ART THERAPY is a specialized way of using the power of the creative process as a vehicle for healing, communication, self-expression and personal growth. It is a method of treatment in which art and psychology are uniquely combined to explore the experiences of an individual or group.

Art therapy can be used in any setting and with any population or age group. Most commonly, art therapy is utilized in hospitals, schools, community centers, correctional facilities, social service agencies, treatment centers and private practice. The use of art therapy is effective with children, adolescents, adults and seniors.

It is a powerful means by which an individual can give visual shape to thoughts, feelings and experience.
School of Visual Arts Art Therapy Department

Through the use of therapeutic art experiences, emotional and/or learning skills can be developed. This innovative profession provides valuable contributions to the well-being of children, teens, adults, couples and families in such settings as social service agencies, hospitals, institutions, schools, correctional facilities, treatment centers and private practices.

The Master of Professional Studies (MPS) program in Art Therapy offers comprehensive training in art therapy principals and practices, studio art, clinical counseling skills, and contemporary theories of psychological development and creativity. Essential to this program is its foundation in Humanistic Psychology and its belief that the therapist and client work together and can affect each other’s growth and development.
Art Therapy Special Projects

Special Projects are a distinctive element of the Art Therapy Department, as they afford students additional opportunity to work with clients outside of their internship experience. Special Projects are innovative short-term art therapy experiences facilitated by students and a board certified art therapist. Students learn to create client-specific directives, encourage community partnership and assess project objectives and results. Special Projects are facilitated with a wide range of client populations, in such venues as social-service agencies, healthcare facilities, community centers, schools, corporations and alternative sites.

“SVA has always subscribed to the belief that an institution that considers itself a strong member of the community bears a responsibility for giving something back to that community, acting as a force for positive social change.”

—SVA Annual—

“Make Your Mark With Art” Wheelchair Mural, Bellevue Hospital Center

“I’m still lingering in the afterglow of the exceptional project at Bellevue. I want to be sure you know that I am continually impressed by the caliber and enthusiasm of the SVA students. It is a professional and personal pleasure to work with the students on such enriching experiences. The Bellevue art project was tremendously uplifting for all the patients who participated and gratifying for me.”

Irene Rosner David, PhD, ATR-BC
Director, Activity Therapy
Bellevue Hospital Center
The Goals of Special Projects

- To provide additional field experience and diverse client contact to students
- To promote community partnership and collaboration
- To introduce the benefits of art therapy to programs and populations unfamiliar with its use
- To educate institutions, agencies, funders and the public about the extensive applications of art therapy
- To provide creative and therapeutic opportunities for social interaction, communication, expression and emotional development
- To establish partnerships with new organizations that will generate future placements, resources and employment for students
- To promote SVA’s Master’s Program in Art Therapy

For Further Information:
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SVA Art Therapy Special Projects:

**Art For America Benefit**
Tile Mural Project with survivors of 9/11—collaboration with September Space

**Art For America Benefit**
Youth-at-Risk for delinquent behavior working with Legal Aid Society

**Bellevue Hospital: Adult Rehabilitation Unit**
Make Your Mark with Art—Wheelchair Mural Painting Workshop

**Bowery Residents' Committee, Inc.**
Chemical Dependency Crisis Center

**Catherine McCauley High School**
After-school girls’ art program

**Chelton Loft**
FEDCAP Rehabilitation Services for mentally ill adults

**Children's Museum of Manhattan**
After-school group with special needs population

**Cooke Center Academy**
Special needs children

**F.A.C.E.S. (Fight Against Childhood Epilepsy & Seizures)**
Mural Workshop Series for Children with Epilepsy and their Families

**FEGS**
Adults with mental illness

**Foster Pride**
Deaf teens in foster care

**The Foundling Hospital**
Adolescents who are pregnant or parenting in foster care

**Friends of Island Academy**
Program for youth who have been incarcerated

**Gilda's Club New York City**
Family members or individuals living with cancer

**GMHC**
Men with HIV and substance abuse

**Green Chimneys**
LGBTQ youth

**HAI (Hospital Audiences, Inc.)**
Saturday studio for participants from mental health programs

**Hudson Guild**
Multi-service community based organization

**Inwood House**
Teen pregnancy program

**Jewish Guild for the Blind**
Pre-school program for visually impaired children

**Jewish Board of Family and Children Services, Inc. Montague Day Treatment Program**
Adolescent girls

**John Jay High School: Summer Bridge Program**
Youth workshops
Teen Mother’s day workshop
Staff development

**Lenox Hill Neighborhood House: Community Center for Children and Families**
Single parent groups
Exploring parenting groups
Father’s group
Women’s group
Children’s life skills group
Intergenerational groups

**Lower East Side Harm Reduction Center**
Non-profit whose mission is to reduce the spread of HIV among drug users

**Men Coping with Grief**
Loss of either a partner, spouse or sibling

**Methadone Clinic**
Day treatment program for substance abuse

**Museum of Modern Art**
Community access program working with the developmentally disabled

**Museum School**
Introducing art therapy to students

**New York Presbyterian Hospital**
Working with family members whose children are hospitalized

**NYU Hospital for Joint Disease**
Pediatric population

**NYU Medical Center Group**
Psychosocial group for teens with cancer and blood disorders
Phototherapy at Rusk Institute—adult rehabilitation unit

**Parkside School of Visual Arts**
Children on the autism spectrum

**Polytechnic Institute**
Workshop with honor students

**Project ORE Educational Alliance**
Day treatment program for homeless or isolated congregation at Emunath Israel

**Rebuilding Hope One Block at a Time**
NYC community block project in response to 9/11

**Rivington House**
Program for HIV/AIDS patients

**Ronald McDonald House**
Children with cancer and their families

**Rubin Museum/District75**
Collaboration with special needs district

**S.M.A.R.T. Expo at Madison Square Garden**
Beyond Words: The Art of Mask-Making for Junior Achievement of New York

**Stein Senior Center**
60+ adults creativity workshop

**St. Vincent's Rape Crisis Center**
Women survivor support group

**The Door**
Adolescent Workshop

**The Lesbian, Gay, Bisexual & Transgender Community Center**
Youth enrichment services

**Urban Assembly Academy of Government and Law**
High school program

**VA Hospital Psycho-Social Club**
Veterans who are members of a day program

**Village Care**
AIDS day treatment program

**Westside Federation**
Adults in long term residential facility

**Whitney Museum/District75**
Collaboration with special needs district and museum

**Women In Need Shelter**
Helps both women and men find employment and housing

**Women's Veteran Program**
On-going support group

**YWCA**
Workshop for women’s employment class