sections highlight how most clients reported a positive shift in mood after attending the art therapy groups. Through addressing the anxieties that can be present while being in treatment over the holidays in a structured environment with containing materials, clients were able to use the art therapy space to process their feelings surrounding this time of year. The gift-giving component allowed clients to recognize and utilize the social support that was available to them on the unit both inside and outside of the art therapy space.

Keywords: Art therapy, attachment disorder, gift giving, inpatient rehabilitation, substance abuse, addiction, social support, structure, containing materials, holiday season

Xenia Rybak

Weaving Club: Therapeutic Benefits to Integrating Weaving in an After School Group Setting

This paper presents a study that investigated weaving as a modality within the context of an after school group setting. The use of weaving was introduced as an art club, which occurred at a community center’s after school program. A qualitative, observational study was conducted over the course of 4 sessions to discern the benefits of this modality within this specific setting. The art as therapy structure of the group enhanced group cohesion, which was evident in the mirroring of projects within several sessions. In addition to exposing the children to a new modality and materials, the children were able to build their autonomy by completing their pieces in a single session and taking them home. The therapeutic benefits of weaving were seen in the change of the children’s feeling states from the beginning of the session to the end.
Keywords: Art as therapy, group cohesion, weaving, benefits of creating with textiles, crafts in art therapy, creating art in a group setting.

Amanda Smith  
*Origami as an Affect Regulation Intervention for At-Risk Adolescents*  
Affect and affect regulation are key components of human experience. This is perhaps most apparent and challenged during adolescence. This project explores the utility of origami intervention in approaching affect regulation with at-risk high school students. Two consecutive art therapy groups were conducted over a three month period within a public high school in the New York Metropolitan area. Adolescent students participated each week and created a variety of origami objects. To illustrate the research findings, three students’ engagements with origami are specifically looked at and show the use of this art-making intervention as a vehicle for connection, insight, and as a site to expand affect tolerance. This study explores a new way to understand this tactile art form and considers its value in art therapy practices with this population.  
Key words: origami, art therapy affect regulation, adolescents

Yiren Sun  
*The Relationship Between Attachment Trauma and Aggressive Imagery in the Art of Children in a Psychiatric Hospital Setting*  
There are a high percentage of complex traumas in children in psychiatric hospitals. The disruption in early attachment to caregivers can result in damage in their brain development causing aggression, impulsive behavior and difficulties in regulating emotions. This study hypothesizes that children with complex traumas reflect their inner state through creating more aggressive related artwork in art therapy. This current study used art therapy with a long-term group over a six-month period in a children’s psychiatric hospital setting using interactive interviews and observation to collect and identify the theme of artwork among the participants. The result showed participants exhibited aggression in three ways, artwork, speech and behavior. There was a high percentage of aggression reflected in the choice of artworks such as making guns and swords. Over ten sessions, participants engaged in play using these weaponry artworks. Through repetitive exhibition of aggression in a safe way, the participants transitioned from externalizing aggression defensively to more productively working through their intra-psychic issues using their weaponry artworks. Art therapy provided a safe space for the participants to work with their aggression, thus there were reduce occurrences of aggressive artworks and allow space for other intra-psychic issues to come up in the sessions.  
Key words: complex trauma, aggressive imagery, art therapy

Sophie Yelowitz  
*Exploring the Attachment of a Mother and Son Through a Combination of Individual and Dyadic Art Therapy*  
This study explores the treatment of the attachment-related concerns of Lana (pseudonym) and Trevor (pseudonym), a 23-year-old mother and her 6-year-old son. When the family was referred for services, Trevor exhibited difficulty separating from his mother as well as challenging behavior at home, while Lana appeared isolated and
overwhelmed. Individual sessions worked to honor the subjectivity of both sides of this relationship, the security of which was then addressed through dyadic art therapy that worked towards creating healthier, more playful, and positive interactions between the two. Examined through the lens of attachment, the outcomes of this study suggest that a combination of individual and dyadic work may comprehensively treat such a case in addressing both individual challenges as well as the mother-child relationship and the essence of attachment. 

**Keywords:** Attachment, dyad, family art therapy, parent-child

**Yejin Yoo**

*Holding Dialectical Tension in Art Therapy: Catalyst to Creative Engagement*

There are inherent challenges in facilitating a safe and creative art therapy space in acute psychiatric care due to structural limitations. The relevant issues in this setting include building a therapeutic alliance in a short-term treatment period, unpredictable time for termination, and a wide range of diagnoses among patients. This thesis explores the role a dialectical art therapy directive can contribute in short-term art therapy in a psychiatric setting. The population focuses on adult and adolescent inpatients with history of trauma. The challenges observed during the open studio group art therapy can be described by the following tendencies: blockage to begin, exhibiting low motivation to engage in creative process; blockage to complete, manifesting lack of trust in internal feelings and resilience to challenges; spewing of emotions and impulse discharge without integration. The mentioned challenges can be summarized by the low level of ego-strength. From these observations, the aim of dialectical art therapy directive was to support ego-strength of clients, and in turn, enhance the quality of engagement in subsequent free art-making. The findings show increased subjective engagement in building a therapeutic alliance and the art making process; contribution to termination process; as well as processing and integration of trauma related to the presenting mental disorders. There were 46 adult and adolescent inpatients delineating the above feelings.

**CLASS OF 2015**

**Lindsay Aaron**

*Art Therapy and Communication: Facilitating Social Skills with Adults Diagnosed with Autism Spectrum Disorder*

Socializing is an innate characteristic of human beings. We use social skills to communicate and interact with each other, both verbally and non-verbally, through gestures, body language, and eye contact. With that said, these skills are not easily developed by individuals with autism spectrum disorder, where social reciprocity deficits are a core feature of the disorder. This research study aimed to explore how art therapy can facilitate communication and collaboration, and promote socialization with a group of adults with autism spectrum disorder. This study consisted of mixed-measures in order to better understand as well as to discover the different forms of communication exhibited by the participants with autism through the art. During the eight weeks of this research study, the art therapy intern learned how to use herself as the therapeutic tool, specifically providing tools of interactions through modeling, prompting, use of language, and providing certain materials. Furthermore, the participants were able to identify personal boundaries in order to regulate what feels safe and comfortable. In doing so, they gained a better understanding and awareness of the self and others. This
was accomplished through the art making in a group setting, which enabled the members to form connections with each other through social interaction and expression.

Keywords: Art Therapy; Adults; Communication; Collaboration; Social Skills; Autism Spectrum Disorder

Michelle Baker
Communication and Connection with a Nonverbal Child Diagnosed with Autism Spectrum Disorder
This research paper looks at how sensory-based art therapy supports communication and connection with a non-verbal child diagnosed with autism spectrum disorder (ASD) in order to explore alternative non-verbal ways of communicating and connecting. This is an observational, qualitative research study. This research is a starting point, and can guide more appropriate and effective interventions with non-verbal children. This topic will further enhance the understanding of how non-verbal children connect and communicate with peers, adults, and society.

Keywords: Art Therapy, Autism Spectrum Disorder, Nonverbal Child, and Connection

Peter Buotte
Exploring Visual Vocabularies of Emotions: Pre-Adolescents in Transition
Through a qualitative, multi-case, thematic-based approach, this study discovered common themes among pre-adolescents in transition as they explored their visual vocabularies through art therapy. Pre-adolescents who have been removed from the biological family and endured forced displacement frequently display a mistrust of people and place. Attention-deficit/ hyperactivity and oppositional defiant disorders combine to create a difficult, explosive child with maladaptive coping skills (Greene, 1998). Literary research links angry-ambivalent inter-personal attachment as observed by Dr. Mary Ainsworth (1978) to angry-ambivalent place attachment as described by Dr. Mindy Fullilove (2014). Art therapy interventions occurred in a safe, therapeutic space and enabled the client to safely explore metaphors in art. They served as a silent voice for deep-seated emotions relating to loss, anger, attachment, and nurture. This analysis showed that pre-adolescents in transition explored visual vocabularies that seemed to speak of the angry-ambivalent attachment experience.

Keywords: ambivalence, disruptive attachment, explosive child, frayed knot theory, place attachment, visual vocabulary

Nicole Buttafuoco
Breath Work in an Art Therapy Setting with Adolescents
The simple act of taking deep breaths has been observed in the medical field as a highly useful tool to decrease stress levels in individuals of all ages. The study of yoga has also identified that using breath control techniques can ease the nervous system and balance the endocrine system, which leads one to cope better when faced with life’s challenges. Introducing breath work in an individual art therapy session will hope to decrease stress levels in clients. Blind professional and educational raters were used to identify formal qualities in the artwork from sessions both with and without the use of breath work.

Results appear to indicate that adolescents with high levels of stress may benefit from the combination of breath work and art therapy.
Ornellia Cole
*Identity Expression in Art with Adolescents in a Boarding School Program*

This qualitative cross sectional comparative study aimed to explore the integral use of art as a method of self-expression in adolescence. Art was used to aid in the identity development of adolescents from at risk locations who attend a boarding school program for the academically gifted. The use of self-report questionnaires, observation and artwork analysis were utilized to explore the significance of art in adolescence, over the course of an eight-month period. The combination of a one day museum workshop and an 8 week group session were used as a method of communication within the facility. The personal responses of clients and creation of artwork were assessed to determine whether art therapy aided in the process of self-exploration involving themes of identity formation, stress management, problem solving, emotional release, and cognitive processing. This study supports the use of art as a means of assistance in the development of adolescence during the identity formation process.

Key words: Identity, expression, adolescent development, residential program, museum art, short term, group therapy, Identity formation, adolescence

Jesse Fritzsch
*Creating a Bond: An Exploration of Child Art Therapy and Parental Involvement*

The relationship between parent and child can be reflected in all relationships throughout life. This research examined the levels of engagement of parents within the format of child art therapy. A sample of multiple groups, dyads and individuals was used in this comparative study to examine the ways parents utilize the opportunities provided to them in conjunction with services provided to their children. Because of the myriad of benefits of art therapy for their children, it was anticipated that parents would show an interest in the treatment process, yet overall involvement was low. Still, this study suggests that regardless of low levels of parental involvement, benefits of art therapy for the children were still evidenced.

Keywords: Art Therapy, Parent Involvement, Children, Relationships

Angelique Grathwohl
*Creating a Safe Space: Working with Adolescent Boys*

The following study took place to gain insight into art therapy interventions to create the feeling of safety in an inpatient adolescent unit. The goal of the creation of a safe space was to encourage an environment in which group members could connect with each other and discuss difficult topics. Therapeutic interventions to do so included art therapy directives, prompting, and reinforcing guidelines. This is a crucial part of the treatment of adolescents that had recently been admitted to an inpatient psychiatric unit because their unstable state required a structured safe environment to assist with their stabilization and eventual discharge.

Sabrina Husband
*Fostering Resilience in Young Adolescent Girls*

The purpose of this study is to examine several ways that art therapy can assist in fostering and maintaining resilience in young adolescent girls. There are several components that form resilience. This paper focuses on creativity, relationships, self-care,
advocacy, social processes and emotional processes. The study consists of two art therapy groups that explore identity, self-esteem, empowerment and relationships. The qualitative research assesses 11 adolescent girls that have difficulty voicing their thoughts and emotions to others. Research findings demonstrate how young adolescent girls can benefit from using art therapy as an outlet to express difficult emotions during a challenging period of development.

Keywords: resilience, identity development, adolescent girls, art therapy, empowerment

Courtney Kates
Art as Transitional Objects to Minimize the Impact of Imposed Termination in Art Therapy
Although much has been written about the use of transitional objects in child and adult development, there is little research available about the use of transitional objects in art therapy. This qualitative, phenomenological study used a multiple comparative case design to examine the use of transitional art objects to minimize the impact of imposed termination at an adult outpatient clinic set in a low income urban community. Data was collected from the four individual cases and an open-ended LGBTQ support group, over a period of two to five weeks preceding termination with the art therapy intern. Additionally, external data was collected from art therapy interns and practicing art therapists by means of a cross-sectional survey that inquired about past experiences and feelings regarding imposed termination. The results of this study seem to suggest that art can be successfully used as part of the imposed termination process in art therapy.

Jennifer Lachance
The Use of Natural Materials to Increase Levels of Engagement in Group Art Therapy
While the healing effects of nature are plentiful, research has yet to focus on the use of natural elements in art therapy. This research examined the levels of engagement when combining natural materials in a group art therapy setting at a hospital based inpatient behavioral health unit. A sample of 114 adults were used in this qualitative, comparative, ethnographic study design to examine the ways participants utilized nature as an art therapy directive, compared to other art groups that did not provide natural materials. Using a pre, mid, and post measure design, participants were rated on a scale of one to three in their level of engagement with the art therapist and during the art making process. Eye contact, body posture, and willingness to process artwork were measured in the pre and post scale based on their engagement with the art therapist, while attentiveness, time spent working, physical contact with the materials, and changes in affect were measured during the art making process, measuring engagement with the creative process. Through the approachability and grounded quality of natural materials, paired with the various benefits of art therapy, it was anticipated that participants would show an increase in their levels of engagement. This was the case, and the greatest increase in engagement levels came from the group utilizing natural materials.

Keywords: Nature, Behavioral health, Art therapy, Engagement

Ajanae' Lewis
Sublimation Through Art Within the Holding Environment
This thesis is based upon a study done within an inner city New York alternative high school. My study promotes the process of sublimation through the use of art, to adolescent males and females for their built up aggression within the therapeutic space. With the focus of answering the question, how can art therapy be used as a method to create a safe environment? I explored this through the use of three art directives, during weekly group art therapy sessions. The method was measured through observation of artwork created in the sessions, individual supervision with the on-site and off-site supervisors, a questionnaire, extensive research, and weekly progress notes. From this study I learned that sublimation does not occur in one art session, and although it may occur for some it will not occur for all. I also learned that it is a process that takes time to occur, and as a result select students were beginning to go through the process. Most importantly in order for me to begin the work with the students a safe and trusting environment had to be built. As the adult figure in the space I had to demonstrate positive behaviors through modeling, remaining consistent and open-minded to their acting out behaviors. One significant implication that came as a result of my study was that for some students they were just not ready or emotionally stable to use art in this manner; their at home relationships played a large role in their inability to try and make a change.

Meghan Lyons
Superheroes and Art Therapy: Building Identity Through Comic Books in a Foster Care Adolescent

Literature regarding the use of comic books and superheroes with adolescents is limited in the field of art therapy. This study investigated the therapeutic and symbolic use of superheroes and comic books with an adolescent in foster care. The use of the superhero imagery in art can become a power metaphor for attachment, while fostering further exploration of identity through the creation of a personified hero. The client’s development of comic book written narratives and multiple superheroes promoted the exploration complex trauma, while allowing for the reconstruction and formulation of his identity. A case study of a nineteen-year-old African American male was used to explore the lack of parental figures that foster care adolescents often experience which can sometimes cause difficulties forming a healthy sense of identity.

Joey Modica
The Therapeutic Value of Collage Jewelry

Despite its presence in many art therapy settings, there has been very little research performed on the use of jewelry-making as a therapeutic modality. The use of craft in art therapy has been debated by theorists including Edith Kramer and Catherine Moon, and its potential for therapeutic value has been a controversial topic. Collage has been widely studied as a useful tool in art therapy, particularly for providing clients with a framework which can enable them to express themselves freely in brief treatment settings, as discussed by Rubin and Vick. Collage jewelry may be a valuable medium when working with the mentally ill in an inpatient setting, particularly due to its capacity for use as a transitional object and the advanced nature of the materials, which may help build the therapeutic relationship through showing respect for the client. This study explored the therapeutic value of a collage jewelry technique with a sample of 11 adults from an inpatient psychiatric unit in a multiple case study design. Measures were
developed to identify the level of client engagement in the collage jewelery making process, as well as determine if the physical jewelery product was used as a transitional object to help mitigate the stressful environment of acute inpatient hospitalization. The results of this study seem to support an increased level of engagement as well as an attachment to the physical jewelery piece after completion of this method.

**Auden O'Connell**  
*Using Images from Modern & Contemporary Art as a Directive in Group Art Therapy Sessions*

This study demonstrates how images from modern and contemporary art can be used as a directive in group art therapy sessions on an inpatient psychiatric unit. Implementing psychodynamic theory as a framework, this study focuses on how images from art history can be used as a projective and stabilizing resource for clients. From a sample group derived from the eight research sessions conducted, the results and discussion sections highlight how the image was used as a projective and containing framework for each participant. Clients also used the image as a metaphor during group discussion components, allowing participants to discuss their thoughts and feelings through the safe confines of the metaphor.

Keywords: psychodynamic theory, art history, projection, inpatient psychiatry, art therapy

**Jieun Park**  
*How art can be used as a self-care tool for staff members to combat compassion fatigue and burnout*

This paper presents a study that was conducted to measure how art therapy can be used for end-of-life care workers to overcome compassion fatigue and to prevent burnout. Based on the writer’s observation and thorough research as a hospice care organization, there were many individuals who appeared to have possible compassion fatigue. The research question was how art can be used as a self-care tool for staff members to combat compassion fatigue and burnout. As the study progressed, most of the individuals who participated appeared to benefit from the art experiential and many stated that the art making helped them to be more aware of their mental state throughout the study. The interventions used in the research helped participants gain a self-care tool that they can use in the future when they face these or similar issues.

Keywords: Art as a self-care tool, compassion fatigue and burnout in hospice care staff, art journaling, art therapy with hospice care staff

**Christina Ranjani**  
*How Does Art Therapy Help Patients with Bipolar Disorder Focus on the Present Moment?*

This study was conducted to assess whether or not an Art Therapy intervention could help patients with Bipolar Disorder focus on the present moment. Five patients participated in creating an image about “How are you feeling right now?” Dry and fluid materials were provided in order to allow the patients to explore a range of emotions. It is suggested that Art Therapy has assisted these patients in focusing on the present moment.
Their behaviors within the session suggest that Art Therapy can have an organizing affect on them during a manic episode. 

*Keywords*: Bipolar Disorder, Art Therapy, Mindfulness, Present Moment

**Ali Reder**  
*Strength Based Art Therapy with Adolescents in Acute Psychiatric Care*  
This study focuses on the use of strength based art therapy interventions within an acute in-patient adolescent psychiatric unit. The study examined the impact of these interventions, and their effectiveness in brief psychiatric care. Strength based art therapy practices emphasize client strengths, rather than focusing on their problems, and was utilized throughout this study because of the traumatic histories that have led participants to develop negative views of themselves and others. This study used a mixed-methods observational research design, which took place over the course of six months. Findings showed that strength based interventions that were present focused and provided room for creative expression served to elicit exploration and expression of identity, empowerment, cathartic release, and a positive emotional response.  

*Keywords*: Strength based, inpatient, brief treatment, adolescents, art therapy

**Chana Sherman**  
*The Use of Art Therapy to Aid in the Reduction of Anxiety of Men with Autism Spectrum Disorder*  
While there has been much research published about the use of art therapy with children who have autism spectrum disorder, minimal research has been published about the use of art therapy with adults who have this diagnosis. Adults with autism spectrum disorder who are undergoing the transition from adolescence to adulthood are more likely to experience anxiety as compared to their typically developing peers, given the unique challenges that they face during this transition. This qualitative comparative group study aimed to assess the effect of group therapy on levels of anxiety in men, aged 19-24 years, with high-functioning autism spectrum disorder (HFASD) who presented to an outpatient rehabilitation center over a period of three months. It was anticipated that the group members would use the art therapy directives to explore and process their own fears about the future, which would reduce levels of anxiety. Moreover, it was anticipated that the group interaction would increase socialization. The findings support the initial hypothesis, in which anxiety significantly decreased; additionally, given the group nature of the therapy, positive communication skills developed. A discussion of anxiety themes is presented.

**Younhjung Son**  
*Benefits of Crocheting with Addiction Population*  
This thesis paper looks into how crocheting/knitting could be a therapeutic tool for people with addiction. Past literature has conceived addiction as arising from a combination of various factors, such as stress, lack of coping skills, biopsychosocial influences, and lack of mindfulness. Crocheting/knitting has been found to have many psychological and emotional benefits, including improvement in mood, coping with stress, and more. This study focused on clients in a crochet group at an outpatient recovery program in a large hospital in New York state. Through qualitative and
observational measurements, including questionnaires, the study showed that crocheting helped clients increase their tolerance for frustration, increase mindfulness, be “in the flow,” and enhance their social connection. The significance of these effects in recovery are discussed.

Keywords: Crocheting, knitting, addiction, substance abuse, mindfulness, frustration tolerance

Susanna Spieler

Printmaking as a Therapeutic Modality for Individuals Living with HIV/AIDS

Printmaking is a sensory, multistep, indirect process that focuses on creating a plate or a master from which multiple prints are made. The process of creating multiple prints can be broken down into small increments that can be shared by a group and that promote its strengthening. The unique aspect of printmaking, compared with other types of media, is the production of multiples, which emphasizes the significance of repetition. The master print -- a reflection of the individual’s intra-psychic organization -- offers unique insight into his or her subjective inner world and creative process. This thesis explores the following questions: How might printmaking empower individuals living with HIV/AIDS? In what ways might these individuals experience feelings of powerlessness or loss of control? What therapeutic effects arise from creating multiples of a work of art? The modality of printmaking is explored in context with its therapeutic benefits for individual(s) living with HIV/AIDS. The process-oriented structure of printmaking -- as well as the unique aspect of yielding multiple prints -- was studied as a means of self-soothing that could reduce isolation and shame. Further, printmaking is examined as a means of empowerment by offering a sense of control. The structured process of printmaking seemed to retain participant engagement in their artwork as well as verbal processes. Results showed that printmaking evokes multiple elements of therapeutic value in art therapy.

Keywords: Printmaking, art therapy, HIV/AIDS, empowerment, repetition

Alison Uliss

Art Therapy and Metaphor: Fostering Self-Expression and Connection in an Adolescent Female with Cognitive and Visual Impairments

It is particularly challenging for those with cognitive and visual impairments to understand abstract concepts, verbally or symbolically express feelings, and appropriately engage in social interactions. This qualitative case study explores how the use of art therapy and the utilization of metaphor, puppet making, and play can be used to foster self-expression and connection in an adolescent female with cognitive and visual impairments. The research was conducted in a school that provides educational and therapeutic services to students, ages 5 to 21, who are blind or visually impaired, and have multiple disabilities. The method of analysis consisted of reviewing and summarizing progress notes, process notes, observation notes, client records, interviews conducted with the on-site licensed art therapist and with the client’s primary teacher and therapists, and artwork created by the participant over the course of 18 art therapy sessions. The findings show how the distance and sense of safety offered by the use of metaphor allowed the client, Jade, to develop a greater capacity to express and accept feelings of aggression, engage in creative abstract thinking, and develop a meaningful
connection with the art therapy intern. After conducting this research, it appears that the use of art therapy, puppets, and metaphor are beneficial to those with cognitive and visual impairments. The art therapy intern proposes identifying other types of play interventions that can enhance the play skills of those with visual and cognitive impairments for future research.

Keywords: Art therapy, cognitive impairment, visual impairment, puppet-making, self-expression, connection

**CLASS OF 2014**

**Rana Abdallah**  
*A Story about a Group, Two Mythical Characters, and an Environment Created to Impact Self-esteem*  
During the introductory sessions of the verbal group, ‘Identify your Strengths’, in a day treatment program for outpatient adults with mental illness, low self-esteem was identified as a significant stressor. The group members experienced a difficult time expressing or confronting their own issues. Through the combination of play, narrative and art therapy, the group was able to create a narrative story for mythical characters, an environment for them to reside in and create other characters as well. With a qualitative observational approach, this thesis seeks to explicate how the aforementioned modalities have impacted the group’s self-esteem.

Keywords: Art therapy, play therapy, narrative therapy, group therapy, self-esteem, adults with mental illness

**Lady Ashley Advincula**  
*Exhibiting a Collaborative Mural with Adults from an Outpatient MICA program*  
This study used a qualitative research design method to explore the process of creating collaborative murals comprised of patients from an outpatient Mentally Ill Chemically Addicted (MICA) treatment program. Through this art therapy experience, clients learned interpersonal skills to increase socialization, peer empathy, self-efficacy, and problem solving. Upon its completion, the mural was part of a public art exhibition and the artwork was displayed at the MICA facility as a movable, yet permanent installment. The mural-making process enabled the clients with a mental illness and substance use disorder to experience their creativity and form healthy interpersonal bonds during their recovery.

