ART THERAPY MINOR

Art therapy is a growing field that uses various forms of creative expression to help people explore and transform feelings, thoughts, and ideas through visual means of expression. It can help in processing and coping with emotional issues, as well as facilitate self-awareness, understanding, healing, and well-being. Art therapy can be especially useful for people who find it difficult to talk about their thoughts and emotions.

The Art Therapy minor is designed to provide students with some of the foundational courses required for admission to graduate programs in art therapy. It is intended as a first step for undergraduate students towards deciding if they wish to pursue paths toward professional, academic, and/or research careers in art therapy and related professions. Once this decision is made, students should consult with their academic advisors for appropriate guidance and familiarize themselves with graduate school admissions requirements as they map out their undergraduate careers.

Goal 1. Know and demonstrate understanding of the concepts, theoretical perspectives, and empirical findings of abnormal psychology, clinical mental health counseling, developmental psychology, and sensation and perception.

Goal 2. Know and demonstrate understanding of the concepts, theoretical perspectives, and empirical findings of artistic and creative development, the history and practice of art therapy, and the fundamentals of the therapeutic relationship.

Goal 3. Students will develop proficiency in the use of various art media, including, but not limited to, drawing, painting, ceramics, and sculpture.

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>ART 130</td>
<td>Art Therapy</td>
<td>3</td>
</tr>
<tr>
<td>or PSY 130</td>
<td>Art Therapy</td>
<td></td>
</tr>
<tr>
<td><strong>Two Psychology Courses:</strong></td>
<td></td>
<td>6</td>
</tr>
<tr>
<td>PSY 100</td>
<td>Introductory Psychology</td>
<td></td>
</tr>
<tr>
<td>or PSY 101</td>
<td>Intro Psychology Seminar</td>
<td></td>
</tr>
<tr>
<td>PSY 120</td>
<td>Lifespan Development</td>
<td></td>
</tr>
<tr>
<td>or PSY 231</td>
<td>Developmental Psychology</td>
<td></td>
</tr>
<tr>
<td>PSY 122</td>
<td>Psychological Disorders</td>
<td></td>
</tr>
<tr>
<td>or PSY 232</td>
<td>Adv. Psychological Disorders</td>
<td></td>
</tr>
<tr>
<td>PSY 220</td>
<td>Sensation and Perception</td>
<td></td>
</tr>
<tr>
<td><strong>Two Studio Art Courses:</strong></td>
<td></td>
<td>6</td>
</tr>
<tr>
<td>ART 133</td>
<td>Drawing I</td>
<td></td>
</tr>
<tr>
<td>ART 135</td>
<td>Painting I</td>
<td></td>
</tr>
<tr>
<td>ART 141</td>
<td>3-D Studio Art</td>
<td></td>
</tr>
<tr>
<td>ART 142</td>
<td>Pottery I</td>
<td></td>
</tr>
<tr>
<td>ART 143</td>
<td>Mosaics I</td>
<td></td>
</tr>
<tr>
<td>ART 144</td>
<td>Ceramics I</td>
<td></td>
</tr>
<tr>
<td>ART 147</td>
<td>Intro to Sculpture/Mixed Media</td>
<td></td>
</tr>
<tr>
<td>One Art History Course</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td><strong>Total Hours</strong></td>
<td></td>
<td>18</td>
</tr>
</tbody>
</table>