

# ART THERAPY (ARTH)

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**ARTH 2290 Introduction to Art Therapy.** (Formerly 290) Art Therapy is an approach to psychotherapy that combines the visual arts and other creative processes to foster deep personal growth, community development, and healing. Various art modalities are woven in to the therapeutic process to meet the unique needs of the client, group of clients, or issue. Through creative expression and reflection on the art products and processes created people can gain a deeper awareness of self and others, cope with stress and traumatic experiences, learn how to self soothe, and make healing connections. Art therapy is a mental health profession that is utilized for all ages across all settings including hospitals, clinics, educational institutions, community agencies, wellness centers, businesses, and private practices. 3 semester credit hour/s.

**Designation:** Artistic and Creative (QCA)

**Campus:** LISLE (Typically Offered: Fall and Spring Terms)

**ARTH 3298 Creative Process as Art Therapy.** (Formerly 298) This course implements concepts from art therapy and related fields to explore the nature of the creative process itself, utilizing various techniques to enhance artistic self-expression and release creative potential. Students may not earn credit in both ARTH 3298 and PSYC 3298. 3 semester credit hour/s.

**Designation:** Artistic and Creative (QCA)

**Campus:** LISLE (Typically Offered: Spring Term)

**ARTH 3300 Art Therapy & Spirituality.** (Formerly 300) This course explores the relationship between artistic creation, spirituality, and healing within a therapeutic framework. The role of art as a healing agent will be studied from an array of diverse cultural and faith traditions. 3 semester credit hour/s.

**Campus:** LISLE (Typically Offered: Fall Term)

**ARTH 4398 Art Therapy Internship & Seminar.** (Formerly 350) Internships are meant to provide students with human service and art therapy experiences while receiving support from the internship seminar instructor and fellow classmates. Pre-requisites: ARTH 2291, ARTH 3298, ARTH 3300 3 semester credit hour/s.

**Designation:** Engaged Learning

**Campus:** LISLE (Typically Offered: Spring Term)