**Merrill Stephens Cox**  
*Art Therapy and Dialectical Behavioral Therapy in a Jail Setting: Goals met through Containment*  
A large portion of the population of incarcerated women have experienced past trauma and abuse that may have contributed to current behaviors of hypervigilance, aggressiveness, impulsiveness and inability to maintain healthy loving relationships. Four art therapy sessions aimed at providing structurally or metaphorically containing directives were used in this study. The four sessions also incorporated themes of the therapeutic and dialectic relationship, general art therapy goals and Dialectical Behavioral Therapy (DBT) skills. The use of structural or metaphorical containment and its ability to assist in meeting both the goals of DBT and art therapy is discussed. A
general discussion is provided to address the use of art therapy in jails settings, the use of art therapy to support DBT skills training, and the use of and ability to execute containing directives in a jail setting. It is concluded that while containment on behalf of the therapist is important for the client with poor object relations it may not be the sole catalyst for the women’s ability to meet art therapy and DBT goals.

Keywords: art therapy, incarcerated women, Dialectical Behavioral Therapy, containment

Suzanne Deisher
Through the Lens of Digital Photography: An Examination of Identity Formation in Adolescence Using Unconventional Self-Portraits
This research examined the use of phototherapy with adolescents in a partial hospitalization program in New Jersey. Using a multiple comparative case research design, this study examined how a five-week unconventional self-portrait phototherapy directive affected adolescent identity formation. Data was gathered by the art therapy intern through extensive documentation taken during sessions, pre/post measures via a questionnaire, and identification of trends and themes within produced images and discussions. Significant trends and themes identified through this research centered around color choices, focal lengthens utilized by participants, and image content.

Kathryn DeRaffele
Discovering Self-Compassion: Art Therapy with At-Risk College Students
The scope of the work explores how early attachment and trauma can shape individual and interpersonal development, as well as one’s embrace for personal wellness and needs states. Origins of self-harm and disordered eating behaviors are understood as methods of self-regulation, release and coping in cases of ruptured familial dynamics and trauma. The implementation of art therapy for at-risk young adults diagnosed with bipolar disorder is presented as an effective modality of treatment for students in a college setting. An object relations and person-centered approach to art therapy practice is suggested for this client population. The process of reparation and healing is discussed by way of the therapeutic relationship, group therapy model of peer support, mutuality and artistic expression. Lastly, the remobilization of personal needs and self-compassion through the art making process is discussed as a means of coping, harm-reduction and personal growth.
Keywords: art therapy, college students, bipolar disorder, self-regulation, harm-reduction, self-compassion.

Charles Drake
Art Therapy and Stress Management for Adults with Psychosis
This study explores whether a structured art therapy group is effective in reducing stress levels in adults with psychotic disorders. The sample consisted of 12 adults, 8 higher functioning and 4 lower functioning, living on a long-term inpatient unit. Participants were asked to measure their stress level using a 0 to 5 numerical/visual scale at the start and end of every art therapy session and results were analyzed using a two-way anova with replication. Average stress level overall before sessions was 1.37(SD: 1.29) and average stress after overall sessions was 0.88 (SD: 1.05), a significant decrease. When
higher and lower functioning patient data was analyzed separately, it was found that stress was significantly reduced in higher functioning patients but not in lower functioning patients. For lower functioning patients, stress levels increased with a mean stress level before sessions of 0.87 (SD=1.60) to 1.2 (SD=1.57) after session. For higher functioning patients, mean stress level before decreased from 1.53 (SD=1.14) at the start of sessions to 0.77 (SD=0.80) after sessions. The findings suggest that art therapy is an effective tool for reducing stress in high functioning adults with psychosis, but more exploration in terms of structure and measurement is needed to determine how art therapy can be used as a stress reducer for lower functioning populations.

Jessica Evancho
Creating Together: An Exploration of the Therapist's Production of Artwork in Open Art Studio Sessions
How can the art therapist’s creation of artwork in open art studio sessions increase clients’ motivation to engage in the therapeutic process? Adult patients hospitalized short term on a psychiatric inpatient unit have participated in a pilot study and been observed for two case studies. Patients who had previously been isolative became more active and formed relationships after nonverbal art interventions using the therapist’s own artwork. Through the inclusion of a review of significant literature, a pilot study, and two case studies the research question will be examined.

Stephanie Feinberg
Moving Site Location: Art Therapy in a Time of Transition with Mentally Ill Adults
This quasi-experimental, phenomenological study examines the way that a geographical change in site location impacts adults living with chronic mental illness at a community-based, mental health services day program. Ways in which creative therapeutic interventions such as mural making and other art interventions were used as a means of reducing anxiety related to the move for both clients and staff members. Questionnaires were administered before and after the move occurred to measure levels of anxiety and feelings revolving around the move. Themes of loss, change, uncertainty, ambivalence, and stigma were evident in the surveys as well as in the metaphor of client artwork. Staff testimonials and artwork suggested that staff members had a harder time coping with the move than the clients. Through the chaotic moving process, client’s resilience and strength was uncovered. Further implications on how a geographic move can affect this population and ways in which art therapy mediates the process should be explored.
Keywords: Mental illness, art therapy, change, anxiety, mural making

Kara Gould
Altered Books: An Expression of Self on an Inpatient Psychiatric Unit
The aim of this study was to see if the use of altered books as an expression of self with adolescents on an inpatient psychiatric unit would be beneficial. Throughout this study, observations were made linking the behavior of the patients to suggest themes of loneliness, aggression, empowerment and identity. In this study it was found that the use of altered books was beneficial for this population as they were able to express themselves through the therapeutic process.
Key Words: Altered Books, Adolescents, Art Therapy
Rachel Halegoua  
*Beading and Beaded Jewelry in Art Therapy*

This study examines the art of beading and beaded jewelry created by individuals in an adult inpatient psychiatric unit with different diagnoses of mental illness. The purpose was to determine if beaded jewelry can elicit a greater understanding of the internal state of the creator, due to its popularity within this setting. The results were analyzed with a focus on choice of bead material, bead color and the organization of beads on the string. Using art therapy literature and what is known about these aspects, this study explores potential correlations between these elements and discusses the possible use of beaded jewelry as an assessment tool. The writing focuses on 8 participants aged 19 to 55 of whom 4 were diagnosed with some form of psychosis, 3 with major depressive disorder and 1 diagnosed with bipolar disorder. These individuals participated in at least one beading activity and completed a post-test survey to evaluate the subjective therapeutic properties involved in beading and its finished product. After analyzing the data collected it was found that there appears to be several correlations exhibited in this study. There appears to be a relationship to the patients’ level of functioning and their organization of beads on the string. The bead material and color used to create the beaded jewelry also appears to correlate with the presenting affect and internal state of the artist, especially with the use of glass and depression. In addition, all the participants reported experiencing positive therapeutic effects from the experience. Through promising results from this study, groundwork for possible future research in this subject has been set.

Shelby Kanaly  
*Re-creating Client Artwork*

Re-creating client artwork is a useful process unique to the field of art therapy. Art therapists often look for creative ways to process a session, which allows for therapeutic dynamics that occur in session to be analyzed. This process offers an opportunity for the therapist to explore issues of countertransference as well as a more comprehensive understanding of the client’s unique creative process. The unconscious material that so readily surfaces in the client’s artwork can be reviewed and contextualized in the re-creation process. Insights gained in the re-creations are further explored with the aid of supervision and follow up sessions with the client. This research attempts to show how re-creating client artwork post session can be used to influence a variety of therapeutic measures. Qualitative and quantitative analysis of pre and post re-creation measures are offered to assess the effectiveness of the exercise. Implications for further research provide guidance as to how re-creations can be further assessed and applied to research modalities.

Jessie Leete  
*Touch Drawing & Mindfulness in Art Therapy*

Touch drawing is a process in which the individual uses their fingertips to create imagery on transparent paper. Touch drawing’s innate qualities can be of therapeutic value through encouraging mindfulness, empowerment, and self-expression. Multiple images can be created, each capturing the present feelings and thoughts of that specific moment.
This thesis explores the question: Is touch drawing an effective modality for promoting mindfulness in art therapy? The research took place with adults in both inpatient and outpatient units of a psychiatric hospital. It explores the therapeutic qualities of touch drawing, and how each of the participants utilizes it in their own individual way. Patterns of imagery were observed, and participants’ overall mood was measured before and after each session. While mindfulness was the primary concept of focus in the beginning of the study, other therapeutic qualities emerged, such as empowerment, skill-building, and self-expression. The kinesthetic and sensory qualities of touch drawing seemed to keep participants actively engaged in their drawing. Results showed that the touch drawing process evokes multiple elements of therapeutic value in art therapy.

Ida Marx
Exploring a Narrative at a Children's Residence
This paper examines the process of exploring a narrative through art therapy to provide relief for three children who have severe emotional and behavioral problems. The children in this study are living in a temporary residence in a large city on the East coast. They all have histories of complex trauma, resulting from physical and sexual abuse and neglect. All three children have a diagnosis of Attention Deficit Hyperactivity Disorder (ADHD), and Post-Traumatic Stress Disorder (PTSD) which has similar symptoms. Oppositional behavior of varying degrees is another symptom experienced by the residents, and they all experience depression and high anxiety. Art therapy was chosen as an intervention because traditional psychotherapy is not always an effective intervention with individuals who have experienced trauma, and also often not effective with children and adolescents.

Tarren Manfredi
Ritual as a Grounding Technique
This study focused on how the use of ritual in an art therapy group with adolescents can be utilized as a grounding technique effective for fostering group identity and cohesion. The ritual activity emphasized the significance of the ritual structure which should be consistent yet flexible to mirror stages of group change and formation. As time passed the adolescent group took it upon themselves to initiate the ritual process and introduce it to new members as the group composition changed quite frequently. The ritual set the tone for the group as members engaged in the process then transitioned into directive work. Studies done by Segal (2004), Fiese, Tomacho, Douglas, Josephs, Pottlrock & Baker (2002), and Van der Hart (1983) show that the shift from rejection to acceptance of the ritual process demonstrates its ability to gain meaning within the group over time, ultimately improving group cohesion. The research results corroborated these findings showing that ritual improved group mood and energy over time as well as increased group cohesion and identity. These findings highlight the benefits of using ritual in a group setting because it mirrors a family system as studied by Segal (2004).
Keywords: Ritual, art therapy, grounding, cohesion, structure, benefits, identity

Ingrid Mellor
Art Therapy with a Mixed Age, Multi-family Children's Group at a Shelter for Survivors of Domestic Violence
This group study examines how art therapy can be used to facilitate achievement of the Sanctuary Model treatment goals with a mixed age, multi-family children’s group at a shelter for survivors of domestic violence. Specifically, this study seeks to understand how art can aid in emotional expression, self-agency, frustration tolerance, and ultimately the development of supportive relationships with children of mixed ages including siblings. The therapeutic work was assessed through direct observational recordings of the group and artwork produces over the course of nine weeks. The participation of four children from two families is focused on to show how art therapy was instrumental in achieving group goals. The children’s art process, relationships to their artwork, and relationships with other group members additionally offer information about their attachment patterns. Significantly, the children’s attachment to their artwork and progress in the group suggest that their familial relationships and supportive relationships formed with other group members strengthened their resiliency after trauma.

Keywords: Mixed age group, children’s art therapy group, domestic violence, Sanctuary Model

Karen Mulcahy
The Art of Space: Forming a therapeutic Atmosphere in an Adult Hospital Detoxification Unit

A secured detoxification unit often perpetuates feelings of mistrust and shame that underpins the behaviors of an individual with substance abuse. This thesis explores the unique sense of space that art therapy creates within this unit, which not only address issues of low frustration tolerance, isolation and withdrawal anxiety, but core issues of maladaptive coping mechanisms stemming from mistrust and shame that beget much of the behavior of a substance abuser. Through observation and qualitative research multiple group sessions of adult clients explore and project their individuality and universal vulnerability within group art therapy.

Amanda Norris
Positive Art Therapy: Paving a Path to Hope Health and Happiness the Journey of Inpatient Psychiatric Adults

This thesis seeks to examine the intersection of art therapy and positive psychology and its impact on the promotion of forward thinking, goal setting and the instillation of hope on an inpatient adult psychiatric unit. To observe this dynamic the concepts of positive art therapy were applied to three different art therapy directives and were utilized over a six month period using an observational qualitative approach to collect data. The artwork produced throughout this study suggests that when patients are encouraged to shift their thinking away from pathology and onto goal setting and pathway thinking hope can be instilled. This study has also shown the benefits of using art therapy with an inpatient adult population in determining a patient’s progress in their treatment. Raising the question that patient artwork can aid in further concentrating treatment plans that utilize positive psychology principles which research has proven promote longer lasting positive effects after discharge.

Keywords: Positive Psychology, Hope Theory, Positive Art Therapy, Inpatient Care

Marisa Paolillo
Group Art Therapy and Peer Modeling with a Preschool Inclusion Class

Group art therapy within the setting of a preschool inclusion classroom can address therapeutic goals of improving social skills and ability to focus. Six children with various developmental delays enrolled in a preschool inclusion class benefited from group art therapy interventions and collaborative art making. Their treatment can be understood through peer modeling and observational learning. Group art therapy directives can facilitate positive social interactions through peer modeling and art making.

Keywords: Peer modeling, observational learning, social skills, preschool inclusion class, developmental disabilities, group art therapy

Javere Pinnock

Murals of Marginalization

In this study, the value inherent in using mural groups to build coping skills in preparation for discharge was explored. Concepts by group theorists like Yalom and art therapists like Malchiodi were reviewed in relation to the clinical work. The study looked at the emerging theme of the marginalization and stigma of persons living with mental illness. This topic occurred organically and inorganically across the study as it was a real world concern for patients preparing to re-enter a society that is ambivalent about the value of this marginalized community.

Keywords: Art therapy, murals, marginalization, acute care, inpatient psychiatry, community reintegration, mental illness

Marion Pope

Relational Recovery in the Metaphor: Art Therapy to Facilitate Integrative Processing of Sexual Abuse with Male Survivors

Current literature addresses the need for relational recovery when working with male survivors of sexual abuse in order to overcome feelings of shame and low self-worth, but none of it is specific to art therapy. The study was conducted at a residential center for men in treatment for substance abuse. An art therapy group met weekly and individual and group art directives were determined by the needs of the group as it progressed in order to address aspects of recovery and trauma responses. Clients were able to use the metaphor of the artwork to express safely their feelings and experiences while also supporting and validating each other, which assisted in recovery of interpersonal skills and trust. Further findings demonstrated art therapy as facilitating verbal processing and providing a reparative experience. More research is needed in this field for continued understanding of this issue.

Keywords: men, substance abuse, trauma, sexual abuse, art therapy, metaphor

Liz Prentice

Therapeutic Values of a Studio for Artists with Developmental Disabilities

In an artsy and busy, urban neighborhood, there is an art studio that is set up for adult artists with intellectual and developmental disabilities. This research was conducted in order to discover what therapeutic values are offered to these artists through this studio-based day habilitation program. The most essential therapeutic values that were found to be provided by this studio were an increase in social skills, increase in inclusion in the community, improvement of regulation of emotion, and an increase in personal autonomy.
and self-determination. It was found that the program provided the artists with opportunities to develop skills and gain independence and then translate what they learned into real world situations in the community. The studio was found to offer artists an empowering place to create art on a daily basis.

Katherine Robichaux

_The Effects of Watercolor Painting on Stress_

This paper looks at the effect that painting with watercolor has on stress using a mindfulness-based approach. Stress is a system that causes an interaction between a person and their environment. The environment can hold threat, harm, challenge, or benefit and each person, based on their experiences, will appraise the environment differently (Lazarus, 1993). A person practicing mindfulness does not judge their thoughts and feelings, instead they accept them as they come and go (Williams & Kabat-Zinn, 2011). This study was conducted on a group of 14 college students from a visual arts college in an urban city. The study found that engaging with watercolor in a structured group using a mindfulness-based approach decreased stress levels. While mindfulness is so universal and has the ability to be applied to almost any person in any culture, watercolor is also known to be very accessible. This lends itself to using this stress-reducing technique in many different settings, including college campuses.

Keywords: watercolor, art, mindfulness, stress, college students

Jennifer Russo

_Trauma and The Soft Arts_

Winnicott (eds. 2005) said, it is in playing and only in playing that the individual child or adult is able to be creative and to use the whole personality, and it is only in being creative that the individual discovers the self. This study aimed to find ways in which soft art materials could help soothe adolescents who have experienced complex trauma while they lived in a residential treatment center. Three case studies of female adolescents were used to explore this question along with two weaving groups at two different mother baby residential homes. The outcome of using the soft arts in this population showed the clients were able to explore their traumas while being grounded by the soft materials. The holding environment of therapeutic space seemed to be able to allow clients to explore their self-images in the metaphor of art and provided a space to explore their playful and creative sides.

Jazmin Sentis

_Identifying Markers in the Artwork of Children with Trauma as an Aid in Effective Treatment_

Art therapists working with traumatized children have historically integrated a variety of treatment orientations including Cognitive-Behavioral Treatment (CBT), psycho-education, mindfulness, family therapy, and group therapy into their practice (Collins et al, 2011; Pifalo, 2006; Pretorius & Pfeifer, 2010). The guidelines for treatment of trauma populations can be more or less structured in order to increase the likelihood of emotional, cognitive and/or behavioral trauma adaptation. Research suggests the use of art-based interventions combined with other expressive forms of therapy to address safety, confidence, discussion, and improving family dynamics as a result of trauma is
highly effective. In addition, identification of markers in the artwork of children with trauma can assist in formulating treatment approaches.

**Kaitlin Shideler**

*Brief Art Therapy Interventions in an Emergency Room Setting*

This thesis will present a model of single-session art therapy and examine its usefulness when providing services to patients in an emergency room who have been triaged as experiencing psychiatric crises. Particular focus will be given to the Person Picking an Apple from a Tree art assessment (Gantt & Tabone, 1998), both as a diagnostic tool for providing valuable clinical information to a multidisciplinary treatment team and an art task that can help patients to bind anxiety and become more engaged in their treatment process. A cross-section of case studies with artwork will be presented, and the results will be discussed both in terms of contributions to patient care and recommendations for future research.

**Naysha Stone**

*The Use of 3D Materials in Art Therapy with an Adolescent in Mourning*

This thesis examines the role that 3D objects in art therapy can have on a 15-year-old female adolescent with a history of aggression and anxiety. Through individual art therapy sessions, the application of 3D materials were used to assist the individual’s grief and loss that had been masked by anger. Through the use of 3D objects the child was able to explore and communicate her feelings of grief and loss and how it affects her aggressive behavior and feelings of anxiety. Furthermore, the child was able to increase communication of feelings with staff and peers, decrease her verbal aggression and deal with her grief and loss.

Keywords: Adolescent, grief, loss, 3D materials, aggression, Bowlby

**Laney Wallace**

*Emotional Regulation and Group Cohesion as the Support for Adolescents through Art Therapy*

The following study used a qualitative, multi-case study design to examine the effects of an art therapy group on an at risk adolescent population trying to obtain their general education diplomas. Research from approximately thirty sessions at a community center included process notes, attendance records, documentation of artwork and surveys. Literature and recent statistical information provided allows for a better insight to the complex environmental stressors an at risk population such as the art therapy group participants can experience. Flexibility and adjustments in the structure of the group facilitated emotional regulation and group cohesion as the main goals and themes present within the group work. New coping skills for self-regulation were achieved, processing and containment of emotions occurred, group interactions prepared individuals for possible future endeavors and supportive interpersonal relationships were fostered. Survey results yielded the majority of participants experienced a more positive mood shift subsequent to the art therapy group which may have contributed to a more successful day in school.

Keywords: art therapy, adolescents, at risk individuals, emotional regulation, group cohesion
Blair Wiedemeier  
*PhotoCollage: Projective Phototherapy Techniques & Present-Thinking With Clients in Recovery*

This paper describes a group art therapy research project that addressed adult client treatment goals within a short-term, inpatient chemical dependency unit in a medical setting. The research intended to observe whether projective phototherapy techniques increased present-mindedness amongst participants in recovery, and all clients were asked to answer the following question using collage materials and stock photography images: “If you could take a Polaroid picture of today, what would it look like?” 25 clients participated in the study over the course of 4 sessions that were held on a bi-weekly basis. While results showed a decrease in client self-report of present-mindedness and a steady expression of future-oriented thought processes, it is plausible that clients consistently reported thinking about the future because their time on the unit was brief. Therefore, forward thinking may be considered a positive adaptation at this site and is potentially a sign of resilience. This paper highlights both individual and group projections onto stock photography and collage imagery, client self-report of thought orientation, overall mood state and desire to recover, and in-depth comparisons between images created by clients who participated in more than one session.

**Keywords:** phototherapy, collage, substance rehabilitation, addiction, group art therapy

Melissa Zehnwirth  
*The Impact of Leadership Roles for Elementary School Children in an Art Therapy Group*

This thesis focuses on the impact of leadership roles in an art therapy group for elementary school students. The research specifically studies a group of four students who were referred to art therapy for issues with properly expressing feelings of anger. Eight art therapy sessions were held as part of an after school program, and the position of leader was rotated throughout, appointing each student as leader twice. Through the appointment of this leadership role to a member of the group, this research attempts to understand the impact of responsibility. Through observation of behavior, artwork, and student evaluations, findings showed that the leadership role did impact the dynamic of the group. While the group leader did not always carry out all of the necessary responsibilities, group members consistently mirrored the artwork of the group leader, and the presence of a leader facilitated an increase in group cohesion.

**Keywords:** Art therapy, leadership, leadership roles, elementary school students, group art therapy

CLASS OF 2013  
Bethany Altschwager  
*The Role of the Digital in Art Therapy with School-Aged Children*

Literature regarding the use of digital technology in art therapy remains highly polarized and as such reflects an area of continued controversy within the field (Alders, Beck, Allen, Mosinski, 2011; Klorer, 2009; Gerity, 2001; Ansano Thong, 2007; McNiff, 1999; Orr, 2006; McLeod, 1999). Through observations gathered over ten weeks from a group of school-aged children at a community-based after-school program it is clear that there
are both therapeutic and counter-therapeutic applications for digital technology. Findings suggest that for some clients digital technology offers opportunities for healthy risk-taking, experimentation, exploration of fantasy, mastery, and play. Within the context of the group the computer can facilitate modulation of varying levels of social interaction affording opportunities to see, be seen, assist others, or be solitary. For other clients digital technology may be difficult to use and may also mirror the isolation and overstimulation of a cold, media-drenched world. Treatment implications and considerations for future study are also discussed.

Keywords: art therapy, digital technology, group, play, potential space, risk-taking, school-aged children, seductive environment

Esther Bleier
The Impact of Complex Trauma on Adolescence
This study utilized a qualitative phenomenological design to examine the effects of complex developmental trauma, or chronic trauma resulting from environmental instability, on the development of identity during adolescence. The struggle towards identity formation and the establishment of a sense of self was examined through the lens of attachment theory, and several domains in which complex trauma interacts with development. These areas, of attachment, biology, affect regulation, cognition, behaviors, dissociation, and self-concept, are explored through the observations of adolescent behavior and artwork. The results of this study illustrate the systems of adaptation and defenses which the adolescents develop, the ambivalence they utilize to help form a sense of self, and the creativity they employ in their artwork and functioning to express and transform their experiences and environments.

Mary Budd
The Use of Art Therapy in the Aftermath of Hurricane Sandy
This research focuses on the utilization of art therapy as a mechanism for trauma recovery. This thesis paper further examines short-term art therapy work with a ten-year-old child immediately following Hurricane Sandy. The research attempts to understand the psychological effects of the natural disaster and corresponding coping mechanisms, such as art therapy, that may lessen the impact of various post-traumatic stresses. The paper focuses in-depth on how art therapy was used with the child to facilitate a safe space to express overwhelming emotions that arose from primary and secondary stressors resulting from the hurricane.

