

ART THERAPY MINOR

One Art History Course or HON 221	3
Total Hours	18

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.

Learning Goals and Outcomes

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.

Requirements

Code	Title	Hours
ART 130	Art Therapy	3
or PSY 130	Art Therapy	
Two Psychology Courses:		6
PSY 100	Introductory Psychology	
or PSY 101	Intro Psychology Seminar	
PSY 120	Lifespan Development	
or PSY 231	Developmental Psychology	
PSY 122	Psychological Disorders	
or PSY 232	Adv. Psychological Disorders	
PSY 220	Sensation and Perception	
Two Studio Art Courses:		6
ART 133	Drawing I	
ART 135	Painting I	
ART 137	Printmaking	
ART 141	3-D Studio Art	
ART 142	Pottery I	
ART 143	Mosaics I	
ART 144	Ceramics I	
ART 147	Intro to Sculpture/Mixed Media	
ART 160	Phoneography	