



Edited by
David E. Gussak and Marcia L. Rosal

THE WILEY HANDBOOK OF

Art Therapy

WILEY Blackwell

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Dedications

For my children, Samantha and Joseph. DEG
For my sister, Ana—you will always be in my heart. MLR

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Janice Hoshino, PhD, ATR-BC, ATCS, LMFT, chairs the art and drama therapy programs at Antioch University Seattle, Washington. She is a co-author of *Family Art Therapy: Foundations of Theory and Practice* (Routledge, 2007), in addition to other articles and chapters. She serves on the board of directors for the Art Therapy

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Patricia D. Isis, PhD, LMHC, ATR-BC, ATCS, holds her doctoral degree in the expressive therapies, with an emphasis on art therapy. Isis is a licensed mental health counselor and a registered board-certified art therapist and credentialed supervisor. Since 1980, she has practiced art psychotherapy in South Florida. Currently, she provides art therapy services full time in the public schools, maintains a part-time private practice, and facilitates mindfulness-based stress-reduction classes and trainings. More information is available on her website, www.MiamiArtTherapy.com.

Maxine Borowsky Junge, PhD, LCSW, ATR-BC, HLM, has been an art therapist for 40 years. She is professor emerita at Loyola Marymount University, where she was chair of the art therapy master's degree program. She also taught at the Immaculate Heart College in Los Angeles, Goddard College in Vermont, and Antioch University Seattle, in Washington. She is the author of seven books on art therapy and creativity. For the last 13 years, her personal artwork has focused on mass murderers. She lives on Whidbey Island, in Washington.

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Frances F. Kaplan, MPS, DA, ATR-BC, has served as supervisor of creative arts therapies at Carrier Clinic, New Jersey, and as director of the graduate art therapy program at Hofstra University, New York. She spent a sabbatical year at Edith Cowan University, Perth, Western Australia, and is a past editor of *Art Therapy: Journal of the American Art Therapy Association*. Currently, she is an adjunct professor in the graduate art therapy counseling program at Marylhurst University, Oregon. She is author of *Art, Science and Art Therapy: Repainting the Picture* (Jessica Kingsley Publishers, 2000) and many other publications.

Lisa Kay, EdD, ATR-BC, is an assistant professor in art education and community arts practices, Tyler School of Art, Temple University, Philadelphia. Kay's interest in narrative storytelling—which encourages personal reflection, self knowledge, and healing in the context of making art—is evidenced in her scholarly publications, her devotion to art therapy and art education, her selection of focus for her Fulbright Scholarship, and her own art. She has exhibited her art in both the United States and Europe.

Seong-in Kim, PhD, is a professor emeritus of industrial management engineering at Korea University. His research interests include applied statistics, artificial intelligence, and quality control. He developed a computer sentencing system for criminal justice cases. His recent focus has been on developing computer systems in art therapy, including the C_CREATE (Computer Color Related Art Therapy Evaluation System), and an app for free drawings, mandalas, and kinetic family drawings.

Juliet L. King, MA, ATR-BC, LPC, is currently the director of the graduate art therapy program at Herron School of Art and Design in Indianapolis, Indiana, and has spent the last 16 years as a clinician, administrator, and professor. She researches on art therapy treatment in a neuroscience context, helping healthcare practitioners understand the value and importance of the profession. Putting theory to practice, she currently volunteers at the Richard L. Roudebush VA Medical Center, Indianapolis, Indiana.

Rachel Lev-Wiesel, PhD, is professor and chair of the Graduate School of Creative Arts Therapies and the Emili Sagol Creative Arts Therapies Research Center, both at the University of Haifa, in Haifa, Israel. Lev-Wiesel has published more than 125 scientific papers and chapters and eight books on topics such as trauma, posttraumatic growth, childhood sexual abuse, intervention techniques, and analysis of drawings for assessment and therapeutic purposes.

Myra F. Levick, PhD, ATR-BC, is an exhibiting artist and art psychotherapist. She founded Hahnemann University's graduate art therapy program in 1967 and graduated the first art therapists with an MS in art therapy. Until her retirement and move to Florida in 1986, she was professor and director of its Creative Arts in Therapy

Program. A founder and first president of the American Art Therapy Association, Levick is editor-in-chief emeritus of the journal *The Arts in Psychotherapy*. Levick has published a textbook, two books for parents and teachers defining art therapy and on the LECATA, and many journal articles and book chapters. She founded and directs the South Florida Art Psychotherapy Institute.

Debra Linesch, PhD, LMFT, ATR-BC, is currently professor and department chairperson of the Graduate Department of Marital and Family Therapy at Loyola Marymount University in Los Angeles, specializing in clinical art therapy. She has authored five books and many articles, and has helped her program and the field expand its thinking about research methodologies, contextualized cultural awareness, and community-based learning. She is committed to exploring and impacting the perceived boundaries of the field.