Keywords: art therapy, trauma, natural disasters, short-term work

Francesca Cangeloso
Working Towards a Common Goal: Integrating Art Therapy Into a Pediatric Hospital
This thesis focuses on examining and analyzing the integration of art therapy into the medical setting of a children’s hospital. While research supports the use of medical art therapy, and the correlation between its psychological benefits and a patient’s physical well-being (Nainis, 2008), bridging the gap between medicine and the therapeutic use of art is often difficult. This paper will present staff perceptions received through an online survey about the view and utilization of art therapy in the hospital setting. Further, the use of art therapy in the hospital setting will be supported by case-vignettes highlighting
the work done with two adolescent girls coping with cancer, and the many subsequent attributes that their diagnoses entailed.

Keywords: Medical Art Therapy, Children’s Hospital, Survey, Cancer, Adolescent Coping

Mona Luisa Diogo
*iFeel: The New Therapeutic Language of the Techno-Digital Age*

Despite the fact that the number of art therapists using digital technology as an art medium continues to increase, the full acceptance, adoption and integration of this medium continues to find resistance in the more conservative voices of a discipline rooted in traditional art materials. This study aims to provide a general understanding of the concerns art therapists share regarding technology, the source of the fears that condition their reluctance to embrace this medium, as well as some of the reasons why technology is not more widely used today. It also discusses the benefits of working therapeutically with technology by giving voice to those in favor of digital technology as a therapeutic art medium. Digital technology is also discussed in relation to the uses and implications of a school, particularly with an adolescent population. By looking closely at adolescent development and adolescent contemporary digital culture, it will outline why adolescent clients are particularly well suited to the language of digital technology as an art therapy medium. This preliminary, qualitative, comparative research study aims to measure art therapists’ interpretations of digitally created artwork made by adolescent art therapy clients. In other words, it seeks to compare the differences in the richness of content perceived between the completed still-image and the video recording of the creative process. A group of ten raters, with professional experience in child and adolescent development were asked to look at three pieces of artwork, each presented in two forms: a still-image and the video image. Subsequently, they were asked to fill out corresponding questionnaire forms and their responses were then analyzed and compared. Research results and findings are discussed as they relate to the differences between the art product and the art making process, which through modern digital technology can now be recorded from beginning to end.

Ann Ellen Goodstein
*Puppet Making: Empowering Children*

A View through Current Perspectives in Humanistic Psychology

The results of a ten-session art therapy group with Hispanic students ages nine through eleven in an urban after-school program were explored through the lens of a humanistic psychology unified theory of human development. The empowering effects of puppet-making were examined for their effectiveness in improving emotional, social, and behavioral well-being.

KEYWORDS: Art Therapy, Puppet-Making, Empowerment Through Making Art, Humanistic Psychology, Humanistic Theory of Human Development, Hispanic Children Ages Nine through Eleven, Gang-Age Children, Group Art Therapy

Reilly Ingham
*Art Therapy with Women in Recovery*
This thesis explores the use of art therapy with women in recovery. By presenting an overview of both individual and group intervention art activities with a group of women who are dually diagnosed with mental illness and chemical dependency. Ten sessions were held in an outpatient treatment program in a large hospital in an urban neighborhood in the state of New York over a twelve-week period. This thesis specifically focuses on the benefits of group work and collaborative art making with this specific female population. Through observation and qualitative research, findings showed that group art making increased self-esteem, reduced stress, improved interpersonal skills, encouraged connections, and ultimately helped participants develop a sense of community.

Key words: women in recovery, mental illness, chemical dependency, art therapy, group work, collaborative art making, self esteem, connections, sense of community.

Josh Intrator
The Creative Process as a Metaphor for Empowerment: Working With an Artistically Inclined Client
This thesis explores the significance of metaphor in the creative process by focusing on the collaboration between the art therapist and an artistically inclined client on a long-term art project. The client, a middle aged man with major depressive disorder and borderline intellectual functioning, used the creation of this project as both a means of nonverbal self-expression and as a way to address his fear of alienation. Through observation and qualitative research, we see how the use of metaphor, developing an identity as an artist and the therapeutic value of art exhibition work to empower the artistically inclined client. Additionally, by exploring the therapist’s countertransference, we may see how the use of metaphor expands beyond the scope of the created artwork itself and aids in supporting the therapeutic relationship.

Keywords: Metaphor, Major Depressive Disorder, Therapeutic Alliance, Art Exhibition, Identity as an Artist, Countertransference

Cara Mellea
“We’re not homeless, we’re just misplaced”: Art Therapy in a Relief Shelter Following Hurricane Sandy
This thesis examines the application of art therapy following the natural disaster of Hurricane Sandy, which struck the Northeast on October 29th, 2012. The work focuses on the application and practice of art therapy in a transient shelter for survivors of the storm in the New York metropolitan area. This study provides an in-depth look at how art therapy can be applied to those who have experienced sudden loss of possession and household, as well as how art therapy can aid in processing the trauma, grief, and shame associated with loss. The work at the shelter was informed by the basic needs of each client and their individual experience, and helped to provide containment and safety for the residents of the shelter.

Kelly Merriam
Brief Sensory Based Art Therapy Interventions with At-Risk Adolescents
This qualitative comparative multiple case study design explored the short-term effects and benefits of single-session, five-minute sensory based art therapy interventions with adolescents in an alternative high school setting with behavioral, substance abuse and
mental health needs. The literature review, exploratory data collection, and descriptive observations done throughout the study offered a unique approach at understanding and treating trauma from a developmental lens. When applied to a structured milieu model, brief tactile art interventions proved to be helpful in grounding clients in reality and enabling them to return to their baseline level of functioning. Using a combination of balanced and active participation, the study addressed how various art materials and the manner at which they were manipulated, influenced how well a student was able to regulate their emotions and anxiety. The data appears to suggest that the creation of boxes, small mats, and craft products using origami paper, felt, and yarn appeared to reinforce a sense of safety and trust in the therapy session, which laid the groundwork for more exploratory play and free expression to take place. Based on an in-depth analysis of six case vignettes, brief tactile based art interventions establish an equilibrium between the senses and help to restore mind and body connections. Overall, the findings show that precursory art activities are useful in crisis intervention work, and have strong potential for being implemented into more complex, long-term individual and group art therapy treatment.

Heather Montemarano

*Incorporating Relaxation Techniques in Psychiatric Inpatient Art Therapy*

This comparative multiple case study examined the ways in which introducing modified breathing and visualization techniques during an art and relaxation group on an adult inpatient psychiatric unit enhanced patients’ relaxation states. The review of the literature indicated the various challenges concerning the facilitation of acute psychiatric inpatient groups, and these difficulties were thoroughly explored and adjusted throughout the course of this study. Changes in levels of relaxation were observed and measured using behavioral observations, art analysis, and a modified pre-post self-reported State-Trait Anxiety Inventory. Groups were ultimately split into higher and lower-functioning level groups, and this, along with the writer’s ability to remain flexible, appeared to facilitate the ability of group members to experience a heightened sense of relaxation.

Sophia Saad

*Art Therapy with Adolescents with Visual Impairments & Blindness*

The social-emotional development of adolescents with visual impairments and with blindness is believed to be regressed due to their disability (Fraiberg, 1997; Preisler, 1991; Shulman and Rubinoit, 1987). This paper addresses how the involvement in art therapy can support social-emotional development. The work focuses on two male adolescent clients in a school for the visually impaired and blind. The paper documents their social-emotional development within an art therapy setting over a five-month period. It explores how art therapy supported their progress.

Ahn Hee Strain

*Using My Senses, I Explore: The Process and Interactions Between Sensory Materials & Adults with Autism Spectrum Disorders (ASD)*

When comparing a typically normal developing child with a child diagnosed with a pervasive developmental disorder (PDD) there are significant differences that begin in the early stages of the infant’s development when attempting to form the infant-primary
caretaker relationship (Harris & Glasberg, 1996). A child with an Autistic Spectrum Disorder (ASD) experiences impairments including, social interaction, language, attachment and withdrawal behaviors (Harris & Glasberg, 1996). This multiple comparative case study design aimed to explore the use of sensory stimulating art materials with ASD adults, sample size of four, in order to increase non-verbal communication and level of engagement. Results found that the influence of environment and the participant’s interaction with various tactile materials were important factors to increasing comfort, level of engagement and art production.

**Hina Singh Suri**  
*Fusion Beads as an Impetus Towards Higher Forms of Artistic Expression*

A qualitative group case study was conducted with adolescents in a residential treatment facility in order to explore the use of fusion beads beyond a craft based activity towards higher forms of artistic expression. Three different art therapy groups were held once a week, approximately one hour long. One group was comprised of adolescent males aged 13-15 years. Another consisted of adolescent males aged 12-17 years in a family court assistant program, and the last group included adolescent girls ages 14-16 in the same program. Participation in the group activity seemed to increase group members’ social interaction, patience, and trust levels. The results of this study suggest that using fusion beads as a precursory art activity increased participants’ interest in higher forms of artistic expression. The finished products also appeared to serve as a type of transitional object to help cope with day-to-day stressors.

**Jacqueline Tassiello**  
*The Use of Short Term Art Therapy in the Emergency Department*

This thesis explores the use of art therapy with various populations in a crisis setting of a hospital emergency department. Literature concerning current trends in healthcare, crisis and how art therapy may support patients’ treatment is discussed. Review of the ways short-term interventions such as the use of an assessment can assist in establishing the therapeutic relationship as well as the role of the art therapist in an emergency setting. Themes such as loss, vulnerability, and resilience that arise while working in a flexible, humanistic framework are presented. The results found common themes and patterns that arose in patient artwork, how the therapeutic relationship was utilized by patients to meet basic needs, and how art therapy provided a means for patients to connect on a more personal level of their treatment.

Key words: art therapy, emergency department, short-term, hospital, crisis, assessment

**Arianna Villareal**  
*Art Therapy and Giving Back*

The at-risk adolescent population within Residential Treatment Centers is prone to aggressive behaviors, impulsivity, poor social skills, and low self-esteem. Trauma and unsafe environments have been the catalyst to many of these behaviors. This thesis examines how art therapy provides structure and tools for non-verbal communication and expression equipping youth with strength and promoting altruistic behaviors. Altruism connects to a focus on positivity and giving back. When given the opportunity to express altruism, youth may then view themselves as making contributions to society. This stands
in stark contrast to the reasons for their admission to the facility. Over the course of this study, I found that as group members adopted altruistic and role-taking behaviors, they were caring for each other.

Keywords: adolescence, at-risk, residential treatment centers, art therapy, altruism, role taking, giving back

Jennifer Wainstock

Artwork as a Reflection of Hidden Shame: Working with a Homosexual Young Man

Inadequate social support, shame over not fitting in to gender role expectations, and internalized homophobia are some of the many reasons gay men fall victim to depression. Due to their vulnerability to shame, homosexuals’ lives often become driven by the avoidance of shame and the search for validation. While individuals may have difficulty verbalizing the root of their concerns, artwork can reflect therapeutic needs in a way that verbal discussion cannot. This thesis research presents a qualitative case study of the use of art therapy with a 24-year-old gay male who appears to exhibit hidden feelings of shame. Ways in which the individual’s vulnerable identity is projected through his artwork is examined.

Keywords: shame, gender, validation, false-self, art therapy

Paget Walker

Shared States of Consciousness: How Children Make Meaning with Parents with a Mental Illness

The convergence of neuroscience and psychodynamic theory is expanding our understanding of the way a child makes meaning through early affective attunement with its caregiver. Research by Tronick (2009) and Schore (2004, 2008, 2009) suggests that this shared state of consciousness between child and caregiver shapes the development of its lower right brain regulation systems and the child’s implicit sense of self. Although this research on early neurological development demonstrates that dyadic attunement between caregivers and child provides a basis for affect regulation and self-organization, there is little data available on the ways in which a child’s state of consciousness is affected by a parent’s mental illness. This case study considers the nature of attunement and shared meaning-making between a child and a parent who has mental illness as reflected in artwork and therapeutic exchanges. This study also considers the effect of mis-attunement and asymmetrical attunement on a child’s developing concept of self.

Search terms: Art therapy, neuroscience, attunement, affect regulation, foster care, parents with mental illness, state of consciousness

CLASS OF 2012

Leyla Akca

Group Art Therapy as an Intervention for Adolescents with Insecure Attachments and Substance Use Problems

This Qualitative study explored the use of art therapy as an intervention for adolescents with substance use issues in an intensive outpatient care program. Bowlby’s attachment theory as well as neurobiological effects of maladaptive attachment styles were examined in order to identify, examine, and understand possible underlying problems that may be contributing to developing substance abuse disorders in adolescence. The group art
therapy sessions discussed in this thesis aimed to address issues such as impulsivity, isolation, lack of sense of security, difficulties in regulating affect by providing a holding environment and containment for the group members. Through the atmosphere created in the art therapy group, the group members were able to engage in creative thinking and problem solving became mindful of their own emotions, gained self-awareness and developed capacity for secure attachments through creating connections to one another.

AuraSofia Alvarez
The Effects of a Family-Centered Art Therapy Approach for Hospitalized Children and Their Families
Illness can affect not only the hospitalized child, but also the child’s siblings and parents. Family life can be disrupted by a hospitalization, and often the changed family dynamics affect the functioning of the family system. This study examined the use of the bookmaking process as a means of improving communication within families of hospitalized children. Bookmaking documents experiences, can be non-threatening, is accessible to participants of all skill levels, and can improve the client’s prognosis through increasing the level of family involvement. Additionally, bookmaking can serve as the transitional object from the hospital to the home, maintaining a connection between children and families during hospitalization. The bookmaking was created with the hospitalized member and with the parent of a hospitalized member and the resulting books appeared to provide a form of coping for the child and the child’s individual family member who seems to need the most attention and support. The hospitalized child and the child’s family member were both the art therapy clients by virtue of their participation in the directive.

Natacha Alvarez
Nurturing the Development of Affective Expression through Creative Interventions
Maltreatment and loss of attachment relationships in early childhood can lead to profound psychological stress and severe emotional disturbances. When the developing brain is exposed to adverse experiences, it has a tremendous impact on major neurological functions that can permanently alter an individual’s emotional landscape. A case study of a traumatized 11-year-old girl illustrates the effects of experiences with ongoing loss, neglect, and abandonment. This research also examines how current findings in neuroscience and attachment theory provide a foundation for the use of the art therapy modality as an effective treatment intervention with traumatized children. Investigating further methods of incorporating neuroscience into art psychotherapy practice to target deficits in the central nervous system may be instrumental in providing a child with the most relief from the debilitating effects of trauma.

Alexandra Caminiti
Art-Making as Self-Care for Art Therapists Working with Inpatient Psychiatric Populations
There are many stressors working with inpatient psychiatric populations, particularly the intense demands placed on an art therapist’s identity, which warrant a need for self-care. This qualitative research study used a phenomenological design to explore the impact these stressors have on an art therapist’s identity and the effectiveness of art-making as a
means of self-care. It was hypothesized identity maintenance is necessary as a part of self-care for art therapists, and art-making could be an effective means as such. Through this study, it is evident that there are both client-based stressors and staff/environment-based stressors when working in inpatient psychiatric units. The results provide evidence that stressors impact art therapists and elicit a need for self-care. Art-making appears to be useful in maintaining an art therapist’s sense of identity.

**Lena De Leo**  
*Wish Dolls: Doll Making as an Art Therapy Directive with Children*  
This paper explores a no-sew method of doll making as a directive that can be used for art therapy in a wide variety of settings and populations. As a powerful mode for projections, transitions, and self-explorations, the doll has been used throughout history and within various cultures for a wide array of different purposes. This paper addresses these available uses for dolls and doll making as art therapy techniques, and focuses on the importance of the no-sew wish doll as an art therapy directive. The comparative case study design concentrates on a qualitative review of elementary school aged children utilizing this technique who are dealing with issues of divorce, loss, and body image issues.

**Irina Derkacheva**  
*The Role of Craft-Based Directives in Art Therapy with Incarcerated Psychiatric Patients*  
This qualitative exploratory study examined the effects and the benefits of using craft-based directives in art therapy practice with incarcerated individuals housed in mental observation units of a large city jail. The review of literature and the observations made in the course of this research project indicated that forensic settings offer very unique challenges to both the patients and the therapists. When used within a therapeutic framework, craft-related activities, such as coloring pages and construction paper collage, proved to be an effective tool in responding to the specific needs of the incarcerated population as well as to the limitations imposed by the rules of the facility. According to the observations made in the course of this study, the use of craft-based directives supported the achievement of important therapeutic goals, such as building rapport and establishing a therapeutic relationship, improving group cohesion and promoting the sense of universality, increasing self-esteem and frustration tolerance, and teaching appropriate social skills. Furthermore, the diagnostic value of such directives as well as their potential for encouraging creativity in the patients were noted. Based on the available literature and personal observations, the author concluded that craft-related interventions can be used in therapeutic work with other populations that present with similar challenges.

**Katie Fitzsimmons**  
*The Video Camera as a Witness to the Life Review of a Dying Man*  
This thesis researches how digital video can be used as a tool in the art therapy treatment of a 77-year-old man with cancer in the last 8 months of his life. It highlights the affects of institutionalized living on an individual and the anxieties surrounding illness and death. The case study will present how Tom (a pseudonym) processed his life as a singer
Valerie Hope  
*Dialectic Behavior Therapy Elements in Art Therapy*

This study focuses on how art therapy can be used as a tool for Dialectic Behavior Therapy on an inpatient psychiatric unit. The use of group art therapy with three mentally ill and chemically addicted patients, two women and one man, was recorded over their brief hospitalizations. Using art therapy in congruence with Dialectical Behavior Therapy elements of mindfulness, emotion regulation, distress tolerance, and interpersonal effectiveness allows the patient to use the art process as a creative outlet of their thoughts and feelings. Their progress verifies how the artwork can help a patient stay focused and present in the art process (mindfulness), use the artwork to reflect on their emotions (emotion regulation), accept a range of emotions (distress tolerance), and attach meaning to an image and communicate their internal states and needs (interpersonal effectiveness).

Jennifer Hughes  
*Developing a Therapeutic Atmosphere in Single Art Therapy Sessions on an Adult Medical Unit*

Creating a therapeutic atmosphere in the unpredictable, biomedical based model of a hospital poses a challenge due to the brief time frame, the lack of background on the patients, and open space. The therapeutic atmosphere can be developed through the use of a person-centered approach, treating each meeting as a single session complete with all the stages of treatment, and through adjusting the physical space of the room when working bedside. This thesis explores how each bedside art therapy session, with three individual female patients, utilized these ideas in various ways in order to create a therapeutic atmosphere for each patient.

Heather Kosch  
*From Internal to External Reality: Art Process as Communication for People with Psychiatric Disorders*

Verbal communication with a population of psychiatric patients can be difficult due to the symptoms that accompany their illnesses. Communication is vital on a psychiatric inpatient unit to help organize, contain, and keep patients from declining. Art making can help facilitate communication, revealing patients’ internal states in a contained manner. Through the theoretical application of object relations, the expressive therapies continuum, as well as an ego supportive approach, this thesis seeks to explicate how the therapeutic process of art making helped patients in the psychotic spectrum better communicate an internal state externally.

Jee Yeon Lim  
*An Open Studio for Adults with Chronic Mental Illness as a Means to a Therapeutic Healing Space*

This study explores the benefits of an open art studio for adults with chronic mental illness who have adapted themselves to their independent lives outside institutional care. This research was based on an observational qualitative approach an was conducted in a
recovery unit as part of an internship placement over a period of five months. The open art studio provided each client with a safe and nurturing milieu for healing and authenticity through the creative art process. Each client utilized the open art studio as an outlet and support for dealing with their individual problems at their own pace. The results suggest that the open studio art therapy approach can be a valuable therapeutic modality which helps the clients to recover from mental illness and maintain their independent lives outside the institution.

**RaeAnne E. Mac Millan**

*¿Cómo Se Dice Terapia de Arte? United States Art Therapy Practice in Liberia, Costa Rica*

This thesis examines the application of traditional United States art therapy practices in an international setting. The work focuses on six American art therapists practicing art therapy over the course of three consecutive weeks at an elementary school in Liberia, Costa Rica. This study provides an in-depth look at cross-cultural counseling and therapy practices, different styles of practice based on such, and the application of these styles from one art therapist’s perspective in Costa Rica. This particular experience supports a person-centered approach in which the art therapist is predominantly informed by the therapeutic experience rather than pre-conceived biases or ideas based on literature. It recognized the significant limitations not only in the relevant literature available for such international practices but the limitations in American art therapy practice, as it is influenced by its own culture.

**Kiera Rommel**

*Childhood Grief and Bereavement: How Art Therapy Allows Two Children Narrate Their Experience of Bereavement*

Death, grief, and bereavement can be difficult realities for grown individuals to comprehend. It can be exceptionally overwhelming for children to cope with death, indicated with their insufficient cognitive understanding of the everlasting effects of death. This study focuses on how two elementary school children processed their experience of bereavement through the use of art therapy. Their progress exemplified how art therapy, interactive play, and sand play can permit children to delve deep within themselves and explore their worlds, including respective losses.

**Allyson Root**

*Incorporating Background Music in Art Therapy on an Adult Inpatient Psychiatric Unit*

The concept of introducing background music into an art therapy setting has been a controversial topic of considerable debate among practitioners. Some argue that background music can be utilized as a useful therapeutic tool contributing to increases in ability to focus on tasks, and to decreases in overall anxiety levels. Others assert that music can hinder self-exploration, and serve as a distraction from the intense introspective process that is elicited through art therapy practice. This study seeks to interpret the effects of introducing background music into a group art therapy setting on an adult inpatient psychiatric unit. The groups that incorporated background music participants appeared to experience lower levels of anxiety, greater social engagement, and heightened creative focus in comparison to the groups that did not include
background music. Although these benefits were observable among hospitalized patients living with mental illness, the inclusion of background music into art therapy groups may not be a source of therapeutic progress for all populations.

Macarena Rufin
Themes and Dynamic of Women’s Art Therapy Groups in an Acute Adult Inpatient Psychiatric Unit
This qualitative multiple case study explored the reoccurring themes that arose in gender-specific women’s art therapy groups in an adult acute inpatient psychiatric unit, and how these themes manifested in the art processes. Women’s art therapy groups were held once per week for the duration of four months, averaging five participants ages 18 and older. Using a combination of rigorous observation and interactive interviewing, the findings elucidate common issues that women with mental illness face and how to effectively structure women’s art therapy groups in psychiatric settings. The main challenges faced in the study were related to time constraints, maintaining confidentiality, and rapid patient turnover. The creation of boxes as an art therapy directive seemed to reinforce a safe and contained environment and address the inherent psychological needs of the women. The reoccurring themes that emerged in the artwork and verbal process were motherly nurturance and dysfunction within relationships. The findings of the study highlight the capacity of art therapy as an effective treatment modality and support the use of a gender-specific approach in a psychiatric setting.

Lucy Scott
The Art of Attunement: How Neurobiology Informs the Art Therapy Treatment of a 5-Year-Old Girl with Posttraumatic Stress Disorder
This thesis explores the art therapy treatment of a 5-year-old girl dealing with issues of extreme loss and traumatic attachment. Gloria was placed in foster care after a report of repeated severe sexual abuse and was diagnosed with posttraumatic stress disorder. The therapeutic process is viewed through the lens of neurobiology, and the interventions were informed through a developing understanding of this literature and its implications. Interventions of attunement and mirroring through the shared experience of art making aided in the processing of traumatic material and affective organization.

Alix Sugarman
Promoting Responsibility, Socialization and Identity in an Art Therapy Group with Adolescents Obtaining Their General Education Diploma
This thesis examined if an adolescent art therapy group could promote socialization, responsibility, and contemplation of identity. Research took place at a community setting over four sessions of an art therapy group of 17-21-year-olds who dropped out of high school and were trying to obtain their General Education Diploma (GED). Statistical reports and surveys, process notes, documentation of images, and supervision were used to collect data. Providing a structured and flexible holding environment for this group promoted exploration of identity, socialization, and responsibility.

