

ART THERAPY (MA)

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

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

Program Description

This 54-credit Master of Arts program in Art Therapy at New York University was identified with the training of art therapists since the 1950s when Margaret Naumburg, an eminent pioneer in the field, began to teach here. This tradition was continued when Edith Kramer came to the University in 1973. By 1976, the Master of Arts in Art Therapy Program had obtained approval from the New York State Education Department, and in 1979 New York University's Graduate Art Therapy Program was one of five programs to receive approval and accreditation from the American Art Therapy Association (AATA). Over the years, the program has gained a reputation for excellence and soundness in clinical training that is borne out by the number of international applicants as well as the success of its graduates. Every summer, the program offers students a unique opportunity to experience internships abroad and practice clinical applications of art therapy unique to specific cultural contexts, such as in Tanzania, Peru, South Africa, Brazil, India, Ghana, and Bolivia.

The program strives to create a balance between the therapeutic potential of the creative process itself and the informed use of psychological understanding in the treatment of patients. Students learn to modify and adapt the two disciplines of visual arts and psychotherapy in order to affect the synthesis of art therapy. Students learn to use art materials and the creative process according to the physical and psychological needs of clients.

In the diagnosis, planning, and treatment of individuals and groups, the art therapist functions typically as a member of a multidisciplinary team. Professional skills include a working knowledge of the concepts and methods of art therapy, as well as the ability to communicate its approach and methods to the team. Students are required and encouraged to study a wide range of psychological frameworks. In the course of a variety of classes, students become familiar with a range of theoretical approaches.

The 54-credit master's program offers unique opportunities to graduate students in art therapy. The program is staffed by 12 highly qualified and diverse adjunct faculty who provide an excellent education and training for students. Students receive an MA degree in art therapy upon the completion of coursework that includes an internship practicum and final project thesis.

Career Opportunities

Art therapy is a rapidly growing field that had its beginnings in the treatment of severely emotionally disturbed children and adults through the use of art. In recent years, it has expanded to reach a broad range of populations, such as substance abusers, the homeless, survivors of trauma, and elderly with Alzheimer's disease and dementia. Art therapists frequently work in such settings as hospitals, community mental health centers, Child Life programs, shelters, prisons, nursing homes, and schools.

Faculty and graduates of the program have held executive positions in regional and national art therapy associations (AATA, NYATA) and regularly present papers at conferences.

Professional Registration and Development

New York University's Master of Arts degree in art therapy meets the educational requirements for registration (ATR) by the American Art Therapy Association and for New York State Creative Art Therapy License (LCAT). New York University is also concerned with the continued growth and development of art therapists. The art therapy program has instituted post-master's courses of interest to working professionals, such as Supervision Techniques in ARTT-GE 2221. In addition, it offers a lecture series and symposia featuring speakers from the fields of art, art history, psychoanalysis, psychiatry, and psychology. 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.

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 54 credits, comprised of the following:

Course	Title	Credits
Major Requirements		
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	Adaptations for Specialized Populations	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

Electives

Other Elective Credits (by advisement)		3
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Total Credits		54
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Sample Plan of Study

Course	Title	Credits
1st Semester/Term		
Elective		3
ARTT-GE 2171	Adaptations for Specialized Populations	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
	Credits	14
2nd Semester/Term		
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
	Credits	12
3rd Semester/Term		
ARTT-GE 2302	Internship in Art Therapy	3
	Credits	3
4th Semester/Term		
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
	Credits	12
5th Semester/Term		
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
	Credits	13
	Total Credits	54

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 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.
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.