

# ART THERAPY (MA)

Department Website (<https://steinhardt.nyu.edu/art/>)

**NYSED:** 76547 **HEGIS:** 1099.00 **CIP:** 51.2301

## Program Description

This 60-credit Master of Arts program in Art Therapy prepares graduates to become a licensed creative arts therapist in New York State.

Coursework integrates psychotherapy and visual arts practice to engage the creative power of art for clinical assessment and treatment. The curriculum promotes scholarly research and evidence-based clinical praxis, cross-cultural competency with appreciation of social justice, and fluency with evolving technologies. Students are required and encouraged to study a wide range of psychological frameworks through a variety of courses to become familiar with a range of theoretical approaches. Well versed in visual arts and psychology, students synthesize key principles in art therapy interventions and adapt the use of art materials and the creative process to effectively respond to diverse physical and psychological needs. Through studio courses, clinical fieldwork and internship, students develop an identity as both an art therapist, prepared to become a member of a multidisciplinary team in the diagnosis, planning, and treatment of individuals and groups, and a practicing artist.

## Internships

Every summer the program offers students a unique internship opportunity to experience and practice clinical applications of art therapy in specific cultural contexts, such as in Tanzania, Peru, South Africa, Brazil, India, Ghana, and Bolivia.

## Career Opportunities

Art therapy has grown rapidly over the past few decades, broadening the therapeutic potential of the arts in diverse settings. It has continued to be recognized as an effective treatment when traditional psychotherapy approaches are unable to effectively overcome barriers associated with trauma responses, developmental challenges, cultural stigma and/or language proficiency. NYU trained art therapists have led innovative treatment for participants across the developmental spectrum, publishing outcomes and presenting findings globally. Art therapists frequently work in such settings as hospitals, community mental health centers, shelters, prisons, nursing homes, and schools.

The program fosters continued growth and development of art therapists through post-master's courses of interest to working professionals, such as ARTT-GE 2150 Techniques/Supervision in Art Therapy. In addition, lecture series and symposia featuring speakers from the fields of art, neuroscience, psychology and psychiatry are offered. These special programs allow art therapists and related professionals to expand their knowledge and experience.

## Doctoral Studies

NYU Steinhardt offers a PhD in Rehabilitation Sciences for students with a background in art therapy. See Rehabilitation Sciences (PhD) (<https://bulletins.nyu.edu/graduate/culture-education-human-development/programs/rehabilitation-sciences/>) for program details.

## Accreditation (CAAHEP)

New York University's Master of Arts in Art Therapy program is accredited by the Commission on Accreditation of Allied Health Education Programs (CAAHEP), upon the recommendation of the Accreditation Council for Art Therapy Education (ACATE).

Commission on Accreditation of Allied Health Education Programs  
(<https://www.caahep.org/>)

25400 US Highway 19 North, Suite 158

Clearwater, FL 33763

727-210-2350

## Accreditation (NASAD)

NYU is an accredited institutional member of the National Association of Schools of Art and Design (<https://nasad.arts-accredit.org/>) (NASAD).

National Association of Schools of Art and Design  
11250 Roger Bacon Drive, Suite 21  
Reston, VA 20190-5248  
(703) 437-0700

## Admissions

Admission to graduate programs in the Steinhardt School of Culture, Education, and Human Development requires the following minimum components:

- Résumé/CV
- Statement of Purpose
- Letters of Recommendation
- Transcripts
- Proficiency in English

See NYU Steinhardt's Graduate Admissions website (<https://steinhardt.nyu.edu/admissions/how-apply/graduate-students/>) for additional information on school-wide admission. Some programs may require additional components for admissions.

See How to Apply (<https://steinhardt.nyu.edu/degree/ma-art-therapy/how-apply/>) for admission requirements and instructions specific to this program.