Samantha Tomao
Utilizing Projections from Adult Clients with Mental Illness as a Form of Intervention and Containment in Art Therapy

Art therapy within a partial hospitalization program for adults with mental illness can provide a holding environment for clients’ projection. In the qualitative examination of work done by an adult female patient with Bipolar I disorder and an adult male patient with Schizophrenia disorder, art therapy interventions derived from patient projections served as containment for internal control and organization. This thesis explores how the nature of mental disorders and patient projections can be identified and how the way in which these projections manifest in art therapy contributes to the specific moment and decision of an appropriate intervention.

Yoshiko Ugawa

Doll Making and Play Therapy for a Child Who Exhibits Perfectionism and Identity Conflicts

Maladaptive behaviors in children are deeply linked to their family and society. In modern society, individual achievements, time efficiency, intellect, as well as superficial performance and appearance are valued. Living with and being influenced by these cultural norms, children are often deprived of an opportunity to develop their own creativity, emotional selves, and healthy egos. This qualitative research provides a case study in working with an 8-year-old girl who seems to have developed perfectionism and identity conflicts as a result of adapting herself to the cultural norm. This paper explores how child-centered art therapy and symbolic play could help children, who feel discouraged to develop their true selves, restore their individual originality, autonomy, and authentic connection with themselves and others.

CLASS OF 2011

Emily Alvarez

Reparation through a mother-daughter doll-making group for an adolescent girl impacted by trauma

This qualitative case study outlines the significance of the art making process for Gia, a 13 year-old girl impacted by domestic violence and Usher syndrome, a visual and auditory disability. Gia and her mother, Ms. Lopez, attended a mother-daughter doll-making group while they resided at a domestic violence shelter in urban New York. Throughout the course of eleven sessions, Gia explored her sense of self and autonomy in relation to her disability and her experiences with domestic violence. The dolls that Gia created took on characteristics of herself and beloved family members, allowing her to explore roles and ideals about her family. Gia’s dolls also reflected her experiences of loss connected to her disability and domestic violence. Through the group process, Gia had a corrective experience in which she and the dolls that she created were accepted, deemed special by the group, and regarded as family.

Sarah Amiel

Art Therapy With a Child of Parents Pending Divorce

The dynamics of the American family is changing quickly under the impact of divorce, which involves children 40% of the time and leaves them traumatized. An art therapist must be sensitive to the potential effects of divorce on the children she works with, even
when the subject of divorce is absent from a client’s referring profile. This case study considers the traumatic impact of divorce on a seven-year-old boy, with attendant anxieties, and examines how art therapy can address and treat this trauma. In revisiting seventeen individual art therapy sessions that were conducted over the course of six months, the importance of play, transitional object and the use of tactile materials to alleviate the anxiety of a seven-year-old boy will be presented.

Pooja Bakri
Relieving the Body: The Use of Art Therapy As a Safe Alternative for Self-injurious Behaviors in an Adult Survivor of Childhood Sexual Abuse
This thesis will examine the case study of a 25-year-old woman diagnosed with Bipolar Disorder, Borderline Personality Disorder, Post Traumatic Stress Disorder (PTSD), and Polysubstance abuse with a history of sexual abuse, self-mutilation and eating disorders.

This qualitative research was conducted over a three-week period at a short-term psychiatric inpatient unit and consisted of individual and group sessions. The results presented examine how art therapy provides an adult survivor of sexual abuse with a safe alternative for maladaptive and self-injurious behaviors whereby attacks on the body are sublimated into the artwork. Issues related to boundaries and disrupted attachments as a result of trauma are explored both through the client’s use of materials and through the establishment of trust within the therapeutic alliance.

Gemma Burgio
Sewing Up the Holes: Connections Between Doll Making in Art Therapy and the Neurobiology of Trauma
In working with traumatized youth, it is important for the art therapist to be able to assess the effects of trauma as it relates to the development of the individual as a whole. Being aware of the psychological, physiological and interpersonal implications of trauma allows the clinician to better serve the traumatized individual. Through this case study of clinical work with a ten-year-old girl, this art therapy intern inquires as to how visceral art therapy experiences such as sewing and doll making can aid in resorting affect regulation, mind-body connections and repairing interpersonal deficits. In order to reinforce the idea of art therapy interventions aiding in the reparation of depleted or neglected coping mechanisms and functionality, future research may focus on how varied media with different visceral and tactile experiences can ease debilitating anxiety and improve interpersonal relationships.

Amelia Morgan Camion
Using Art Therapy with Play to Increase Emotional Expression in a Preadolescent Girl
This qualitative case study is based on seventeen individual art therapy sessions with Belle (pseudonym), a ten-year-old Hispanic girl with emotional and behavioral problems in a day treatment program within a New York public school. The focus of the work with Belle was initially to increase her ability to play spontaneously, with the long-term goal of increasing her capability for expression. Belle’s typically flat affect and periodic aggressive outbursts suggested an inability to identify and regulate emotion. Both artwork and play revealed a similar separation between expressions of love and aggression. As the art making shifted from clay to mixed media to paint, Belle’s play also shifted from
stilted to projective as she developed other characters. A proposal for future research is to assess the effects of play and art when used together therapeutically to better understand their combined impact on treatment.

Lauren N. Chester
*Art Therapy, Narrative, and Identity*
Formation of personal narrative structure is a key component to identity formation and attribution of meaning. Traumatic experiences such as mental illness, substance abuse, or insecure attachment, can disrupt an individual’s narrative, resulting in disorientation and identity confusion. This is a case study of art therapy work done with a young man diagnosed with schizophrenia and marijuana dependence as part of his treatment in an intensive outpatient MICA (Mentally Ill and Chemically Abusing) program in a large urban setting. The work observes how art and the therapeutic relationship are correlated to his narrative formation, and how these connect to coherent identity development.

Elizabeth J. Cruz
*The Art Therapy Studio as a Safe Holding Environment for a Female Adolescent with Oppositional Defiant Disorder*
This case study focuses on Alicia, a 13-year-old, African American female client diagnosed with Oppositional Defiant Disorder and Dysthmic Disorder within an adolescent partial care program set in an urban community. Alicia was referred to the adolescent partial care program to work on anger management skills, impulsive behavior, suicidal ideation, social skills, and violent behavior with family and peers. The case study illustrated how the art therapeutic setting acts as a safe holding environment where the client’s ODD symptoms can be reduced and self control and formed artistic expression can be achieved. Images of client artwork and in-depth descriptions of the art therapy sessions emphasize the importance of a stable home environment and establishing appropriate and supportive relationships with others. The client’s interactions with her environment and with peers and authority figures in and outside of the art therapy studio are supported through literature on adolescent development, ODD, and art therapy.

Karen Kang
*Increasing Organized Expression Through Art Therapy with an 8-year-old boy*
The effects of insecure attachment reverberate and increasingly impact a child’s intra and interpersonal interactions as heightened exposure to others naturally occurs at school. This case study examines how an 8-year-old boy, in weekly individual art therapy sessions, utilized the consistent secure base of the art materials, therapeutic alliance and art process in order to communicate what he normally had no outlet for. The safe containment established in these sessions allowed for projected feelings of internalized aggression and desires to connect. These glimpses of inner turmoil and confusion within the organizing capacity of art therapy provided greater understanding of exhibited symptoms and a clearer focus of treatment.

Yaara Kastiel
*Art Therapy in a Short-Term Treatment with a Client Diagnosed With Schizophrenia*
This case study examines the effects of art therapy in the short-term treatment of a young man diagnosed with schizophrenia. The therapeutic interventions took place in a psychiatric inpatient unit over a period of three weeks and included group and individual sessions. The supportive therapy approach, discussed by Virginia Crespo (2003), was used in this treatment. This approach aims to increase ego-functions and self-esteem by orienting the client toward reality and by emphasizing the mastery of artistic skills and techniques. The role of the art therapist intern is explored and discussed. Results can be seen in client's artworks and behavior and suggest an improvement in his ego functioning, concentration, and reality orientation, as well as reduction of anxiety.

Valeria Koutmina

*Coming into Being: Presence and Play in Treatment with an Adolescent Boy*

This work addresses perverse character organization and the existential questions it raises for an adolescent male client in residential treatment. Acting out (Beers Miller, 2007), perversity, and the Trickster archetype (Ross, 2003) are seen emerging throughout 23 weeks of individual treatment. Themes of life/death, chaos/order, presence/loss permeate the individual’s narrative, while playful and paradoxical interventions are employed to address these issues in a non-threatening, authentic manner. The therapeutic alliance developed via art therapy contributed to the client’s establishment of boundaries, recognition of presence, and growth of insight. Creation of response art fostered empathy and understanding of counter-transference. However, the nature of core character expression and organization warrants further attention in art therapy and clinical studies if we are to expand our understanding and modes of treatment of annihilation–associated anxiety and the looming chaos of non-being brought about by early failures of reciprocity (Lachmann, 2005; 2006).

Jenna Krauter

*Video, Integration, and Insight in Adolescent Art Therapy*

This case study seeks to examine the use of various artistic media, and particularly digital video in individual art therapy with a homosexual adolescent male who was identified as emotionally disturbed. The therapeutic work to be examined occurred over a six month period at a private, alternative high school. Therapeutic goals for art therapy sessions included identity exploration, expression of the emotions that arose due to being teased and bullied, and development of insight. Case notes were reviewed in evaluating the case alongside literature on art therapy, mental health and homosexuality, adolescence, and acting out. Video is explored as a tool in accelerating development of insight and behavioral integration through art therapy. Use of art therapy with adolescents in the school system, specifically homosexual adolescents, has the potential for increased sense of security and encouragement of identity exploration.

Rachel Kreisler

*Exploring Group Cohesion in an Art Therapy Group with Adolescent Boys*

Adolescents living with mental illness can have difficulty forming and maintaining peer relationships because of a tendency towards isolation and withdrawal. In a therapeutic program at an alternative high school, this research focuses on the role of art therapy in fostering group cohesion and connection in a group comprised of five adolescent boys.
Over the course of three months and seven sessions, the group members participated in individual and group projects as they became accustomed to working together in a therapeutic group setting. Group dynamics and level of group cohesion was illustrated through their artwork, individual and group process.

Jessica Maffei

*Art as a means of circumventing verbal communication*

This case study of a 58-year-old Hispanic woman who experiences frequent psychotic symptoms, posing challenges in verbal communication, illuminates how art can become an alternative vehicle of expressing one’s internal states. Collections of notes and artwork over 11 individual sessions were examined in a qualitative, client-centered fashion exploring the use of art in bridging communication barriers. Coupled with research on the neuropsychology of verbal communication, challenges related to schizophrenia and psychosis, and art as an alternative means of expression, this case study represents how a client gained the ability through her artwork to nonverbally communicate her internal psychotic and physical states as they shifted.

Ayelet S. Mandel

*Connection, Containment, and Integration: A Journey and Exploration of Attachment through Art Therapy*

The following qualitative case study chronicles Maddie, a 5-year-old girl, on her emotional and creative journey processing the ambiguous loss of and early disrupted attachment from her mother, who lost custody due to an alcohol addiction. Maddie attended nine weekly art therapy sessions at her local community center. The research of attachment theory by Bowlby, Winnicott, van der Kolk, and Stronach-Buschel was used to support Maddie’s need to recreate a secure attachment in order to process the ambiguous loss and trauma surrounding the relationship with her mother. Themes of containment and self-regulation emerged manifesting in the artwork as frames and material choice. Alongside a progressing secure attachment, the dissipation of containing frames, and progression towards more sophisticated materials chronicled Maddie’s journey towards integration and closure surrounding her ambiguous loss and early disrupted attachment.

Miriam Michelson

*How a 10-year-old Boy with Asperger’s Syndrome Utilized Art Therapy to Problem Solve and Self-regulate his Atypical Social Behaviors*

This case study seeks to examine the use of art therapy to address atypical social behaviors with a 10-year-old boy with Asperger’s Syndrome. The therapeutic work occurred over a period of 5 months in a school for children in the Autistic Spectrum. Case notes, literature, therapeutic interventions and artwork are explored to gain further understanding of the boy’s process and art making. Art making was used as a way of externalizing conflicts with social relationships and developing coping skills to self-regulate.

Victoria Schlimer

*Art Therapy with a Post-Stroke Client in a Medical Setting*
Art therapy in a medical setting differs from that of art therapy in other settings due to varying goals, length of treatment, flexibility required in the environment and the role of treatment. This qualitative case study conducted in an urban hospital seeks to review the work completed using art therapy with a female post-stroke client in a medical setting. In this setting the work may require some rehabilitation of motor skills or daily living skills, however is it important to not overlook the client’s potential emotional strife, depression, search for independence, and post-stroke identity exploration. The use of materials and the therapeutic relationship including transference supported that quest during a transitional period and reinforced daily living skills as well as routine for the client as she prepared to be discharged.

**Jamie Shoneman**  
*The Use of Group Art Therapy to Foster Socialization and Joint Attention Skills in Children with Autism Spectrum Disorder*  
While the presentation of Autism Spectrum Disorder (ASD) varies greatly between individuals, the foremost symptoms can impact one’s communication and socialization skills, as well as the identification and regulation of emotional states. As such this study focuses on group art therapy session with six elementary school students diagnosed with ASD and how working therapeutically within a group can foster interpersonal skills through structure and treatment directives while also maintaining comfort and safety for the individual. This study provides an in-depth view into each student’s presenting behavioral patterns as well as their artistic expression and will gauge the student’s developmental level and socialization skills through video analysis, observations by the facilitator and a study of the resulting artwork. Due to this population’s difficulty with direct communication, the artwork provides a more neutral environment for the developmental of joint attention skills and this study demonstrates how the creation of artwork can expose unseen strengths and interpersonal skills in these individuals. While a higher functioning and verbally engaged individual might demonstrate a lower developmental level in the artwork, this study reveals that others who present as verbally and physically disengaged from the group utilize the artwork as a form of subtle non-verbal communication, demonstrating an individual’s observations and connection to the group. Recognizing these strengths can not only inform an outsider’s view into the Autistic individual’s experience but the use of artwork can also facilitate in the development of interpersonal communication that better suits those unable to maintain direct communication.

**Emily Tweedy**  
*The role of art therapy in expressing attachment and loss with an adopted adolescent girl*  
Art therapy, presented as a treatment modality within an inpatient psychiatric setting, can offer adolescents an expressive outlet. In work with an adopted 16-year-olds adolescent girl who recently experienced the death of her adoptive mother, art therapy permitted exploration of identity, family dynamics, loss and personal tragedy, and issues surrounding attachment.

**Amanda J. Zucker**
Exploration of One’s Inner Palette: Understanding Identity Through the Use of Color and Symbolism

Identity formation is a lifelong process. One’s sense of self is in great part determined by the early experience with caregivers and family system. Interruptions in development and trauma can have a negative impact on one’s sense of self. Using individual art therapy as a forum to explore identity, this phenomenological qualitative case study examines the identity formation and perception of self in an adult African American woman living with HIV. Focus is given to the individual’s use of art materials, color, and symbolism within an initial assessment and long-term collage art piece. The clinical work spanning a five-month period is considered through a theoretical lens as it related to human development: identity formation, attachment, and affect regulation. Additionally, trauma and social role theory are examined as they relate to the individual’s history, which emerges in the client’s artwork and verbal narrative.

CLASS OF 2010

Viviana Alvarez

Providing a holding environment for acute MICA clients in a directive based art therapy group

This thesis explores the use of providing a holding environment for acute MICA clients in a directive based art therapy group. This research began by offering the community of patients a weekly structured group that focused on their mental illness and addiction. Using materials such as collage, and markers and white drawing paper allowed clients to utilize the space and use creative expression to explore their individual experience. By offering patients a safe space, they were able to experience empathy, relatedness, and containment. This study determined that within a directive based art therapy group patient art, interaction and identification with one another’s experiences helped patients to achieve some insight and increase stabilization.

Revital Avisar

Reestablishing identity with a chronically traumatized adolescent girl

This paper examines identity formation in adolescents and how said process is affected by the presence of chronic trauma. In this case study, the author presents the development of the client’s cohesive sense of self in congruence with the progression of sessions and discusses the use of art therapy as a therapeutic means to aid with the formation of identity of a chronically traumatized adolescent girl, pseudonym Annabelle. Work spanned across seven months, a total of 16 weekly 45 minute sessions. The theoretical basis for this paper will include literature relevant to chronic trauma, identity development in adolescence, the therapeutic alliance and its benefits as well as the importance of art therapy as a modality of treatment. Also presented are spirituality and the merit of its induction into the therapeutic process. Particularly central are the theorists Herman and van der Kolk, L’Abate, Kroger, Erikson and Blos. Through chronicling the development of the therapeutic alliance between Annabelle and this writer, and her corresponding development of self, this paper will illustrate the significance of rapport in facilitating identity formation.
MELISSA BAGLOW

How art therapy helped two five-year-old boys with autism build a cooperative social relationship

This paper looks at the ways that group art therapy can help children with autism move from a point of parallel process to a more cooperative social relationship. It examines how art-making can serve as its own method of communication which then can foster a social relationship. It examines the ways that group identity can serve as a motivating factor for cooperating and relating. This thesis focuses on work with two five-year-old boys with autism and the ways that both joint art-making and the formation of a personal group identity helped them join together and begin to relate to one another.

JESS BENSTON

Group art therapy in the acute inpatient psychiatric setting: Reflections of one member’s response to directives in single session groups

Treatment of acute chronic mental illness often involves the use of both psychotropic medications and psychotherapy. The use of art therapy in the inpatient psychiatric setting is believed to have a positive effect of patients. This paper explores the responses over a five-month period of Jacob, a 51-year-old man with Bipolar Disorder, to directive-based group art therapy sessions on an acute inpatient psychiatric unit. Jacob’s behavior and his artmaking process in six single-session art therapy groups were recorded and examined. Over the course of treatment, Jacob employed more mature defense mechanisms and his artwork appeared more congruent and cohesive. His thought process became less disorganized and tangential, and his delusions appeared to subside. Using the work of Yalom and Winnicott, the role of the intern-therapist as a group facilitator and a container for chaos is explored, as well as the rationale for directive choice.

KATE BROITMAN

Color fantasy landscape: How the experience of mural making provided a shared reality for adults with schizophrenia

A mural making directive was implemented in a day treatment program for adults with mental illness. The mural was created over the course of four sessions that were part of a group titled ‘Making Art Together’. The majority of the clients who participated in the group had a diagnosis of schizophrenia. As the mural became progressively crowded with drawings, interactions between group members increased. Group members demonstrated curiosity about each other’s artwork as well as a heightened awareness of other people. The mural also provided a concrete, tangible space in which group members explored and articulated their boundary with the external world. Throughout the mural making process, ego supportive interventions fostered interpersonal learning between group members. The art making processes of three group members illustrates this experience of increased relatedness.

TRISTAN BUONO

The use of art therapy with a nine-year-old girl who has a history of abuse and neglect

This paper explores how art therapy can help a nine-year-old girl with an insecure attachment. This client was able to utilize the art making process to explore her relationships, fears, worries and feelings of mistrust. This child’s insecure attachment
stems from abuse and neglect she suffered in her mother’s home. Over the course of several months she created 10 different art projects, which document her journey of exploring, and expressing her hears and anxieties related to her insecure attachment.

**Sheila Fontanive**
*Building identity through art: Art therapy as a treatment model for a young man with schizophrenia and a history of substance abuse*

The following study uses a qualitative method of research and data collection in order to investigate the use of art therapy as a treatment mechanism for a young man with a history of schizophrenia and poly-substance dependence. Research took place in an outpatient setting over a period of nine months. Treatment was administered in fulfillment of a court mandate, as the client was required by law to receive psychiatric rehabilitation, in lieu of receiving a felony and serving a jail sentence. As the client attempts to re-define himself and his place in the world, the developmental process of adolescent identity formation is explored, specifically as it has been manipulated and compromised by impairments resulting from the client’s mental illness and substance abuse. Results suggest an improvement in both social and vocational functioning, and support the integration of an arts-based treatment approach with this population.

**Cristina Maria Fort**
*The use of art therapy to promote self-expression in a latency age girl diagnosed with mixed receptive expressive language disorder*

This case study investigates art therapy sessions held with an 11-year-old girl who has been diagnosed with mixed receptive expressive language disorder, social phobia, and anxiety disorder not otherwise specified. Discovering how art therapy sessions could aid Lacy’s self-expression, verbally and non-verbally, in order to circumvent the negative social side effects of the language disorder, was the core of this research. The introduction of structured materials to more fluid media provided Lacy the space to understand at her own pace and helped her manage anxiety. The person-centered approach and play within art therapy significantly improved her communication skills. This further promoted creative abstract thinking, which could suggest increased self-acceptance and empowerment.

**Catherine Gallagher**
*Art therapy with an adolescent boy struggling with identity formation: Finding the balance*

This case study examines the effects of art therapy with Jason, an adolescent boy struggling with identity formation. The research was conducted at an alternative high school in New Jersey over the course of five months for a total of 19 art therapy sessions. The information gathered for this research was taken from a combination of group art education classes, individual art therapy sessions, and parent meetings. The central concern for Jason that is explored in this research was how art therapy helped him manage his anger, aggression, and violent tendencies. Jason struggled with the possibility of gang membership, his relationship with a female student at the school, and his adult role in society. The artwork that Jason created during session allowed him to externalize those different roles and examine each individually. The artwork also served as a
container for his anger, aggression, uncertainty, and confusion. Jason’s capacity to integrate multiple self stated over the course of treatment is also explored.

**Isabel Garcia**

*Translating the narrative: An art therapy approach to the psychological impact on a chronically ill girl in a medical setting*

This qualitative case study explores how art therapy can be used as a communication tool with a 17-year-old Pakistani girl, Ritu, who was diagnosed with a chronic illness. The therapeutic interventions happened with Ritu during a six-month span with four intermittent hospitalizations. The chronic illness and the treatment thereof are considered traumatic experiences within the scope of this research. Consequently, it adopts the principle of establishing safety and control, starting with the internal processes (the body) and moving gradually to the external (the environment). Visual language is used to bridge the gap between these two processes while addressing the therapeutic goal of Ritu’s treatment. That goal is the comprehension of how Ritu experienced pain, and thereby to follow and enhance her coping mechanisms. Ritu’s process of dealing with trauma was explored in depth using symbols, such as metaphors, in her paintings to better understand her internal processes. This method enhanced the therapeutic relationship between Ritu and the therapist, allowing for a deeper understanding of her pain.

**Dana Gramp**

*Creating space: Women’s art therapy groups in an inpatient psychiatric setting*

This qualitative, ex-post facto study examines two women’s art therapy groups in an acute inpatient psychiatric setting. Grounded in feminist and humanist perspectives, these groups were structured to provide sensory nourishment and encourage a sense of community and collaboration. Participants included six women, ranging in age from 19 to 43 years. In the first group, art materials were arranged to resemble a dinner party, and participants painted watercolor mandalas. In the second group, basic mindfulness techniques were incorporated into claywork. The study finds that loose art materials paired with open directives in a carefully structured setting enabled expression and processing of emotional content. Literature reviewed includes Yalom, Maslow, Rogers, and a range of literature on feminist therapy, trauma and mindfulness. This study suggests a need for further research on feminist approaches to art therapy in inpatient psychiatric settings.

**Chani Greenwald**

*Taking control: A pediatric patient’s expression of control*

This paper considers the loss of control experienced by pediatric inpatients and explores the expression of control in the behavior and art making of a hospitalized girl. This qualitative case study of a three-and-a-half-year-old Japanese American girl covers her four week admission to the hospital. Sayuri was observed in six individual and group art therapy sessions. Data was collected from process notes, the patient’s chart and attending nurses. Sayuri’s primary diagnosis of neuronal intestinal dysplasia as well as the nature of hospitalization required review of literature on child development, loss of control in the hospital setting and the psychological implications of an intestinal disorder. Through choice, freedom of expression and the active nature of the art making process Sayuri was
able to gain some autonomy and conspicuously express her need for control. The research findings demonstrate how Sayuri compensated for her lack of autonomy through her behavior, art process and art product. This case study demonstrated the far reaching implications of a child living with a chronic illness and struggling with the additional loss of control imposed by the restrictions of hospitalization. Further research might expand on the positive and negative implications of this struggle and expression of control.

**Katherine Hinson**

*Coping with imperfections: How group art therapy helped a chemically addicted and HIV/AIDS positive woman cope with feeling of internal disorganization*

This qualitative case study research examines one woman’s journey through a therapeutic group in a harm reduction day treatment program designed for women diagnosed with HIV/AIDS. Specific literature topics used to support the research will cover the written work of Kalichman on HIV/AIDS, Khantzian’s self-medication hypothesis, Herman’s trauma theory, McWilliams’ work regarding defense processes, Garai’s perspective of humanistic psychology, and Yalom’s written literature on group psychotherapy. The client discussed within the group dynamic, Anne, is a 58-year-old female in recovery from an opiate addiction. Group topics and art directives were introduced to facilitate creative art expression and externalize issues related to substance abuse, which lead to many discussions associated to Anne and the group member’s HIV/AIDS status and past trauma. A humanistic approach facilitated the opportunity for Anne to recognize personal potentials through the use of creativity, individual growth, and choice while supporting her needed defenses in service of the ego. Anne’s trying story and personal history illustrated the many defenses an addict in recovery exhibits, which proved to be both beneficial and disadvantageous.

**Lara Kahan**

*Recognizing defenses of a substance addicted 33-year-old man*

This paper presents the case of Roberto, a 33-year-old man addicted to alcohol and heroin, who also abuses marijuana. Over the course of a week and three art therapy sessions, Roberto’s defenses were both masked and revealed. Art therapy offered Roberto the opportunity to explore his feelings and emotions regarding internal and external stressors and his substance abuse. Literature on substance addiction and dependence, defense mechanisms, and art therapy helped to underpin some of the findings in this qualitative study.

**Shannon Kummer**

*Process and prevention: The use of art therapy and play in early intervention work with a four-year-old boy experiencing anxiety*

This thesis will detail the early intervention, preventative work done with a four-year-old boy over the course of 10 recorded sessions. The young boy, Michael, was experiencing anxiety, which focused around the themes of concern for safety of self and others. Art therapy and play were used in a client-centered, non-directive approach and were the main therapeutic interventions used in the healing process. Examples of Michael’s artwork and descriptions of his play will support this qualitative case study. Research in the areas of child development, art and play was used to further inform this thesis and to
answer the question, how can the use of art and play help a four-year-old boy reduce his feelings of anxiety?

Dana Liebowitz

_Bridging a split world: Art therapy supports identity formation_

This qualitative case study examines how ‘Iris’ used art to increase her sense of self. Iris, an eight-year-old girl with oppositional defiant disorder and attention-deficit hyperactivity disorder, lives in a split family and has three siblings including a fraternal twin. In the 15 art therapy sessions examined, themes that emerged included splitting and merging, identity, and affect regulation. By referring to attachment theorists (Bowlby, 1969; Wallin, 2007; Winnicott, 1971; Ainslie, 1985; Lytton, 1980; Sandbank, 1999) and using a client-centered approach, this paper examines how Iris processed these struggles. The therapeutic space allowed Iris to examine her relationships, emotions, and to increase identity formation.

Suzanne Martino

_Understanding when a child is ready to grieve: How art therapy helped one girl cope with the death of a parent_

Death, grief and bereavement are difficult and often uncomfortable realities for even the most well-adjusted individuals. It can be especially overwhelming for children to cope with death. Given their limited cognitive understanding of the permanence of death. This case study explored how art therapy can help a six-year-old child cope with the recent death of her parent. This is a qualitative study that took place over the course of eight individual art therapy sessions in the Fall of 2009. Drawing on the developmental theories of Winnicott, Piaget, and Kubler-Ross, this study will show how a child’s limited understanding of death requires a gentle approach to examining feelings of loss. The work of Malchiodi, Riley, and Rubin will be used to support the approach of art therapy in working with children dealing with grief and bereavement issues. Art therapy can promote a comfort level for children that may encourage them to explore their world, including their losses. Through the development of a strong therapeutic alliance, the subject was able to create transitional objects during art therapy sessions that would help her say goodbye to her father, and learn the importance of memory in the face of loss. Transitional objects in art therapy were used to help this child begin processing the grief and loss experienced after the sudden death of her father.

Lauren McCarthy

_Art therapy and eating disorders: A young woman’s exploration of emotions_

This qualitative case study was written to explore the effect art therapy had on a participant admitted into an outpatient treatment center specializing in eating disorders. The participant was a Caucasian female in her late adolescence, diagnosed with Bulimia Nervosa, Major Depressive Disorder, and Generalized Anxiety Disorder. Through weekly individual and group art therapy sessions the participant explored, identified, and acknowledged her feeling states in relations to her body and emotions, her eating disorder symptom use, and her family dynamics. The client processed these emotions through the progressive use of a circle, which metaphorically represented herself in her artwork. This
data was collected through the participant’s dialogue in individual and group sessions, clinical contacts, and analysis of artwork.

Nina Morris
Reconstructing attachment through art
This paper presents a qualitative case study of the effects art therapy can have on a three-and-a-half-year old girl, Melanie (a pseudonym), who is diagnosed with Receptive-Expressive Language Disorder, Pervasive Developmental Disorder-NOS, and Disorder of Infancy. This study looks at issues of attachment, emotional regulation, art development, and expression. The literature looked at is comprised of attachment theory from Bowlby, Seigel, and Ainsworth. Lowenfeld’s theory of art development provides a basis for looking at Melanie’s stage of development. Literature from Winnicott and Mahler’s theory of separation and individuation are amongst others who are included in this study. Information was gathered from individual weekly half-hour art therapy sessions, process noted, progress notes, photographs of artwork, charts, observation of mother-child interaction, and communication with other clinicians and teachers. Findings suggest that Melanie may have an insecure attachment, which she attempts to repair during treatment by regressing to an earlier developmental level as seen in her artwork.

John Muraco
Encountering angst: How art therapy can be used with a 34-year-old man immediately following traumatic amputation
This paper examines the use of art therapy in a short-term physical rehabilitation unit where flexibility in conjunction with a safe therapeutic framework creates the necessary foundation in four art therapy sessions. It will review specific ways in which art therapy sessions that included photography and visual art-making can establish a sense of safety with a young man immediately following traumatic amputation. Further, it will examine ways in which a person centered approach, combined with a flexible therapeutic stance, can offer a necessary counterbalance to the sometimes rigid scheduling of the medical setting and loss of privacy that patients can experience.

Sara Rosengarten
Medical art therapy with hospitalized children: The superhero and empowerment
This thesis illustrates the use of the superhero figure as a metaphor for empowerment in single sessions of art therapy with medically ill, hospitalized children. The psychosocial benefits of medical art therapy with children are reviewed and the literature of theorists, such as Erikson, Malchiodi, Talmon, Livesay, and Rubin are discussed. Five case studies are described in detail recounting sessions in which spontaneous and original superhero imagery was created. Material from these sessions is discussed as it reflects the individual’s hospital experience and highlights an overarching theme of empowerment and weakness. As limited data has been gathered to explore the creation of individualized superheroes in therapy, recommendations for further research and future development of this diagnostic and therapeutic technique are discussed.
Stephanie Syfert

**Battling layers of defense: Using stop-motion-animation in art therapy with a 30-year-old man in an inpatient psychiatric setting**

This qualitative study explores the use of stop-motion-animation with a 30-year-old man, diagnosed with co-occurring mood disorder and substance abuse, admitted to an inpatient psychiatric setting. This patient used figurines, a digital camera, a laptop computer, music and his own voice to create a stop-motion-animation in two art therapy sessions. Specific literature topics used to support the research of this study include Josef Garai (2001) and Carl Rogers’ (1969) perspectives on the Humanistic approach and person-centered therapy, short-term therapy through the lens of Shirley Riley (1999), Khantzian’s (1999) theory of self-medication, Nancy McWilliams’ (1994) perspective of defense mechanisms, art therapy with substance abusers as explored by Diane Waller (1999), using computer technology in art therapy, Estelle Weinrib’s (1983) work regarding sandtray therapy. This Study determined that by establishing a strong therapeutic relationship through a client-centered Humanistic approach, this client was able to use the non-threatening and process-based modality of stop-motion-animation to explore, through the metaphor, his defenses and how he relates to his substance abuse.

Julianna Thompson

**The creation of a holding environment: The role of containment in the therapeutic processing of miscarriage**

The focus of this qualitative study was to apply art therapy methods and interventions in creating a holding environment for a client’s processing of a miscarriage along with a new pregnancy with twins. Nicole, a 22-year-old woman on Latin American ethnicity, was seen during a bed rest hospitalization for complications with her pregnancy with twins. It was discovered during the time working with Nicole that she was processing a miscarriage that occurred 9 months earlier. Sessions took place at Nicole’s bedside in the hospital. A total number of seven sessions took place over four weeks with biweekly therapy sessions occurring. The benefits of art therapy in the bedside medical setting in the processing of miscarriage were examined, and the literature of Malchiodi, Talmon, Dalley, Givens, and Seftel were discussed. An object relations perspective helped to facilitate in creating a safe and contained space within the chaotic environment of the medical setting; create a contained and safe space for processing of grief; an integration of art materials and therapeutic relationship; safety for communication and processing; as well as assisting Nicole in the ability to process the miscarriage and move towards a connection to her current pregnancy.

Rochelle Trotman

**Using the therapeutic alliance to foster expression of anxiety and aggression**

The focus of this qualitative case study was to apply art therapy methods and interventions to help alleviate symptoms of anxiety in Cristina (pseudonym), an 11-year-old Hispanic girl receiving art therapy in a public school setting. The data for this study was collected over a period of 14 sessions that occurred within a six-month period. The results indicate that during treatment, Cristina was able to express her experience of separation anxiety and developed a greater capacity to tolerate her feelings of anger and
aggression. Cristina’s use of defense mechanisms was explored in relation to how they affected her treatment and the development of the therapeutic alliance.

CLASS OF 2009
Kate Allen
Sensory and social Issues in art therapy with a boy with autism
Autistic Spectrum Disorders are characterized by deficits of language and social skills, but a less widely-known aspect is problems with sensory integration and distortion, which may play a significant role in many of the disorder's hallmark symptoms. The following article reviews the current literature on sensory experiences of people with autism and their effects on language and social issues, and presents the case of a boy with autism receiving sensory-focused art therapy. Findings will be discussed in terms of the impact of treatment on communication and relatedness and the implications for the future of art therapy as a treatment for symptoms of autism.

Julie Avner
The process of containment: The ‘Art as Therapy’ model in a day treatment program for adults with mental illness
The research in this study was gathered over a five month period at a Continuing Day Treatment program. Clients that attended the program ranged in ages from 25-75 years old and had various mental illness diagnoses and levels of functioning. All clients have experienced some form of psychosis. The approach that was used during the weekly art therapy sessions addressed the idea of clients’ poor ego functions and aimed to support and increase those functions through various methods of providing a sense of containment for clients while in session. Results show that when containment was provided, clients were able to create integrated, identifiable and realistic images that communicated a desired message to others.

Kathryn Battles
Holding the primitive self: Clay as a medium to reach an adolescent boy with depression
The following case study was done at an outpatient unit of a psychiatric hospital with an adolescent male diagnosed with depression and narcissistic features. The entire time of Michael’s stay was three weeks wherein through clay, he was able to form feelings of emptiness, that have been understood through what Kernberg (1975) defines as the intrapsychic structure of a narcissistic personality. Within the safety of the holding environment Michael formed and acknowledged the primitive parts of himself, his early self-object (Winnicott, 2005). Michael’s graphite drawings revealed a self-object defended against by a severe superego (Kernberg, 1975). Through clay, this defense was bypassed (Schlossberg, 1983). Michael was able to see and accept the abandoned parts of himself within the safety of the holding environment (Winnicott, 2005).

Danielle DeLade
Empowerment in a time of loss: art therapy with a 43 year old man living with HIV/AIDS
For people living with HIV/AIDS the world is a complex and ever-changing place. The disease deteriorates the body and mind, which results in a sense of loss in mastery, communication, enjoyment, belonging, and self. The following thesis presents the case of
Jake, a 43-year-old man living with AIDS, whose health deteriorated significantly during the six months we met for art therapy. Art therapy offered Jake empowerment and consistency during this time when loss and change were so strongly experienced.

Lauren Fabrizio
Symbolic communication: Art therapy as a healthier mode of expression for a woman with an eating disorder
This paper explores how symptoms can be a symbolic expression of underlying conflict for clients with eating disorders. This in-depth case study focuses particularly on one woman with a history of sexual assault, Lisa, who was diagnosed with Eating Disorder NOS (not otherwise specified) and Post-Traumatic Stress Disorder. The results exemplify how art therapy provided a healthier mode of expression for this client to deal with her trauma. Included is a review of literature on eating disorders, trauma, and art therapy. Data was collected over a period of seven weekly group art therapy sessions with Lisa. Over time, Lisa became less anxious and more able to express herself through art making, thus beginning to process her trauma.

Gabriela Gamez
Building a therapeutic relationship with a terminally ill child
The following research study presents the case of an eight-year-old girl whose battle with cancer emphasized her isolation and dependency. Literature on terminal illness, therapeutic relationships and art and play therapy enlighten this work. Providing a safe environment through art making and play allowed this dying child the development of a therapeutic relationship. Additionally, the client’s artwork informed this researcher about her psychosocial and psychological needs.

Mayra Guevara
Development of artistic identity: How art therapy helped one man cope with his wife’s terminal illness
This case study is based on the short term art therapy treatment with a 56-year-old Puerto Rican man, Jordan, diagnosed with Psychosis NOS and with a history of alcohol abuse used painting to reduce stress and strengthen his ego during the care of his terminally ill wife. My work with Jordan is drawn from the humanistic client-centered approach. Painting was a modality that Jordan felt comfortable using during our session. The collection of data for this paper includes session notes, observations, and staff meetings. The findings in this case explored how Jordan expressed his stress, how we quickly built a therapeutic alliance, and how his identification an artist increased his confidence to find other interests, such as music. Art therapy helped to contain Jordan by allowing him to openly discuss his wife’s death, build a strong therapeutic relationship in order to help strengthen his ego and to identify himself as an artist.

Shana Guttenberg
Group work with psychiatric patients using movement with art therapy to increase group cohesion and creative art expression
This thesis explores the integration of movement with art therapy in inpatient adult psychiatric groups. In order to foster creative expression, it is necessary to access
emotions that are held in both our minds and our bodies. This can be particularly difficult for psychiatric patients whose body movements have become limited, either because of medication or their natural desire to maintain a sense of psychological stability within their bodies. The groups that were conducted in this research explore the use of movement with art therapy and its influence on both group cohesion as well as creative expression. Various art materials were provided as a means to expand the possibilities of creativity and expression in these groups. Theories based on inpatient psychiatric group work, as well as research in movement and art therapy, are brought as a foundation of theoretical literature for this thesis. During the course of this research, results varied depending on the mix of patients in each group. The one constant, however, was that the movement and art therapy strongly influenced the level of group safety and cohesion. It also provided patients with an opportunity for insight and creative art expression that were uniquely observed in these groups.

Jessica Heller

Art as an alternative language for two sisters born with cleft palate
This study focused on how art can be used as an alternative language in a school setting for two sisters, 5 and 8 years of age, both born with a cleft palate. The data collected and used were qualitative evaluations based on interactional observations during group artwork, as well as feedback from staff members in the course of 8 months. Some social rejection and isolation occurred, which is congruent with research on the psychosocial effects of having cleft palate. Art and play in weekly groups increased communication and assertiveness.

Stacey Isaacson

Follow your heart: Art therapy and reflective transitions through loss and trauma with an adolescent girl in foster care
Significant advances in neurological research are bridging connections between various disciplines, thereby deepening an understanding of the relational and expressive aspects of human nature. Integrating attachment theory, mentalization theory, and art therapy theory, an in-depth case study of an adolescent girl in foster care explores aesthetic expression within the context of relational therapeutic play space, offering reflective transitions towards reparation from loss and trauma. From this theoretical foundation, relational aspects of aesthetic expression such as imitation, copying, identification, maternal transference, and internalization are established as contributing towards a more reflective, symbolic mind, that in turn contributes to affect regulation and cohesive self-organization.

Danika Kasky

Picturing art therapy as an exploration of past trauma and future attachments with a 9-year-old boy
This study presents the case of Jeremiah, a 10-year old boy seen for 14 weekly art therapy sessions within a school for emotionally and behaviorally disturbed children who have experienced significant trauma in their lives. The art therapy model of this school site was based in exclusive use of metaphor, which defined the communication between therapist and client. The use of metaphor is a successful means of connecting with
children, also providing a protected level of removal from deeply traumatic experience. A broad range of literature was utilized to inform this study, including trauma theory, attachment patterns and the utility of materials within the art therapy session. Findings indicated that the therapeutic alliance and available materials could be utilized to model a healthy means of connecting, in contrast to Jeremiah's ambivalent attachment history.

Eunji Kim

*Providing a holding environment for a boy who has a history of sexual abuse*

In a holding environment, the art therapist may assume the role of good-enough mother in order to meet a client’s needs, by providing safety and establishing trust with the client. This allows the client to feel comfortable expressing his or her concerns in a therapeutic space, using art. This qualitative case study will focus on the researcher’s development of a trusting and safe holding environment with a 9-year-old boy, named Sammy. Over a period of 10 sessions, Sammy gained trust and was able to express his concerns and emotions regarding themes of somatic complaints, obesity, low self-esteem, being teased by his peers, and difficulty expressing his emotions. His artwork, made mostly from clay, helped him to self-soothe and served as a transitional object with which to bring his inner concerns into an external space. Sammy was thus able to share and understanding his feelings in a holding environment.

Jessica Lamoureux

*Art therapy and eating disorders: A woman’s exploration of boundaries*

The following body of work presents qualitative research presented in a case-study format using art therapy as a facet of treatment. The study covers eleven weeks of sessions conducted with a Caucasian woman in her early twenties diagnosed with Eating Disorder Not Otherwise Specified (NOS). Relational boundaries between the self and other as well as promoting the development of a more defined self were explored. Data was collected and discussion was drawn from client dialogue in session, clinical contacts, and analysis of the artwork. A transformation was observed as the client was able to use the creative process to address tolerance of negative emotions and a more defined sense of self using three dimensional materials as a way to integrate different self states.

Bari Langbaum

*The depiction of early loss seen through art therapy*

In this case study I present the therapeutic process of a four-year old boy (who we will refer to as Lucas to preserve the confidentiality of the case) that took place during a full school year within a therapeutic nursery utilizing art therapy as a way to cope and understand early loss within his developmental age. An integrative, client-centered, non-directive play approach was fostered throughout the process to enable and empower creative expression within Lucas’s mind-body connection. Themes such as rupture and repair while strengthening the ego, learning to identify emotions, as well as dream work are revisited throughout the study and are addressed as a means to better comprehend the way children grieve.

Tara Liberi

*Creating a holding environment: Art therapy in the home with an 11 year old girl*
The focus of this qualitative study was to apply art therapy methods and interventions in creating a holding environment for the client Sarri, an 11-year-old girl of Pakistani ethnicity. The case was advocated to (NYF) preventive services due to Sarri’s incontinence issues; she has an elimination disorder called Encopresis. In effect, her level of relating and understanding was not age appropriate. A majority of the sessions took place in the client’s home. A total of nine sessions were noted within a nine-month time span. An object relations perspective helped to facilitate in creating a safe and contained space within the disorganization of the home atmosphere; one that integrated the art materials and the therapeutic relationship, modeling and mirroring, play, flexibility, communication, as well as helping Sarri develop her sense of self.

**Kelda Nelson**

*Drawing out Autonomy: Art therapy with an adolescent disabled boy with HIV/AIDS*

Ray (pseudonym) is a disabled, mentally retarded adolescent boy living with parentally transmitted HIV within a skilled nursing facility. The issues most prevalent to Ray throughout this case study were his sexuality, previous abandonment history, lack of trust, fear of death, HIV status and need for acceptance. The writer’s research integrated the sexuality of adolescents with developmental disabilities and parenatal HIV infection; and the psychosocial affects of these co-occurring issues. This case study illustrates how art therapy enabled self-understanding, creative sexual expression, and therapeutic autonomy within Ray. Having HIV combined with a physical disability and cognitive delays distanced Ray from his peers; and the girls he was attracted to. Art therapy allowed for Ray to metaphorically express his inner desires.

**Toni Pellegrino**

*Providing a safe holding environment for an angry, aggressive and defiant pre-adolescent*

This case study discusses thirteen art therapy sessions with Adam, an eleven-year-old pre-adolescent boy diagnosed with pervasive developmental autistic spectrum disorder, oppositional defiant disorder (ODD) and a mood disorder NOS. Adam’s highly structured sessions, scheduled twice a week for three months, were inspired by Winnicott’s idea of the holding environment, Carl Rogers’s notion of the therapeutic relationship and Oklander’s view of anger. Through this structured environment I was able to provide Adam with what he needed: safety, trust, and understanding. This case study illustrates how Adam used the powerful tool of art therapy to internalize the need for a safe, structured environment.

**Audrey Righter**

*Gods and Monsters: Using mythology with MICA clients to externalize trauma*

This research examines a therapeutic group for adult MICA clients in a harm reduction day treatment program. Mythology was introduced to facilitate creative art expression and externalization of issues associated with both dual diagnosis and trauma. A review of literature and a qualitative analysis of participants’ artwork will be offered, viewed through the lens of trauma theory. The results suggest that the mythic themes resonated for the clients and provided them with a means to identify and integrate good and bad personal characteristics and to project and symbolize internal self states.
Saadia Aslam
‘Your sessions are boring...Why are your sessions so short?’ Alex: A story of trust and the therapeutic alliance
This case study examines the development of the therapeutic alliance in weekly art therapy sessions focusing on substance abuse treatment with a 17-year-old boy, Alex. The use of clay to regulate affect in this client and storytelling to engage the client in the therapeutic relationship are discussed. The role of attachment, resistance, and the effect of stereotypes and misconceptions of the therapist’s background are looked at in the context of the development of the therapeutic relationship. The work of Bruce Moon (1998) and Shirley Riley (1999) is used to provide insight into working with this adolescent client and the challenges posed by him while Safran & Muran (2000) provide an understanding of the development of the therapeutic alliance in stages.

Dorit Avnir
Toward integration: The art therapy creative process as a container for developing a therapeutic alliance with a chronic psychiatric patient with multi-diagnoses
This thesis examines the art therapy modality in a psychotherapeutic process with a psychiatric patient with long institutionalization, multi diagnoses, and mild mental retardation. Treatment over 10 weekly sessions of 50 min each was grounded in the humanistic person-centered approach. The theoretical lens to understand the patient’s symptomatic behavior and presenting therapeutic needs was the psychodynamic oriented theory of object relations. Focus was given to Winnicott’s ideas of the holding environment, the transitional space, and play. Using a qualitative approach, observing and recording changes in behavior and artwork, the study demonstrated the effectiveness and value of this non-verbal process in the development of the therapeutic alliance with an individual, within the context of psychiatric care, who cannot be reached solely by verbal approaches.

Rachel Bucker
Art therapy and three dimensional art: Formation of containment and frustration tolerance with an aggressive adolescent boy
In a therapeutic alliance, the art therapist provides containment and safety to individuals in order for them to express themselves creatively (Dalley, 2000). The art and the therapist can become containers for various emotions and internalized conflicts. This qualitative case study will focus on the formation and implementation of containment with an aggressive adolescent boy, whom will be referred to as ‘Sam.’ Over a period of eight sessions, Sam was able to express his hardships and difficulties on the psychiatric unit at home with his adoptive father. Three dimensional art materials such as boxes and natural wood pieces were utilized in order to alleviate excess energy which aided in a decrease in aggressive tendencies as well as the increase of frustration tolerance. Themes of safety, home and containment emerged throughout this research and will be addresses in the following sections of this paper.