## Program Requirements

The program requires the completion of 60 credits, comprised of the following:

Course	Title	Credits
<b>Major Requirements</b>		
ARTT-GE 2032	Art Therapy with Groups	3
ARTT-GE 2033	Art Therapy with Children	3
ARTT-GE 2034	Art Therapy with Adolescents	3
ARTT-GE 2036	Art Therapy with Families	2
ARTT-GE 2037	Art Therapy with Adults	3
ARTT-GE 2040	Pictorial Analysis for Assessment & Diagnosis	3
ARTT-GE 2145	Theory & Practice of Art Therapy	3
ARTT-GE 2160	Art for Art Therapists	3
ARTT-GE 2149	Ethical Issues in Art Therapy	2

ARTT-GE 2170	Clinical Interventions for Specialized Poulations	2
ARTT-GE 2171	Adaptive Techniques in Art Therapy	3
ARTT-GE 2222	Diverse Populations in Art Therapy: Trauma	2
ARTT-GE 2224	Cultural Diversity in Art Therapy	3
ARTT-GE 2280	Research in Art Therapy	3
ARTT-GE 2301	Final Project in Art Therapy	1
ARTT-GE 2302	Internship in Art Therapy (taken four times, for a total of twelve credits)	12
<b>Electives</b>		
Psychology Electives, by advisement		9
<b>Total Credits</b>		<b>60</b>

## Sample Plan of Study

Course	Title	Credits
<b>1st Semester/Term</b>		
Elective		3
ARTT-GE 2171	Adaptive Techniques in Art Therapy	3
ARTT-GE 2149	Ethical Issues in Art Therapy	2
ARTT-GE 2160	Art for Art Therapists	3
ARTT-GE 2145	Theory & Practice of Art Therapy	3
<b>Credits</b>		<b>14</b>
<b>2nd Semester/Term</b>		
Elective		3
ARTT-GE 2033	Art Therapy with Children	3
ARTT-GE 2040	Pictorial Analysis for Assessment & Diagnosis	3
ARTT-GE 2224	Cultural Diversity in Art Therapy	3
ARTT-GE 2302	Internship in Art Therapy	3
<b>Credits</b>		<b>15</b>
<b>3rd Semester/Term</b>		
Elective		3
ARTT-GE 2302	Internship in Art Therapy	3
<b>Credits</b>		<b>6</b>
<b>4th Semester/Term</b>		
ARTT-GE 2032	Art Therapy with Groups	3
ARTT-GE 2034	Art Therapy with Adolescents	3
ARTT-GE 2280	Research in Art Therapy	3
ARTT-GE 2302	Internship in Art Therapy	3
<b>Credits</b>		<b>12</b>
<b>5th Semester/Term</b>		
ARTT-GE 2036	Art Therapy with Families	2
ARTT-GE 2037	Art Therapy with Adults	3
ARTT-GE 2170	Clinical Interventions for Specialized Poulations	2
ARTT-GE 2222	Diverse Populations in Art Therapy: Trauma	2
ARTT-GE 2301	Final Project in Art Therapy	1
ARTT-GE 2302	Internship in Art Therapy	3
<b>Credits</b>		<b>13</b>
<b>Total Credits</b>		<b>60</b>

3. Demonstrate understanding of art therapy theoretical approaches and theories from psychology, neuroscience, and related fields.
4. Demonstrate understanding of diverse art therapy research methods and the application of ethical, social, and cultural considerations in conducting an art therapy thesis study.
5. Apply ethical/legal standards and principles of cultural humility to develop effective and culturally-appropriate therapeutic relationships with clients.
6. Integrate the theories of family dynamics, group work, and child and adolescent development to facilitate developmentally-responsive art therapy practices.
7. Demonstrate understanding of the roles and responsibilities of art therapists, engaging in personal creative practice, self-care, and advocacy.

## Policies

### Program Policies

#### Fieldwork Placement

Be advised that fieldwork placement facilities that provide training required for your program degree, and agencies that issue licenses for practice in your field of study, each may require you to undergo general and criminal background checks, the results of which the facility or agency must find acceptable before it will allow you to train at its facility or issue you a license. You should inform yourself of offenses or other facts that may prevent obtaining a license to practice in your field of study. NYU Steinhardt will not be responsible if you are unable to complete program requirements or cannot obtain a license to practice in your field because of the results of such background.

### NYU Policies

University-wide policies can be found on the New York University Policy pages (<https://bulletins.nyu.edu/nyu/policies/>).

### Steinhardt Academic Policies

Additional academic policies can be found the Steinhardt academic policies page (<https://bulletins.nyu.edu/graduate/culture-education-human-development/academic-policies/>).

## Learning Outcomes

Upon successful completion of the program, graduates will:

1. Demonstrate understanding of the historical and social-cultural antecedents that impacted the development of the art therapy profession.
2. Demonstrate knowledge of developmentally and culturally appropriate art therapy assessment tools as well as diagnostic categories of mental illness to inform art therapy treatment planning.