Evelyn Cabrejos
Finding a voice: Art therapy with an adolescent girl with a history of trauma
This thesis will examine a case study of a 16-year-old adolescent girl with Major Depressive Disorder and a history of trauma, disrupted attachments, and self-injurious behaviors. This qualitative research was conducted over a six-month period at an adolescent day treatment program, in a large Metropolitan hospital, and consisted of nine individual art therapy sessions. Using a non-directive and humanistic approach, focusing on the needs of the client, this writer investigated how trauma and disrupted attachment is expressed in the artwork of an adolescent girl. The works of Fairbairn (1952), Bowlby (1969), and Levy and Orlans (1998) were used as primary sources on attachment theory. Van der Kolk (1996) and Judith Herman (1992) were key theoretical references in looking at trauma and its impact on development and safety.

**Gladys Chen**  
*The use of self-portraiture to develop insight in a woman with schizophrenia and morbid obesity*  
This case study explores the development of insight in a 49-year-old woman with schizophrenia and morbid obesity by using a series of self-portraits as Kohutian self-object to provide reflecting and merging. Schizophrenia is a mental illness characterized by lack of insight (Sadock, 1995), which diminishes the ability of an afflicted person to view oneself accurately. However, art therapy offers a non-threatening way to approach issues that are difficult to face. This paper includes research collected over 13 individual art therapy sessions in which the subject was asked to create a progression of self-portraits that were representational, abstract or symbolic. Over the course of treatment, the client created artwork ranging from structured drawings of herself as a young and slender woman to depictions of herself as an obese figure, while she lost nearly 30 pounds, suggesting that she was able to tolerate realistic aspects of herself, merge them together into a single entity, and reflect that in her artwork.

**Serena Choe**  
*Creating potential space through art therapy: Art therapy with children in a residential treatment center*  
Research studies find that children from the Residential Treatment Center exhibit aggressive behavioral problems along with lack of impulsive control. The early childhood histories of these children indicate interpersonal and physical maltreatment from their caregiver. The thesis elaborates the experience of an infant’s abrupt individuation and separation from his caregiver in early childhood, and its impact on behavioral problems in later years. Enlightened by Winnicott’s potential space, the following composition describes a case study of a 13 year-old boy’s behavior changes in the course of 11 sessions as he re-experiences his individuation and separation in the art therapy group.

**Naomi Cohen**  
*A woman's artistic journey through depression, ambivalence and loss: A case study*  
Domestic Violence is a foremost source of trauma in the lives of families both here and abroad. The use of art therapy as a modality within this population is growing and evolving. Issues of attachment, fear, loss, anger and ambivalence are deep and present among those who have experienced trauma. Art therapy aims to offer insight into their experiences as well as a safe space to explore these feelings. This paper examines the
question of how art therapy can help one navigate through this. Within individual and group sessions over the course of three months, painting, collage and the written word allowed one client to approach the above themes. In this case study, the intent is to observe ways in which art therapy and a therapeutic holding environment can play an integral role in the process of trauma recovery. In the context of future research, a more in depth exploration of art therapy’s relationship to domestic violence trauma treatment would be recommended.

**Michele Drislane**

*Using video game illustration through art therapy with an adolescent male that can increase attention duration and positive self-esteem*

There are many misunderstandings regarding the developmental disorder Attention Deficit Hyperactivity Disorder (ADHD). Adolescents with this disorder struggle not only with the affects of the disorder itself, but with the misconceptions and judgments that couple it. This paper examines a fifteen-year-old male diagnosed with ADHD and marks how using art therapy through the creation of video game characters increased both his attention duration and positive self-esteem. The goal is that through this research the developmental stages of adolescence and the positive impact of art therapy within this context are clarified. The use of illustration and video game creation are discussed as well as the positive impact that video games, if used responsibly, can have on an adolescent. Through theoretical research, case study material and artwork created during both group and individual sessions, the above process is explored.

**Alexis Fiala**

*The use of containment in the art therapy termination process with an aggressive adolescent boy: A case study abstract*

Over the past decade, shootings and other violent acts in schools have drastically increased leaving school systems in dire need of ways to contain the behavior of aggressive students, prevent future tragedies, and maintain a safe environment for education. This paper presents an adolescent boy’s experience with homicidal aggression in his school and how he was able to temporarily contain it using art therapy. Containment was primarily established within the therapeutic relationship and the three-dimensional buildings he created in his weekly art therapy sessions. The termination process combined with the unfinished containment dynamic presented new challenges and, therefore; was the focus of this research.

**Shelley Freuman**

*Promoting self-esteem through the creation of still-life drawings: A short-term group art therapy approach for adults with mental illness*

As the average length of stay on in-patient psychiatric units shortens, the need for effective short-term psychotherapeutic treatment grows. The following is a study of the effects of still-life drawing groups as a therapeutic approach to increase self-esteem in psychiatric patients during hospitalization. Over the course of 11 weeks, more than 100 patients attended groups in which this single-session, reality based approach was implemented. Through the progression of weekly sessions, it was found that there was a correlation between the increased number of patients that followed the directive of the
still-life drawing and group cohesion, which in turn fostered self-esteem in individual patients.

**Karen Harber**  
*A rose grows in concrete: Art therapy elicits the narrative*  
This case study examines the differing ways art therapy is used to elicit the narrative of an adolescent Hispanic male in a transitional school setting. Responding to the client’s needs, the intern incorporates worksheets and art materials as part of the art therapy, all viewed within the prism of rapprochement, attachment theory and trauma.

**Krupa Jhaveri**  
*Peace beads: Containment and connections between women with HIV/AIDS in group art therapy*  
Women living with HIV/AIDS benefit from the group experience, within which a safe space can reduce isolation through interaction with peers. At a new site specifically addressing the needs of this population, the research focuses on the opportunities for containment and connections with over 40 participants throughout 16 weekly group art therapy sessions. Inspired by women in Uganda creating paper beads from recycled strips of magazine paper, the clients learned to make paper beads and jewelry themselves. The group collaborated on a large collage, including words and images surrounding three universal themes of past, present, and future. The clients also created individual collages for a pen pal exchange with the Ugandan women through an organization called Bead for Life.

**Liana Manta**  
*Using art therapy to establish a therapeutic alliance with a latency age child*  
This qualitative research is based on a case study on the use of art therapy to establish a therapeutic alliance with a latency age child. Within the concept of the therapeutic relationship, paramount ideas of containment, holding environment, transference and countertransference, transitional space and transitional object, and symbolic imagery will be explored. Art therapy was used to help the client increase the ability to express and communicate feelings, emotions, thoughts and ideas in appropriate ways and to decrease the level of impulse control issues. Based on the analysis of the findings of this study as well as the client’s art work, an improvement in the client’s ability to self-express as well as a decrease in his acting out behavior were observed. This is an indication that art therapy proved to be an effective modality with this client, but due to the limitations of having only one participant in the study, the findings can not be generalized to the entire population.

**Caroline Mason**  
*The use of origami in establishing a therapeutic relationship with an adolescent girl*  
This study was conducted to look at how the therapeutic relationship can be fostered and developed by using the art of origami. This is a qualitative, client-centered case study which attempts to explore, through the lens of attachment, the relationship patterns of seventeen year old South Korean girl exhibiting socially withdrawn behaviors. The study took place at an urban city adolescent day hospital over a period of six months. As a
result the study exhibits how the use of origami can be a containing material which can also supported the development of a therapeutic relationship as well as promoted social interactions with peers through the role of teaching origami. There are no known emotional risks in this particular study.

Rachel Mosler
*The integration of compassion meditation and art therapy on an inpatient detoxification unit*

This qualitative research study investigated the application of eight single session compassion meditation and art therapy groups among 26 adult participants on an inpatient detoxification unit. Trauma sensitive methodological modifications were implemented throughout the study to address the high rate of co-morbid occurrences of substance abuse disorder and undiagnosed PTSD (Herman, 2002, Ford, Russo, and Mallon, 2007, van der Kolk, 2002). Through participant’s personal narratives and descriptions of their art work, themes of anger, trauma, and anxiety were expressed, in addition to feelings of hope and an enhanced sense of community post the art therapy process. Findings revealed that the implementation of compassion meditation in conjunction with art therapy provided a safe therapeutic space for individuals to symbolize their ambivalence towards addiction and to cultivate new tools for emotional regulation.

Danielle Polifroni
*The effects of art therapy with a 13-year-old girl diagnosed with asperger’s syndrome*

This thesis presents a case study of a 13-year-old girl diagnosed with Autistic Spectrum Disorder (ASD), specifically Asperger’s Syndrome (AS). The results are based on research conducted and assessments of art therapy sessions over a time period of six months held at a private therapeutic day school for children diagnosed with developmental disorders. The therapeutic day school, at which the art therapy sessions take place, uses Dr. Stanley Greenspan’s client-centered, DIR (Developmental, Individual Differences, Relationship-based) approach, which emphasizes the fact that relationships and emotional associations are the foundation of learning. This thesis aims to demonstrate the benefits of the therapeutic relationship in art therapy and how it allows for experimentation, exploration, and expression of emotions.

Tracie Smith
*The effects of claywork and play on the expressive capacity of a three-year-old girl*

This short-term qualitative case study explores the significance of symbolic play using the material of air-dry clay with a pre-school age girl, who was referred to art therapy for having difficulty socializing with peers. This work is based upon the developmental theories of Lowenfeld (1987) and Mahler (1975) and the relationship to clay’s inherent ability to successfully hold affective discharge while enhancing cognitive growth (Henley, 2002; Lowenfeld, 1987; Smilansky, 1988). Extensive prior research has indicated that the release of affect allows individuals to relate in a more succinct way to their environment, especially regarding interpersonal relationships. Therapeutic work focused on how claywork could increase Maria’s expressive capacity by integrating problem solving and play when at home and at school. Maria’s ability to symbolically
represent her mother during sessions allowed her to express inner processes. It is my belief role-play with clay may have also led to her increase in social interaction.

**Rebecca Whelen**

*The use of art therapy with a child that speaks English as a second language*

Research shows a lack of data on art therapy with ESL students, which is in discord with the growing immigrant population in the New York Metropolitan area. The following case study explores the effects of art therapy with a 3½-year-old Chinese girl for whom English is a second language. Through art interventions, individual attention and play the foundation of nonverbal communication skills was established and developed. Over the eleven sessions the client demonstrated an increased use of nonverbal communication, socialization and interaction with peers.

**CLASS OF 2007**

**Rachel Alban**

*Boys don’t cry: Art therapy and emotional expression with an 18-year-old boy*

This paper presents the single case study of Charlie, an 18 year old Black male, who is involved with the Juvenile Justice system because of a long history of drug-related charges. Charlie has been diagnosed with conduct disorder and learning disabilities. Like many of his peers, substance abuse, gang-involvement, and exposure to violence are facets of his daily life. The scope of this paper will be his first 15 sessions of treatment, which occurred over 6 months. During this time, Charlie has gone through a transition from expressing his emotions with destructive behavior, to expressing emotions in artwork, and eventually to verbalizing emotions. The focus of this work will be how the therapeutic relationship and the use of art materials helped him organize and explore his emotions.

**Maria Angel**

*Sculpture making with discarded materials or miscellaneous objects in art therapy: How the choice relates to adolescence and having a history of trauma*

This thesis explores the therapeutic value of sculpture making with new miscellaneous objects and discarded materials in art therapy sessions with adolescents that have a history of abuse. According to the results, the process enhanced clients’ verbal and social skills. It was also seen that regardless of having a traumatic history, adolescents chose to primordially work with new miscellaneous materials, thus refraining from including discarded objects in their pieces. Differences were observed in the sculptures made by clients with a history of abuse in comparison to those made by clients with no such reported histories. These differences seem to be connected with trauma theory, and with specific defense mechanisms observed in traumatized individuals.

**Jennifer Byxbee**

*Structure and flexibility: Exploring the use of an open studio model with adolescents in an inpatient psychiatric unit*

This paper will discuss the use of the open art studio model with adolescents who are in an acute care inpatient psychiatric unit. Psychosocial theorist Erik Erikson (1950) describes the objective of the adolescent to find an identity or succumb to role confusion.
Due to the patients' wide range of diagnoses, their different levels of functioning, and the high patient turnover, a studio model was implemented in order to meet the patients’ needs and apply individual goals to each patient. By using the open studio model, each patient is free to work at his or her own developmental and emotional level in order to create artwork, which is relevant and significant to them. The studio model provides both flexibility and structure that is needed when working with this challenging population.

**Kenneth Cox**

*Art psychotherapy in a case study of a nine-year-old black male in foster care: Trauma and complex post traumatic stress syndrome and trauma indicators in artwork*

In working with Black youths who have been disenfranchised, as in the foster care system, play and art therapy are utilized in order to encourage strong identity formation, the instillation of basic trust, and for release of anxiety and aggression. In the milieu of treatment, the therapist and patient bring with them all of the connotations of society. This paper involves the use of a single case study of a nine-year-old black male, placed recently in foster care. Utilizing the lens of trauma, as seen through complex PTSD symptomology, trauma indicators as seen in artwork, and in behavior patterns, art therapy is utilized for containment of his rage and distrustfulness. Maintaining an understanding of cultural ramifications was necessary for the therapist to understand the instilled intergenerational trauma, as reported by the birth parent.

**Anne Flynn**

*Candyland as a metaphor for dependency needs: Art therapy and attachment theory in the treatment of a latency age boy in foster care*

There is little to no research on the use of art therapy in conjunction with the playing of board games, a rich source of information when it comes to latency age children. The case study presented attempts to explain the use of art therapy in conjunction with board games in order to treat the effects of complex trauma suffered as a result of neglect and disrupted attachment in a latency age child in foster care. The behavior expressed by the child in the context of the board game is explored through the lens of attachment theory. The therapeutic interventions utilize art therapy to build the therapeutic relationship and facilitate reenactment and processing of the trauma within the metaphor of the board game, ultimately enabling the child to let go of negative defensive patterns and experience himself in a reparative way.

**Ilana Greenspan**

*Sensory based art therapy with a child on the autistic spectrum*

My research focuses on how art therapy is being used with children on the autistic spectrum in order to assist them in relating to the environment. The literature reviewed will examine the characteristics of autism and its impact on children, treatment of autistic disorders, artistic development of children’s art, and ways that art therapy is used with children on the autistic spectrum. Dubowski and Evans highlight three interventions that are used by the therapist to connect to a child on the autistic spectrum. I have implemented these three in session: reciprocal cueing, protoconversion, and rhythm and body movements. While observing Alex’s non-verbal communications, I have interpreted his actions, and responded to them by imitating his vocalizations and providing
interventions based on his responses. Alex has utilized the art materials as sensory experiences in order to receive sensory stimulation on his body. The tactile stimulation provides Alex with information about his physical boundaries. This is important because part of relating to the environment involves knowing your boundaries in relation to other objects.

Amy Jean
*Understanding and assessing levels of anxiety in hospitalized school-age children using the Child Drawing: Hospital assessment abstract*

This is a quantitative research to find differences in stress levels between age, gender and medical diagnosis in hospitalized children. The Child Drawing: Hospital (CD: H) assessment is given to children from five to eleven-years-old to assess their emotional status. The scores from the CD: H are averaged and compared by age, gender and different medical specialties such as pulmonology, dermatology, gastroenterology and endocrinology. The secondary objective is to find differences for children in stress level between medications and number of hospital visits. The results showed that younger girls with a gastrointestinal disorders and older boys with a pulmonary disorder scored the highest out of the entire population. Children with gastrointestinal disorder also drew more regressive and distorted figures while children with pulmonary disorder drew more pictures of doctors, nurses, hospital building and hospital equipments.

Lindsay Lederman
*Art therapy in recovery from alcohol dependence: Therapeutic use of the soft arts*

This case study was done to gain a better understanding of how art therapy can be used in recovery from addiction to alcohol. The individual that is focused upon participated in two different types of art therapy groups over a period of seven months. These two groups, the soft arts group and studio art group, were seen to be highly effective as a means of expression and exploration of suppressed and unidentified feeling states and relationship styles. A humanistic approach was used as family relationships were explored with the soft arts while personal exploration was explored in the studio. While the information provided shows progress in recovery for this individual, it cannot be generalized until further research is done.

Ryan Norton
*Providing containment for an eight-year-old girl through art therapy and sandplay therapy*

The research conducted with Daphne an eight-year-old girl, who was at the time a third grade student in a public elementary school was the foundation for my thesis. The thesis concentrated on the combination of art therapy and sandplay therapy to provide containment and safety for Daphne in the therapeutic holding environment. The individual art therapy directives determined her individual goals and why she would benefit from the tactile and kinesthetic qualities of sandplay. The results and observations were witnessed in individual forty-five minute sessions over a five month period. Sandplay done by children in an art therapy setting with the use of sand and miniatures can help indicate a child’s stage of development and explore meaning within the therapeutic relationship (Steinhardt, 1998).
Rory O’Neill
*Phototherapy with adolescents: Identity exploration and communication*

The art therapy intern focuses on the use of phototherapy with adolescents for her thesis project. Her internship site is a nonprofit youth center, which is located in an urban area. The intern explores the following areas of research: art therapy, developmental theories, photography, and phototherapy. In addition, she will be focusing on how phototherapy supports identity development and communication for adolescents. Lastly, she will be examining the processes and artwork which occurred in her phototherapy group, entitled ‘Express Yourself through Photography.’

Dana Schwarzburd
*Art therapy as social skills reinforcement with a group of children with autistic tendencies*

This case study focuses on the use of art therapy as a tool to reinforce socialization amongst a group of 10 children with autistic tendencies. The project was to create an image of an ocean landscape mural with dolphins to encourage the children’s social skills, motor skills, and peer awareness, as well as their abilities to share needs, feelings and materials. The autistic tendencies population experiences difficulties in those areas. This case study examines the impact of an art therapy group which was designed to help these children to improve socialization skills. The conclusion resulted from observing the group process and finding ways to work with this group better in order to achieve the goal of the project. More individual work within the group mural landscape is needed for the group of children to socialize better. The case study was based on literature, clinical understanding of the art therapy practice and knowledge of working with children who display autistic tendencies and language impairment.

Jennifer Tedesco
*Attachment theory as applied to mask making with adolescents*

Adolescence is an important period of growth in an individual’s life. It is marked by a transition from childhood into adulthood that is marked by many changes. One important component of this stage is the formation of an identity, or a sense of self. An individual’s identity is consolidated through the incorporation of previous identifications from earlier stages. An individual’s early attachment patterns to their primary caregiver helps form the first sense of self. When these attachments are inadequate it may result in feelings of helplessness, rage, inability to form future relationships, and feelings of low self worth. This thesis will examine the use of mask making in a therapeutic group setting with adolescents to explore how different aspects of one’s identity as well as patterns of attachment may be revealed.

Rachel Yahes
*An open studio art therapy approach in addressing the psychosocial stressors associated with AIDS*

This thesis will discuss open studio art therapy as a method of addressing the psychosocial factors associated with having AIDS. The data was collected over the course of six months as part of an internship placement in a skilled residential nursing facility for people with AIDS. The research, in collaboration with the data will show
how themes in the artwork and discussion are related to the specific needs of this population and even more specifically how these topics were addressed with the creative process. The goal of this qualitative study is to further enhance awareness within the field of art therapy for working with people with AIDS. This can potentially promote increasingly appropriate treatment modalities of individuals with AIDS as a means of improving their quality of life.

Sun Yi

*Art therapy with a young girl who is a fraternal twin*

Identity formation is often considered the cornerstone of the psychology of twin-ship, and twins often encounter difficulties in the process of identity formation (Ainslie, 1985). This single case study examined the effectiveness of art therapy with a seven-year-old fraternal twin girl in a suburban public school. This case study explored the relationship of the girl with her twin sister and how this relationship affected her identity formation and self-identity. Through the use of different art materials, the child was able to communicate her ambivalent feelings by externalizing them onto her artwork. Furthermore, the child was able to resolve some difficulties of self-identification as a twin, improve self-confidence, and deal with attachment issues.

CLASS OF 2006

James Andralis

*The ugly and the beautiful: Art therapy groups on a MICA unit*

This research examines MICA patients' concepts of ugliness and beauty, particularly when and how they depict themselves in their artwork when drawing something ugly and something beautiful. Participants of four art therapy groups conducted over 10 weeks on a hospital's MICA unit were asked to draw the most ugly and most beautiful thing they could imagine. Group members' artwork and discussions from the four groups suggest much about their perceptions of self, their sense of identity, and their expectations of treatment and recovery.

Brian Austin

*Computer animation: New therapeutic methodologies promoting adolescent development*

There is little to no case material on using 3D computer animation in an art therapy setting. The case presented here will examine the introduction of this medium, in the form of a directive to create one's own video game, while working with an adolescent male in foster care. The adolescent's poor attachment and restricted affect, the result of extreme childhood neglect, will be looked at through the lens of psychoanalytic, art therapy, and video game theory. The treatment approach focuses on the use of reparative mirroring and expression of metaphor via the art process to explore more flexible defenses while encouraging a more expressive range of affect from the client.

Randi Bishins

*Mural bound: Therapeutic mural installation with adults living with mental illness at an in-patient hospital setting*

The following thesis will highlight the therapeutic mural making process and product created by adults living with mental illness on an in-patient hospital unit. Mental illness is
characterized by the inability to be part of community, therefore mural making acted as a communal project with lasting permanence. A therapeutic mural installation was the treatment utilized to connect patients with their community, help build peer relationships and to provide internal organization through external boundaries. Literature about humanistic art therapy, in-patient group process, mental illness and mural making will be discussed.

Gladys Cortez-Feliciano
*Exploring identity through art therapy: Case study of a female adolescent*

The effects and the feelings of child sexual abuse are powerful. Loss of trust, powerlessness, and shame can affect the individual's self-perception. Another factor that contributes to an individual's identity is acculturation. Adapting to a new country's language, norms, and behaviors is another contributor to the identity of the self. This work will focus on a 16-year-old adolescent female, who was sexually abused by her stepfather and finds herself working through her traumatic experience in a new country. This case study looks at this adolescent's progress in treatment, the use of art to deal with her traumatic experience and help support her identity formation. General adolescent development, cultural factors on adolescence and sexual abuse, and art therapy are discussed.

Valery Daniels
*The use of art therapy in uncovering and healing shame in an adult with addiction*

This case study of a 57-year-old Latino male with one year of sobriety illuminates the relationship between art therapy, addiction and shame. The notes and artwork from 12 individual therapy sessions were reviewed for indicators of shame affect. The therapeutic interventions focused on events and memories that triggered or stimulated shameful feelings. Literature on Narcissistic injury, human development and the biologically innate mechanisms of shame affect will be discussed. A specific art therapeutic directive developed for this client called a trigger map will be described. Making the connection between the effectiveness of art therapy to safely reveal and process shame has potential for the future reduction of relapse and therapeutic failure.

Dana Feldschreiber
*Waterplay with children who are visually impaired to multiply handicapped*

Waterplay was utilized as the specific art therapy directive towards the treatment of two children who are visually impaired and have multiple handicaps. Within two distinct case studies, that of Kat and Joe, the role of water will be explored as it was incorporated into the art therapy sessions and acted as a vehicle to address and treat their specific needs. Through two very different processes, the cognitive, emotional, and physical needs of these developing children were addressed. Water inevitably acted only as a part of the overall treatment, as it was used in conjunction with other mediums. Kate and Joe's expressive and developmental growth were a result of their natural acclimation to the art therapy environment and their progressive sense of control over the fluid medium.
Allison Gardner  
Restoring safety through art therapy: A traumatized adolescent male with Down Syndrome  
This thesis will explore how art therapy can provide containment to a cognitively impaired adolescent boy recovering from sexual trauma. The research occurred on an in-patient psychiatric unit for adolescents situated in a large urban city. The case study focused on a 14-year-old adolescent boy with Down Syndrome who frequently engaged in self-mutilation as a way to process his past sexual trauma. The patient struggled with outwardly aggressive behaviors as well. The first stage in the healing process was for the patient to establish a safe and therapeutic relationship with the researcher. Over the course of treatment the patient created less imagery that evoked his trauma and more integrated, whole imagery, indicating he was beginning to process the trauma through the vehicle the artwork provided. Object Relations theory was combined with a Humanistic approach which allowed for the patient to experience a relationship to the researcher and the process of art therapy.

Juliet Goldberg  
Failure to thrive, Art therapy with an adolescent mother in foster care  
This case study consists of data collected over five months from individual art therapy sessions with J.D., a 20-year-old African American mother, who had great difficulty caring for her son. Throughout treatment, J.D.'s difficulty forming attachments became apparent as she was only able to tolerate the therapeutic relationship on her terms, often needing to miss sessions to keep distance in the relationship. J.D.'s behavior was analyzed looking at attachment behavior studied by John Bowlby during his research on attachment. Her artwork suggested that early family experiences influenced her current ambivalence towards forming attachment to her son. These observations are further explored in conjunction with Daniel Siegel's theory on intergenerational attachment patterns. The main goal in treatment was to help J.D. understand the role she plays and how it affects her current situation.

Jennifer Herbert  
Art therapy in Uganda: Short-term treatment with an adolescent living in a crisis pregnancy shelter  
The stigma associated with adolescent pregnancy outside of marriage in Uganda has caused many young women to be cast away from their families and from their communities. This in-depth case study follows the progression of one 19-year-old girl from a small rural village as she enters art therapy treatment in a crisis pregnancy shelter in an urban center. The art therapy treatment followed an approach that combined trauma theory with an empathic stance and unconditional positive regard. Once a sense of safety was established, the client was able to access her own strengths to use art to begin to work through issues of trauma and attachment.

Katherine Keith  
A case study of a child traumatized by parental homicide
There are many children who have experienced domestic homicide throughout this country, yet little is written on the effects that parental homicide has on these children. It is of utmost importance that these children are understood in order to provide proper treatment. The following case study is of a seven-year-old boy whose father murdered his mother. Domestic homicide, trauma, and art therapy will be the key topics discussed. Art therapy was utilized to provide this child the opportunity to tell his story through the art process.

**Dana Lepow**  
*Puppet making in art therapy with two pediatric patients*

The following composition will focus on two individual case studies. The participants include a 12-year-old girl and 21-year-old young woman, both seen on the pediatrics acute care unit. The participants were faced with constant readmissions, medical treatments, physical pain, loss of autonomy, and uncertainty around their illness. The concentration of this work will be how the use of art therapy was provided through the utilization of puppet making and puppet play. Theories and practices are based on literature which describes the importance of play, stages of development, as well as how art therapy, puppets and working in the metaphor can be beneficial to the pediatric hematology oncology population.

**Courtney McCullough**  
*Art therapy and transitional objects: The impact of divorce on a 12-year-old boy*

Millions of children in North America have experienced the pain, grief, and confusion that result from divorce. The information that will be discussed in this paper will cover how domestic violence and divorce impact a child. Through revisiting seven art therapy sessions from a case study involving a 12-year-old boy in family therapy, the importance of personal objects and metaphors will be explored. The use of personal objects as transitional objects during times of crisis as well as a way in which a child can project feelings of internalized rage will be illustrated in the therapeutic sessions. In addition to this, the re-creation of these objects will focus on themes of flight or fight, defense and attack, as well as anger and depression. Finally, the use of art as a way of communicating and developing interpersonal therapeutic relationships through both metaphor and mirroring will be explained.

**Tamar Melmed**  
*’My brain is stuck’: The value of art therapy in the rehabilitative process of adults with cognitive impairments*

This thesis explores the art making and art viewing processes as part of the rehabilitation of adults with cognitive impairments. The study was conducted individually with three patients, two with traumatic brain injury and one with dementia, in a rehabilitation unit in a large hospital. The image of a face is used to measure the effects of this process. First each patient was asked to draw a face, followed by a viewing of a book of finely drawn faces. The patient was then asked to draw a face again. It was hypothesized that the process of looking at artwork, coupled with the activity of making art, would provide alternate visual and neural stimulation to the impaired brain. The observed results
indicated that the process of looking at artwork aroused a pleasurable emotion and led to an improvement in the patients' ability to focus and organize. These results were manifested through the patients' improved ability to draw their second face with increased focus, detail, and spatial orientation. This procedure aims to support the creative process as a rehabilitative tool in strengthening brain function.

**Liora Mendelsohn**  
*Exhibiting artwork as part of the art therapy process: Working with the elderly in a long term care facility*

The research presented explores the effects of exhibiting client artwork as part of the art therapy process with the elderly in a long term care facility. This includes exploring losses of individuality, community, and productivity, as well as issues of self worth and control. The research was based on a weekly art therapy group that ran for 10 weeks, and was geared toward the goal of selecting two pieces from each participant's body of work which was then exhibited. This process included engaging in the art making, working toward a goal, selecting, mounting and discussing the artwork, and working within a social context. Through the use of a humanistic, person centered approach, the participants were able to feel a restored sense of productivity, increased self esteem and self worth, as well as a sense of mutual support and social interaction among group members as well as members from within the facility.

**Saadia Parvez**  
*Art therapy with an integrated treatment approach for trauma and addictions*

The focus of this thesis is an integrated treatment approach for mentally ill chemically addicted (MICA) patients in a chemically addicted outpatient treatment clinic. This study is based on the Addictions and Trauma Recovery Integration Model (ATRIUM), designed by Dusty Miller to bridge the gap between the treatment of addiction and trauma. Art therapy was integrated into this model as an expressive vehicle for the members. A core group of five members consistently attended eight sessions out of 12. Each session addressed a key issue related to addictions and trauma experiences, such as trauma reenactment, anxiety, fear, anger, physical ailments, relationships, touch and sexuality. The affects of trauma and addiction to the body, mind and spirit assessed and treated through psycho education, discussion and art making. Patients identified their strengths, support systems and coping skills, which prepared them to recommence their lives.

**Michan Pour-Azar**  
*Learning to self-soothe: Tactile doll making with an individual who self mutilates*

The single case study presented here is one of a 21-year-old Caucasian male, with a history of sexual abuse as well as a sexual offense, who severely self-mutilates his body. Through both individual and group art therapy sessions, the application of tactile doll making was used to promote sensory stimulation and sublimation to assist the individual's treatment in reducing self-harm. With an observable reduction in self-injurious behavior, this raises the possibility of tactile doll making to be a beneficial treatment modality for this client population.
Lukas Prokes

Building self-esteem through art therapy with an eight-year-old boy

Self-esteem is a feeling of respect and pride for oneself. People with high self-esteem believe they are worthwhile and they value themselves. People can build their self-esteem and take steps to grow and improve. This study was conducted to research the question – Can art therapy help to build self-esteem? This thesis presents an individual case study with an eight-year-old Hispanic American boy. This boy has experienced physical and mental abuse, a custody battle, and marital separation. Art therapy sessions were carried out in the after school program setting in an urban area in New York City. In the time span of eight months, this author was able to observe and work with this eight-year-old boy. The data for this study was collected mostly during weekly interactive art therapy, individual, one-hour sessions from October 2004 and ending in June 2005. The total of individual art therapy meetings throughout the school year was 23 sessions. Data were collected from each individual art therapy session as well as from observations outside these sessions in the after school recreational setting. The child's artwork, as well as the child's behavior, and the progress during each session were observed. The focus was on the progress of the self-esteem issues, school improvement, and identity issues.

Courtney Puciata

The use of short-term art therapy with victims of domestic violence who exhibit symptoms of posttraumatic stress disorder

This thesis will examine the use of short-term art therapy with victims of domestic violence who exhibit symptoms of posttraumatic stress disorder. Research was conducted with four women at a domestic violence shelter for approximately three months. Each woman voluntarily attended individual art therapy sessions. A modification of Hays' bridge drawing was used as an initial assessment as a way to examine how well the women were able to related to the use of metaphor and symbols. Existential and humanistic theories are referenced as ways of exploring client artwork and discussions during sessions, supported by the writings of Irvin Yalom, Bruce Moon, and Josef Gerai. Judith Herman and Bessel A. van der Kolk are referenced regarding the importance of establishing safety in trauma recovery. PTSD information will be reviewed using the Diagnostic and Statistical Manual of Mental Disorders and the writings of John Wilson, Matthew Friedman, and Jacob Lindy. Avoidance as a coping mechanism will specifically be discussed.

Sharon Sarig

Exploring the use of art therapy with an AIDS-related dementia patient

This research study illustrates the case of Tony, a 56-year-old Caucasian male. Tony was diagnosed with AIDS and suffered from severe AIDS-related dementia. The goal of this study was to assess how art therapy could help Tony to stay grounded and connected to reality. The research was done at an inpatient facility for people with HIV/AIDS. Tony participated in art therapy groups twice a week. The art he created and his verbal explanations that accompanied it were carefully recorded and served as the foundations of this study. Existential approach and object relation theory provided background. The power of art therapy as diagnostic tool is then examined. This research concludes that art therapy can be helpful for Tony in his daily struggles. It is recommended he engage in a
group art therapy on a regular basis. Active participation could improve his social skills, as well as communication skills. Based on this study, it is suggested that the artistic process may assist AIDS-related dementia patients in getting in touch with their existential issues and stay grounded to reality and connected to the world around them.

**Tzipora Silberman**

*The use of metaphors with school age children in art therapy*

This research is a qualitative case study. The participant is an eight-year-old female from a low socio-economic area. The research was done in an urban public school. The use of metaphors, such as puppets and storytelling, was studied. The participant struggled with trust with the art therapy intern. Metaphors were used to aid in establishing a safe therapeutic environment. The struggles of the participant were addressed through the use of puppets. Through the therapeutic process the participant and intern were able to start to develop a trusting relationship. The metaphoric stories and the characters that were created deeply aided the therapeutic process.

**Anya Waller**

*Exploring group treatment with adult acute psychiatric inpatients: Comics in art therapy*

The cases presented in this paper will explore the development of the researcher's model for the use of comics with the adult acute psychiatric inpatient population in a short-term setting. The therapeutic work was done with these adult patients over the course of seven art therapy groups, and the results of the study were analyzed through an Object Relations perspective as it pertains to Winnicott's play space and Robbins' notion of the holding environment. The findings reveal that the crucial interventions for the functioning of the model were ultimately the introduction of word balloons and a structured theme into the methodology. It is suggested that further research be conducted on the use of this model with individual adult clients as well as with child and adolescent clients.

**Anna Zieba**

*The role of medical art therapy in the treatment of children with asthma*

This study illustrates how art therapy can be a contributing force in minimizing the negative psychological and emotional impact asthma and hospitalization may have on a child. Over the course of two days the three main stressors, which include separation, loss of independence and control of fear and anxiety, were identified and addressed using child development theory and cognitive behavior theory. The therapeutic sessions focused on the development of a trusting relationship, self-expression through art and play, and asthma education in order to create a positive growth-promoting hospital experience.

**CLASS OF 2005**

**Krista Bebezas**

*Humanistic art therapy with an adolescent who experienced trauma*

The purpose of this qualitative case study was to investigate the effects of humanistic art therapy working with an adolescent girl who had experienced trauma. The research was conducted over the course of three and a half months at a large urban hospital on an in-
patient adolescent psychiatric unit. The results indicated that using art and the humanistic approach, which emphasizes genuineness, acceptance, and empathetic understanding in the therapeutic relationship, were beneficial components to the progression of the treatment in working with the participant who had experienced trauma. These findings also indicated that there is a correlation between the documented stages of trauma recovery and the humanistic approach to art therapy.

Diane Clarke
Art therapy with a four-year-old child in foster care
This thesis presents the case study of a four-year-old child who is in foster care. Her grand-aunt is her foster mother. The qualitative study was conducted from a phenomenological perspective, using an object relations framework with interventions focused on attachment theory. The research shows how art therapy is a preferred modality with a child at the subject’s developmental stage. In this study, art therapy is used to create a safe space for the child and foster parent, in which to mirror their relationship, and is found to be reparative to interruptions in the early attachment formation. Through the strengthening of the attachment bond with her foster parent through art therapy, the child makes developmental strides. The research concludes that for a child this age, it is not just that art process is effective for therapy; the art media itself is also critical to the outcome.

Samantha Commarato
Examining the process of trauma resolution with a latency age boy: Art therapy in the form of play
This case study explores art therapy sessions with a twelve-year-old boy who lost his parents in a fatal car accident. Central to this research is the question of whether collaborative art making and play activities could aid James in assessing, externalizing, and reintegrating traumatic material in order to provide him with a greater sense of safety and control. Interactive art making and play exercises aided James in the creation of a trauma narrative, provided containment for anxiety and aggression, and led to a greater organization of art products and traumatic material as well as a greater sense of empowerment. The collaborative experience of art making and play significantly improved his communication skills and promoted independent activity, suggesting increased autonomy and control.

Crystal Gauen
Tile project: Claywork with adolescents at an urban community center
The research for this study focused on the use of clay and a structured tile project with adolescents at an urban youth community center. The product, an installation of the numerous clay tiles, was to be permanently mounted on the façade of the facility. Because of the lack of knowledge of the material on the part of the clients, educational and technical assistance was a crucial part of the group and ultimately fostered a therapeutic rapport between the clients and the therapist. Also, because of the inconsistent attendance of many of the clients, the educational and technical assistance needed to be continuously reiterated and eventually helped to facilitate the formation of a structure and safe space within the studio. Because of the holding and safety within the confines of the
studio, the adolescents were able to regress and play with the material while exploring their libidinal desires through the creation of phallic-like sculptures and containers. Resistance to the exhibition of their work was seen as the clients tested the material, and both the limits of the therapist and the holding environment. After the clients were able to see the abstract clay process through to completion and hold their complete piece in their hands, they were most likely to continue their attendance in the group and produce artwork they were interested in displaying on the façade of the facility.

Karen Gibbons
Yoga and art therapy in outpatient substance abuse rehabilitation
The thesis of this work was to explore art therapy with attention to mind, body and spirit. The study looked at the use of yoga and art therapy as a dual modality in an outpatient clinic for substance abuse rehabilitation. Important topics included addiction and recovery, creativity, spirituality and multi-modal approaches to healing. The focus of the discussion was the effect on the group, particularly the effectiveness of using a thematic framework incorporating yoga, art and talk therapy in each session.

Iris Goldman
Engagement, connection, healing: Art therapy with an adult with major depressive disorder
My thesis illustrates the healing qualities of art therapy and the therapeutic relationship, working individually with an adult male diagnosed with major depression. This is an in-depth case study representing four months of clinical work, using attachment and object relations theories for understanding, and using artistic expression and the therapeutic relationship as containers for conflict; for processing pain, trauma, and indeed, for an entire life review. Art therapy helped connect this client to his feelings, to his therapist, and to a livelier engagement with life.

Gina Guerra
Studio art therapy with adults in outpatient alcoholism and substance abuse treatment
The focus of this thesis research is studio art therapy with adults in an outpatient substance abuse and alcoholism treatment program. The basis for this research was gathered over a six-month period, though the studio art therapy group being discussed had been in existence for over ten years. The study explored a four-week puzzle directive that was introduced into the predominantly non-directive format of the group. The project was proposed to translate the clients’ interpretations of their place in the group and what the group meant to them. The puzzle format allowed clients to maintain their individuality and at the same time join together to create one cohesive group image. The clients’ response to the directive, and the difference in puzzle imagery from what had been characteristically produced within the group is central to the discussion. The process of creating an image to encapsulate this studio art therapy group allowed for few preconceptions and revealed the fundamental process of the group to be ongoing and ever changing.

Mor Keshet
Case study: Using art therapy to support an individual's exploration of a higher power
This research explores how art therapy can support a man torn by years of addiction and criminality in reconnecting to his Higher Power and ultimately himself. I wondered if the creation of art can assist in the arduous process of reconstructing a self that has been split into fragmented pieces yearning to be reconstitutes into one, cohesive self. Does integrating the self vicariously through the art afford this man another opportunity at establishing a relationship rather than an attachment with a Higher Power whom he once knew and connected with so well? Moreover, would this man begin to form an empathic relationship with himself, after years of self-judgment and shame? I found that art therapy can greatly assist an individual with all of these efforts at rebuilding, and reconnecting with the self and a Higher Power. Moreover, the metaphorical use of mirrors and mirroring can be highly successful in empowering individuals to begin to regard their ‘reflections’ with dignity and acceptance. However, much like the creation of art, this kind of recovery requires much time, patience, and devotion; thus, what was initiated by the treatment in this case-study is merely the beginning of what will most likely involve years of attentive care to resolve. It is my hope that art therapy or some creative process will continue to accompany ‘George’ on his own unique path of recovery.

Leehe Matalon  
*Mask-making with MICA patients in short-term therapy*  
This thesis work discusses a mask-making art therapy group led on an impatient MICA unit. The art therapy group was structured based on the duality of the patients’ diagnoses and its central idea was to allow the MICA patients an opportunity in which they could explore themselves in a different realm, through the world of art. Eighteen patients participated in three groups that were led over the course of four months. Each participant made a mask, shared the mask with the group, and participated in a role-play directive using the mask to enter a personal journey of the self. The findings of this study are based on themes found in the masks and role-play experiential. These themes all suggest the need for ego building and personal exploration among MICA patients. The mask-making groups were a beautiful introduction for the patients to the art therapeutic process and to establishing the needs of the patients. The thesis concludes the importance of the mask-making journey for these patients and the continuation of exploration of the self through various art therapy techniques.

Sojung Park  
*The use of word boxes in art therapy with adolescents*  
This paper explores the effects of using word boxes in expressing one’s own identity. The research was conducted in a psychiatric inpatient unit with 13 adolescents from age 15 to 17, during a one-hour-long individual session. Each participant was provided with the same 80 words and art materials to decorate their boxes. Findings from the analysis of the art works and observations seem to suggest that no matter whether the word describes personality of physical traits, every single participant (except one participant, who did not use any words) chose more words that commonly have positive associations to decorate their boxes. Interestingly enough, besides the words, the box as a container appeared to be the most significant material in the project. All of the participants related themselves to the box, demonstrating a relationship between their diagnosis and the decoration of the box. The results showed that the teenagers with a diagnosis of bipolar disorder tended to
decorate only one side of the box, while those without a bipolar disorder preferred to use both sides of the box.

**Amy Bella Pierce**  
*The therapeutic relationship and reminiscence in art therapy with an elderly woman in an institutionalized setting*

This thesis examines the role of the therapeutic relationship and reminiscence in individual art therapy with an older adult. A single case study of an 82-year-old woman in an institutionalized setting is explored. The themes of developmental theory, ageism, life-review, reminiscence, the therapeutic relationship and art therapy with older adults in institutionalized settings are considered. Therapeutic progress is marked as the relationship, reminiscence and the art making process evolve. The treatment approach focuses on the humanistic principles of empathy, genuineness and unconditional positive regard to reduce demoralization and support ego integrity. An unorthodox art making technique was implemented in which the therapist creates art works under the guidance of the client. This study supports the use of art therapy with geriatric populations in institutionalized settings as well as the use of the implemented art making technique.

**Camila Rodriguez**  
*Creating altars through individual work with adolescents in art therapy*

The concept for this study was to examine altars outside of a religious context. The purpose was to qualitatively assess altar creation placed within an art therapeutic context. The question posed in this study is whether altar making is an effective intervention for the adolescent population. Both the benefits and deficits of using altar making as the main long-term directive were looked at through the responses of two adolescent clients in individual sessions at an urban community center. Keeping in mind the importance of identity formation in adolescence, trauma particular to urban settings, resistance, and the role of object relations, altar making was presented to serve as an artistic manifestation of the client’s internal world.

**Kim Roppolo**  
*Group art therapy with people who are deaf and mentally ill*

The use of group art therapy with people who are deaf and mentally ill can help to increase communication between the group members who are deaf, as well as with people who are hearing. Communication for people who are deaf is visual and takes place in what can be called a linguistic space. ASL is spatial and as a result, it has been questioned if three-dimensional art, which makes use of this space, can help to enhance communication for people who are deaf. Three-dimensional materials did seem to help the clients who had difficulty with language as they were able to use the sculptures as props to enhance their communication with others. Communication through art took place within two-dimensional art as well. Clients were able to make connections with others by creating imagery that helped communicate memories, wishes, and their interest in holidays. The visual image became important in helping the clients to make contact with myself and each other. Through this group case study, it can be seen that the visual arts can play a significant role in the lives of people who experience the world visually. People who are deaf take the world in through sight, therefore the visual arts can be
important in helping to aid and facilitate communication between people who are deaf and people who are hearing.

**Rebecca Rosenbluth**

*Exploration of an open studio art therapy group within a continuing day treatment program*

The open studio art therapy group was initiated to explore the dynamics of a nondirective based art therapy group within a structured, continuing day treatment program. The adults participating in this group were given the freedom to work in the studio choosing their own themes and supplies with which to work. This freedom empowered the clients and served to increase their self-esteem. The artwork provided a new forum for the clients to process their feelings, as well as strengthen connections with peers in the group. The studio group, which met over the course of nine weeks, gave participants a sense of power and control which could be applied to other facets of their lives. By the end of the nine weeks, members gained the confidence to move from structured materials to unstructured materials, process their here-and-now feelings in a group setting, and develop bonds with one another.

**Victoria Schultz**

*Quilt-making in the art therapy treatment of an adolescent mother from an object relations perspective*

The purpose of this study was to examine the art therapy treatment of an adolescent mother in foster care. The theoretical focus for this thesis lies in object relations and attachment theory. The information, which was organized into a single case study, was gathered from six individual art therapy sessions. The art therapy intervention used throughout the treatment was quilt-making. Through the art making process and the art product, the client’s impaired object relations and insecure attachments became evident. Quilt-making as an art therapy intervention seemed to help the client to explore these issues through the metaphor of art. Through quilt-making, the client began to connect to her childhood experiences and established stronger attachments to her children.

**Sophia Shalmiyev**

*Art therapy with a survivor of domestic violence: Creating a mourning ritual for traumatic loss*

This research project looks at the need for addressing profound grief when building a therapeutic alliance for the treatment of Post Traumatic Stress Disorder in a domestic violence shelter. This thesis is a qualitative study in the field of art therapy focused on Lucy, an extraordinary and acutely traumatized young, pregnant mother in individual art therapy treatment at New Hope’s crisis domestic violence facility. Lucy was a resilient fighter with a penchant for flooding and overwhelming herself through detailed verbal accounts of her childhood abuse and neglect, and recent incidents of battery that brought her to the crisis shelter. The intervention of staging a grieving ceremony that began with a paced inventory depicted through art was successfully collaborated on with Lucy. Lucy was given a choice of burials for processing her losses, which I came to call her ‘eulogy’ and ‘funeral’, and chose the directive of boat building. Using the works of Herman, Van der Kolk, Miller & Guidry, Matsakis, and Rothschild served to inform me of the
traumatized client’s need to tell their story while simultaneously flooding their senses with details of past abuse that feel present. Their understanding of the previously mentioned trauma reenactment, dissociation, ‘life or death’ feelings, and the issues around vicarious trauma has been a source of guidance throughout this research. These themes have been useful in the realization that the concept of ritualized mourning in art therapy treatment is a vital contribution to the treatment of PTSD for domestic violence survivors. This thesis uses the pioneering concepts and knowledge of art therapists Malchiodi and Rapp to support the inference that a ritualized mourning process using art is a safe and dignified way of honoring a traumatized client’s pain and loss.

Cathie Urushibata
Collage work with individuals with substance abuse problems in a chemical dependency unit
This thesis describes qualitative research that focused on collage work created by individuals in a chemical dependency unit located in a New York City hospital. In a 15-week period, 46 collages were created by individuals with substance abuse problems that participated in an art therapy group. The person-centered approach was used. Of the 46 collages that were created, the majority revealed issues of addiction and recovery. The collage work paralleled each individual’s use of the collage materials and their substance abuse issues. The 46 collages were categorized into three groups that related to the individual’s level of change. The first group of collages addresses the individual’s addiction and or recovery issues in a personal way. The second group of collages generalized the individual’s addiction and or recovery issues. The third group of collages made no reference to the individual’s addiction.

CLASS OF 2004
Lesley Achitoff
Art therapy with teenage mothers in foster care
The focus of this thesis rests upon a therapeutic intervention with teenage mothers in foster care. Art therapy is presented as a modality well-suited to introduce the concepts of creativity, trust, and group cooperation, mastery of materials and building of the ego. The theories of Winnicott, Robbins, Lachman-Chapin, and other clinicians are introduced to provide support for the design of this intervention. A group of seven teenage mothers was studied over a two-month period as they immersed themselves in the creation of a transitional object; a suggestion box designed to hold their submitted ideas and suggestions regarding their day-to-day issues. As a method of reinforcement and commemoration of hard work and commitment, an additional directive in the form of a gift with art materials was given to the subjects. A questionnaire was submitted to the girls several months after the experience in order to provide additional data for the study, as well as to ascertain whether or not the subjects availed themselves of the opportunity to continue work on their own. The girls studied evidenced an increase in self-esteem, a spirit of cooperation, appreciation of their own creativity, to ability to form a therapeutic alliance, and a willingness to continue with therapy. The girls were able to appreciate the respect of the therapist and expresses gratification upon receipt of the gifts. It was learned through examination of the data that a longer art therapy experience, insured follow-up and more didactic discussion as to the advantages of continuance would be necessary to
determine the value of the combination of transitional object and gift. Future study may indicate that inclusion of staff during the final discussions may increase the possibility that the transitional objects would find acceptance by both staff and clients, thus providing some of the empowerment intended by the design of the intervention.

**Stephanie Brady**  
*Single art therapy sessions on a detoxification unit*
An inpatient, detoxification unit is designed to treat persons with substance abuse disorders. The process of withdrawal from alcohol, heroin, cocaine and other drugs is a painful and exhausting one. Art therapy groups were a new addition to the treatment program in hopes of fostering self-expression and self-awareness among the patients admitted. Over time and careful observations, the design of the single sessions took form and I became intrigued with the specific structure of the groups. Through a qualitative research approach I documented each group’s process and evolution. I became aware of behavioral patterns that took place during the group as well as themes in the imagery created. The emotional and physical pain spurred on heavy resistance to the art making process. I decided to concentrate my efforts by working on these emerging patterns of resistance and the regulation of affect. There were the main goals during the beginning stages of each group. Through the art created during these groups, it was observed that themes such as being in transition of ones life and life, death and rebirth emerged consistently. This imagery brought up fundamental issues that people beginning the process of recovery experienced. In one single session the art therapy groups offered a place to recognize and process the idea of transitions as well as the loss of the addicted self that had begun to be experienced.

**Melissa Cohen**  
*Photo therapy: a projective approach to self-awareness with adults who are chemically addicted and/or dual-diagnosed*
The research for this thesis project explored the concept of how phototherapy directives, when used as a projective approach, can increase the articulation of self-awareness among adults who are chemically dependent and/or dual-diagnosed in an outpatient treatment program. The theoretical rationale of this thesis focuses on Jung’s totality of the self, and includes the persona and the shadow and the means by which they were explored through the use of phototherapy. The photographic process demonstrates while shedding light, the shadow is revealed as the camera acts as the persona or mask. Phototherapy can be a non-threatening form of communication utilizing the mind and body. With this process, one learns to take ownership, control and identify emotions, which can then be transformed to a feeling state. During an eleven-week study, the group explored self-portraits, self-awareness and interpersonal experiences through imagery and verbal psychotherapy in relation to a person with an addiction.

**Julie Combal**  
*Art therapy with a child with autism*
This study explored the development of communication and social relatedness in a four-year-old African American boy with Autism in individual art therapy sessions. Research examined verbal and non-verbal expressions, how my client related to me, and whether
his development of communication and social relatedness was evident in his art. Art process, artwork and personal interactions during the sessions were documented. Themes explored were whether art therapy interventions based on an object relations perspective could assist in the development of the therapeutic relationship and whether the art process assisted in symbol formation and communication skills. Interventions focused on mirroring, modeling and creating a holding environment in which the client could feel safe but appropriately stimulated for creative exploration. Collage, human representations and turn-taking games were utilized for the exploration of communication and social relating issues. Sensory elements inherent in the art materials and art process appeared to assist in his kinesthetic awareness and sublimation of physical aggression. The creative process also appeared to provide an environment where he was able to explore and internalize experiences at his own pace. Data collected suggested that one-on-one attention given in individual sessions was an important factor in my client’s development. By the end of the research period it appeared that he had increased his level of differentiation, through verbally identifying himself and myself separately.

Amy Duquette
Art therapy with an adult who is mentally ill and deaf
The barriers to communication and the resulting feelings of isolation for most adults who are mentally ill are profound and complex. For adults who are both mentally ill and deaf, the added communication difficulties cause the isolation to be even greater. This thesis will explore the issues of communication for an adult who is both mentally ill and deaf. This work focuses on the functions of each hemisphere of the brain; the left hemisphere that deals with the analytical, rational thought processes is compared to the right hemisphere where the creative, abstract processing takes place. By focusing on the functions of the right hemisphere, an art therapist can more effectively address the needs of this specific population.

Kelly Finn
Therapeutic presence in one art therapy session with a woman with Dissociative Identity Disorder
This thesis describes the experience of the art therapist and Jennifer, a 25-year-old woman diagnosed with Dissociative Identity Disorder and a victim of severe trauma, during one individual art therapy session. The objective research is to highlight therapeutic presence of and art therapist and the effect it has on Jennifer, a dissociative woman, within the therapeutic setting. The experience of a trauma survivor is illustrated by Bessel van der Kolk and Judith Herman’s theories of trauma, which demonstrate dissociation as a means to avoid emotional experiences, in turn, maintaining fragmentation. Throughout the art therapy session with Jennifer a connection to an emotion is achieved through a rhythmic dynamic between art making and discussion.

Eileen Fregeau
Attachment and adolescence: art therapy with an adolescent girl who is emotionally disturbed
This thesis presents the results of a qualitative study that explored using the Bird’s Nest Drawing assessment and additional artwork created by the participant as a way of
identifying attachment patterns with an adolescent girl. The research was conducted at a
behavioral health center’s adolescent day program with a 16-year-old girl who is
emotionally disturbed. Detailed observations of the group and individual art therapy
sessions were recorded over a six-week period. The results demonstrated how patterns
and themes related to her attachment style were revealed in the artwork. The participant’s
history, narratives and behaviors supported the findings. The results were discussed
within the context of attachment theory and adolescent development. The findings
indicate that art therapy can be a viable way of identifying attachment patterns. The
benefits of understanding a client’s attachment style and suggestions for future studies are
also included.

Theresa Haughney
*Can you hear me world? An adolescent windchime project*

This paper will examine the therapeutic value of art therapy with adolescents in a
psychiatric outpatient day hospital. These adolescents participated in weekly 45-minute
sessions and individually conceived, designed, and built three dimensional wooden
windchime sculptures based on the teen’s distinct view of his or her own identity. These
windchimes were an extension of the self, which was directly influenced by the
surrounding environment. These sculptures were placed by the adolescent in their
surroundings and given a voice in reaction to the influencing environment. This project
was highly structured in the sessions, but the teenagers had control over their designs.
The goals of this project were to foster self-expression, social and communication skills
for a group of teenagers experiencing depression, and to support this process by
providing a therapeutic environment. This type of project seemed to cultivate a
supportive atmosphere that allowed a group of teenagers to freely explore what their
identity meant to them through the art making process.

Yi Hwa Jung
*Art therapy with an elderly person who is experiencing loss and despair*

The purpose of this paper is to describe how art therapy can be used with an elderly
person experiencing loss and despair due to aging. Art therapy with elderly people differs
from work with other populations. Problems with aging, such as physical and cognitive
changes along with changes in social roles are prominent in the elderly population.
Consequently, art therapy can be used as a tool for self-expression and help elderly
people to build relationships. A sense of community and socialization has a significant
impact on elderly people, whose lives may have become quite limited and circumscribed.
Over the 12 weeks of research with an elderly person, findings suggest that when given
support within a creative environment, creating and using art materials in group settings
can help elderly people to overcome some difficulties such as coping with losses, dealing
with anxiety of life, and socialization.

Eunkyung Kim
*Exploring the spirituality of adolescents through art therapy*

The focus of this thesis is on the spirituality of adolescents in an art therapy group. This
thesis will discuss the literature written on spirituality in young people, spirituality in art
making and art therapy, various dimensions of adolescent development and the dynamics
and qualities of group therapy. Ten participants, age 17 to 19, explored the meaning of spirituality and religion as they understood and experienced it. The group also focused on spiritual qualities such as strength, connection, morality and thankfulness as the participants focused on their daily life issues during the eight-week art therapy group. The developmental stage of participants as adolescents was reflected in forming their ideas of spirituality as they developed their sense of identity.

Jill Lewenberg

Self-portraits with adolescents

Under the roof of an urban community center for adolescents, in the midst of its most traversed area, I formed an art therapy group focusing on the creation of self-portraits. My study was inspired by the common adolescent concern with appearances and the need to fit in. I offered the participants mirrors and drawing materials, and invited them to create themselves through art based on the image in the mirror. Resistance was strong; few members attended the group at all and those that did would often find looking in the mirror and creating art of themselves difficult. I ultimately found that creating portraits of the artists as they created their own portraits was successful in achieving not only more colorful art, but also deep and introspective follow-up processing. The results of this research suggest that the adolescents in this setting needed concrete evidence of the security within the group.

Erica Bell Peled

Mandalas and rehabilitation

This thesis represents a study of patterns and themes that emerged from the mandalas of patients in a medical rehabilitation unit. The conclusions presented are based on the mandalas of six patients, half of whom had debilitating physical conditions and the other half of whom suffered brain injuries. My research took place on the rehab floor of a large New York City hospital. I observed themes and patterns as they appeared in the mandalas of patients on the rehab unit. I have categorized this trend based on the unique attributes of each population as well as the psychological stages experienced throughout the process. The implications of my study are that mandalas are a particularly effective intervention for patients going through rehabilitation. My objective was to offer an intervention that would contribute to the rehab patients’ overall healing on their roller coaster journey to wholeness.

Melanie Ray

Art therapy with a bereaved child

This thesis examines the treatment centering around a young girl of six dealing with the recent death of her mother. The theories surrounding art therapy, current themes in bereavement research, attachment theory, and object relations theory are presented. The potential benefits inherent in the art making process with a bereaved child are identified, as well as possible limitations to art therapy with this specific population. The question posed in researching this thesis is ‘How can art therapy be beneficial to a bereaved child?’ The material presented is a ten-week case study focusing on the treatment of a child in an afterschool program at a settlement house in New York City. Themes explored during the research period include: family relationships, exploring the death of a
loved one, and a child’s relationship to and incorporation of a therapist into her life. The use of non-directive art therapy sessions were the key treatment modality, and the data suggests that the art therapy sessions were beneficial to this bereaved child. By the end of the research period, she had gained the ability to establish healthy relationships with those around her and to use the metaphor available in art therapy to express her feelings of loss.

Ayde Rayas

The effects of using art therapy with a teen who has HIV

When working at a group home for children with HIV/AIDS I met Tanya. She touched my life and was an inspiration to conduct this case study. Tanya experienced trauma through the loss of her mother and the repercussions of her illness. Through this case study, I observed the coping skills and defense mechanisms she utilized, and questioned whether art therapy could enhance, strengthen or build new coping skills to help her deal with the impact of her trauma. Through careful observation and assessment of Tanya, I concluded that art therapy had enhanced and helped this young girl develop new coping skills. She was able to use art making outside of sessions to calm herself down and to process her feelings regarding the challenges of life. Art therapy became a tool for Tanya that went beyond the sessions and assisted in the enhancement and development of coping skills. I was motivated to research trauma, coping skills and defense mechanisms because of my work with children who have HIV/AIDS. In the paper I reference authors, researchers and art therapists such as Elizabeth Kubler Ross, Anita Rankin, Cathy Malchiodi and Bruce Moon. The combination of academic research and personal practice as an art therapy intern helped shape this research. The implications of this study provide a foundation for future studies. Further research conducted with a larger group could explore what effects art therapy could have with teens that have experienced trauma.

Julie Walton

The power of crayon conversations

Qualitative research was conducted in seven individual sessions over the course of three months. The purpose of the study was to examine the effects of crayon conversations on a child who is severely emotionally disturbed. The study was conducted at an outpatient clinic in the Bronx, NY. I focused my research on the relationship between nonverbal and verbal communication through the art making process. Through the creative process, I found that a crayon conversation could promote rapport between client and therapist and enhance a client’s self-awareness. An in-depth case study of one child produced results that showed a significant relationship between a child’s crayon conversation and the artwork created immediately following.

Jessica Westerlund

How art therapy created a therapeutic alliance with an adult with Asperger’s Syndrome

The purpose of this qualitative study was to find how art therapy could be useful in forming a therapeutic alliance between the therapist and in individual with Asperger’s Syndrome. The research was conducted over a ten-week period at a not-for-profit open art studio located in New York City. The Art Studio takes a person-centered approach by providing adults with developmental disabilities the opportunity to express themselves
freely in art. The study focused on the client’s tolerance of my presence and her ability to invite me into her workspace. I focused on our connection, her relatedness to me and the artwork that was created during the ten sessions. I considered when she felt understood and I contemplated her ability to internalize my therapeutic empathy. Through an in depth case study results were produced that found art therapy to be an effective modality when fostering a therapeutic alliance with an individual with Asperger’s Syndrome.

Stacy Yamano
*The effects of using art therapy with an elderly woman in an institutionalized setting*
My thesis will focus on the effects of using art therapy with an elderly woman in an institutionalized setting. I will present an ex-post facto case study of Cherie, a 78-year-old, long-term resident in a nursing home. Using artwork and a qualitative approach, my research will concentrate on evaluating data collected from extensive observations and detailed progress notes from weekly individual art therapy sessions over a seven-month period. I will explore how therapeutic presence, containment, and a safe holding environment are created, developed, and maintained within the therapeutic relationship. My focus will highlight the impact of these dynamics in the treatment of an elderly woman confined to a nursing home. Documentation and observations of my case study will also examine how art therapy provided an opportunity to evaluate the therapeutic effects on physical aging and other emotional and developmental changes that occur with aging and within institutionalized settings.

CLASS OF 2003
Dana Boock
*Identity formation of minority adolescent fathers*
This thesis explored the notion of identity formation and the sense of self of the adolescent father through art therapy directives. It looked at how the absence or presence of a father affected the adolescent father’s lives. Participants were adolescent fathers, aged 14 to 19 years, of African American and Hispanic descent, felony offenders who were sentenced by the court to attend CASES – Center for Alternative Sentencing and Employment Services. The research was quasi-qualitative action-based. The data was gathered from two cycles of fathers’ group based on once a week sessions for six to seven weeks, using art directives to express and explore fatherhood and identity issues. Resistance towards the issues, being an intern, and working with a minority population of felons were some of the research limitations. Findings supported the idea that most teen fathers grew up with absent fathers, and for those who had a father around, emotionally he was not present. Frustration and angry feelings were expresses towards the absent fathers, they also expressed their wish that they would play a different role of father, fulfilling the needs of their own child and being present in his/her life. Relationships of the teen fathers with their mother, child, and child’s mother were also explored. Implications for further research should focus on family dynamics, and family concepts of the African American population.

Julia Bosch
*Suggested effects of auricular acupuncture with substance abusers: Promoting mind and body awareness through a visual and written art therapy directive*
Substance abusers have a long history of using defenses as coping mechanisms when dealing with anxiety and vulnerability. This research involves a written and visual art therapy directive post-Auricular Acupuncture with an outpatient substance abuse population. My research suggests that using art therapy after clients have been brought to a state of relaxation through Auricular Acupuncture may encourage an awareness of feelings to be put to paper, and fosters a letting go of defenses. The combination of a written and visual directive may suggest a connection of mind to body feelings. In doing so the exercise suggests the client’s mind/body awareness in relation to his or her feelings and emotions, before, during and after acupuncture.

**Ji Yoon Lee**  
*An exploration of sublimation of children with cancer*  
This thesis explored the process of sublimation of children with cancer through concrete and non-concrete art directives in a short-term medical setting. The data was collected from 10 pediatric cancer patients between the ages of 5 and 11 during their art therapy sessions at the Hackensack University Medical Center. The drawings of the cancer patients were examined for the use of various defense mechanisms such as sublimation, regression, and repression, as well as the various different symbols used to represent their feelings and emotions. The theoretical role of art therapy in a medical setting is discussed, and some examples of sessions with participants are provided as illustrations.

**Lynda Maree**  
*Middle school substance abuse prevention program using art therapy*  
Grant Proposal: Brief, consistent, meaningful messages in various formats seem to be effective with preadolescents. The Approach of this program is that prevention translates known predictive factors into methods of informed healthy alternative strategies when faced with developmental experimentation curiosity. Healthcare prevention criteria are a priority concern. This grant proposal project is the implementation of a substance abuse prevention program using art therapy in combining educational facts and responses. By creating important personal artwork on the topic of substance abuse, there is a personal opportunity to integrate, reflect and socially share healthy factual awareness and prevention, therapeutically through non-verbal and verbal communication. Informed students and informed families generate informed learning communities. Artwork serves as a therapeutic pivotal vehicle of learned facts, expression and experience for all to visually share. The impact of using art therapy appears to be insightful, as evidenced by a prior pilot study detailed further in this proposal.

**Yael Merlin-Shani**  
*Children’s verbal and artistic expressions of loss*  
This study was conducted to research the question: How do children express loss and grief through verbal and artistic expression? This research included two case studies that were designed to explore the various non-verbal, artistic ways, as well as the verbal ways, in which children express feelings of loss and grief, that resulted from death in the close family and marital separation. The research was conducted in the After School Program for children at the Hartley House. The participants were Kate, 6.5-years-old, and Mary, 7-years-old. Both girls had experienced the recent death of a close family member and
marital separation. The data for this study was collected mostly during weekly individual sessions from September 2002 until March 2003 and included artwork, process notes and information from family and staff. Both participants presented various verbal and non-verbal expressions of their experiences of death. These expressions were concrete, which was developmentally appropriate. Through art making, puppet play and sand tray play, as well as through conversations, the participants were able to express feelings related to death, such as fear, vulnerability, and sadness.

**Roy Anthony Morrison**

*Creating multicultural art therapy directives that support cultural expression and identity*

My research question is: Can art therapy directives that are culturally based foster or encourage exploration of images and material that supports ethnic identity? The research was a quasi-qualitative action based study to learn more about the effects of culturally based directives. The research investigated the effects of culturally based art directives in fostering cultural expression among minority clients in art therapy. The participants were male and female African American and Latino students with various psychiatric diagnoses. The research was conducted at Bronx Lebanon Adolescent Day Treatment Program. The adolescent day treatment facility is located in the Tremont section of the Northeast Bronx. The clients ranged from 14-16 years of age and attended classes at the facility from 9am-2:30 pm Monday-Friday. More than half of the participants were prescribed psychotropic medication. Clients were asked to participate in a dialogue regarding culture and creativity prior to the introduction of four culturally based art directives that was followed by another dialogue about the work produced. The findings begin to suggest that clients are responsive to culturally based art directives and that these types of directives may be an important component of identity formation in adolescents.

**Cindy Schwab**

*Projective techniques and their impact on transitional space in the treatment of patients with schizophrenia at a partial hospitalization program*

This research study explores the impact of projective techniques on transitional space with patients in short-term treatment for schizophrenia. The participants were patients attending a Partial Hospitalization Program at Elmhurst Hospital in Queens, New York who were transitioning from inpatient to outpatient status. Research was conducted in weekly group sessions over two months. Pre-structured art directives using fine art reproductions reinforced concepts of identity, relationship, and boundary, of particular relevance to patients with schizophrenia. A major contributor to object relations theory, D.W. Winnicott’s (1971) concept of transitional space is based on his observations of early development in which infant and mother behave as one. Transitional space as conceived by Winnicott is an area of shared experience in which a child negotiates subjective with objective reality. From mother’s protective holding environment, a child comes into being only gradually with the assistance of the transitional object which symbolizes their union. In later years, Winnicott was to cite transitional space as the locus of the true self, as well as all art and culture. Like the good-enough mother, the therapist provides a facilitating environment for growth and repair of internalized object relations mirrored in the artwork as withdrawals, splits, and polarities. The patient with schizophrenia, for whom internal objects were split off in early infancy, lives adult life in
chronic existential crisis. The use of fine art reproductions as projective techniques provided patients with opportunities to give form to the awakenings of desire. In this way, transitional space may be re-experienced not as ‘annihilation’ (Winnicott, 1971), but as life-affirming.

Lili Sheer

*The impact of art directives based on building structures on sense of self for veterans with post-traumatic stress disorder*

Patients with post traumatic stress disorder (PTSD) have experienced a catastrophic event which shattered their lives. They usually go through emotional responses characterized by intense fear, helplessness, or horror. PTSD is characterized by symptoms in three domains, including experiencing phenomena, avoiding reactions, and high levels of autonomic arousal. Re-experiencing symptoms include recurrent, intrusive recollections and dreams of the trauma, perceiving and acting as if the trauma is recurring, and experiencing significant distress upon exposure to events that represent aspects of the traumatic event. Efficient treatment of PTSD may include both Pharmacological Treatment and Cognitive Behavioral Treatment. The self-esteem of patients with PTSD is negatively affected by the trauma. Art directives aimed at rebuilding can have a positive effect on the reconstruction of the self. From my experience working with War Veterans, re-traumatized after September 11, 2001 and hospitalized, I have found Art Therapy to be an effective treatment to rebuilding the self of the traumatized patients. I used three different art interventions. My directives were based on building structures using the images of windows, blocks, and buildings. The first directive was aimed at enabling the patients to expose their inner selves, using drawing in open windows created by them. Rebuilding the destroyed area of the World trade Center, by suggesting plans and memorials was the core of the other two directives. The research was ex-post facto based on data I had collected last year, working with war veterans diagnosed with PTSD. The patients were hospitalized at the inpatient psychiatric unit for periods of times ranging from one to six weeks. Findings suggest, using art therapy directives based on rebuilding with veterans suffering from PTSD, encourage their rebuilding a more integrated sense of self.

Lorraine Swindells

*Art therapy and metaphor with pre-adolescents in mourning: A case study perspective*

This thesis explores how metaphor was used in art therapy with two pre-adolescents in mourning. This study was an in-depth ex-post facto research based on data collected at my internship site last year, New Alternatives for Children. NAC is a social service agency in New York, which serves the needs of handicapped children and their families. The research question is: How can art therapy help two pre-adolescents cope with loss and regain a sense of integration, autonomy, control, and hope through metaphor? The method of analysis consisted of reviewing and summarizing all progress notes, chart notes, and artwork compiled for each participant during nine months of art therapy. Detailed descriptions of the research site and the participants are provided for the reader herein, including physical description, psychosocial history, and medical and psychological diagnosis of the patients. This paper reviewed how each participant used metaphor, what the metaphors were, and what they appeared to represent, as well as how
they assisted the patients as they coped with loss and mourned. I have also examined the different types of loss experienced by both patients, at different ages, and taken their physical and psychological developmental status into account in my interpretations of their respective uses of metaphor. The findings suggested a seemingly natural tendency for both pre-adolescents to rely on metaphor in our art therapy sessions. The use of metaphor appeared to offer distance and safety, which allowed the patients to express their emotions around their losses, to mourn, and to begin to reorganize their psyche and their existence. After conducting this research, it appears to me that pre-adolescents in mourning do effectively use metaphor, consciously and unconsciously, in art therapy. The use of metaphor seems to help them cope with loss, and regain a sense of autonomy, control, integration, and hope.

**Susan Walton**  
*Open studio for adolescents in foster care*

Grant Proposal: The question underpinning this grant to HeartShare Human Services is why an open studio is beneficial as a therapeutic intervention for the adolescent foster care population. The question of why an open studio is valuable addresses critical issues of adolescents in foster care have been taken into consideration. Research by Margaret Mahler was referenced when discussing separation concerns. The work of Erik Erikson was used while discussing trust, while Ainsworth and Bowlby were used on issues of attachment. Kohut and Franklin’s concept of self-esteem were integrated. Addressed in this grant are issues involving the parent/child relationship, art therapy for children and adolescents and art therapy in the open studio. Also the conceptual model for this studio, the Living Museum on the Creedmoor grounds is briefly discussed. Site visits were investigated as a means of viewing a variety of studios in order to better have a concept of the studio I would design. Multiple population sites were visited, including CASES, the Shield Institute and the Foundling Hospital. The budget has been discussed including art supplies, office supplies, furniture, rent and staff. Also included is a room plan for the construction on the studio.