Sheila Lorenzo de la Peña, MS, is an art therapist at a forensic psychiatric hospital. She has served as an adjunct professor and internship supervisor. She has spent several years providing art therapy and dialectical behavior therapy to clients with severe mental illness. Her research interests include provider burnout and self-care, and the therapeutic use of mandalas. She has presented at national and regional meetings of the American Art Therapy Association and the American Music Therapy Association.

Vija B. Lusebrink, PhD, ATR, HLM, professor emerita, is the author of the book *Imagery and Visual Expression in Therapy* (Plenum Press, 1990), several book chapters, and many articles on art therapy, including on art therapy and brain functions, and also on imagery and sandtray therapy. Prior to her retirement, she was the director of the expressive therapies program at the University of Louisville, Kentucky.

Donald C. Mattson, PhD, ATR, LPC, is a practicing psychotherapist and active researcher. His current interests include constructing art therapy apps, computerizing art-based instruments, and digitizing art therapy documentation. He is a pioneer in the computerized assessment of art-based instruments (CAABI), and continues to explore ways to merge technology with art therapy.

Mary Ellen McAlevey, MA, LPC, ATR-BC, ATCS, ACS, is a graduate of Marywood College in Scranton, Pennsylvania. She has worked with people with severe mental illness for over 10 years. A past president of the New Jersey Art Therapy Association and recipient of its Honorary Life Member award, she is an adjunct faculty member at Caldwell University and Montclair State University, both in New Jersey. She is currently president-elect of the Art Therapy Credentials Board.

Einat Metzl, PhD, LMFT, ATR-BC, RYT, is an assistant professor of art therapy and marital family therapy at the Loyola Marymount University in Los Angeles, California. After working in psychiatric hospitals, residential facilities, schools, and elderly adult centers, she currently works predominantly with couples in private practice. Her topics of publication include resilience and creativity after natural disasters, art therapy research methodology, inter-generational transmission of trauma, and sexuality education for

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Anne Mills, MA, ATR-BC, LPC, maintains a private practice in Washington, DC, and is director of the Diagnostic Drawing Series Archive. Her areas of specialization include supervision/consultation, hypnotherapy, and the treatment of survivors of severe early trauma, particularly those who are highly dissociative. She provides resiliency-focused treatment for adolescents and adults who have experienced difficult transitions such as illness, bereavement, and loss of culture (refugees, expatriates, international students, transnational workers). More details are available on her website, www.anne-mills.com.

Catherine Hyland Moon, ATR-BC, is a professor in the Art Therapy Department at the School of the Art Institute of Chicago; author of *Studio Art Therapy: Cultivating the Artist Identity in the Art Therapist* (Jessica Kingsley Publishers, 2001); and editor of *Materials & Media in Art Therapy: Critical Understandings of Diverse Artistic Vocabularies* (Routledge, 2010). She has practiced art therapy for over 30 years, and is currently involved in the collaborative development of community studios in Chicago and therapeutic art programs for children in East Africa.

Penny Orr, PhD, ATR-BC, ATCS, is a director of the master's degree program in counseling/art therapy program at Edinboro University, Pennsylvania. She served as an Art Therapy Credentials Board director from 2008 to 2014, and as its president from 2013 to 2014. Orr has presented, published articles, and written book chapters on digital media, film, and online education as it applies to the profession of art therapy.

Joan Phillips, PhD, ATR-BC, has been a practicing art therapist for 30 years, maintaining a private practice in Norman, Oklahoma, where she is also faculty at the University of Oklahoma. She is a visiting lecturer at New York University, Florida State University, and several other universities. Phillips has served on the boards of the American Art Therapy Association and the Art Therapy Credentials Board. She was a Fulbright Scholar in Ireland (2011), and is active in the Irish Association of Creative Arts Therapists.

Amanda Alders Pike, PhD, ATR-BC, has exhibited, published, and taught internationally on topics related to creativity in locations such as Finland, Mexico, and Chile. Amanda has served as president of the Florida Art Therapy Association, and currently works as a clinical art therapist. She is also founder of Art Therapy Consulting and Services, a group practice of art therapists. Pike welcomes collaboration, and can be contacted at amanda@arttherapyconsulting.com.

Jordan S. Potash, PhD, ATR-BC, is also a licensed creative arts therapist (LCAT) and registered expressive arts therapist (REAT). He is primarily interested in the applications of art and art therapy in community development and social change, with an emphasis on reducing stigma, confronting discrimination, and promoting cross-cultural relationships. He is co-editor of *Art Therapy in Asia: To the Bone or Wrapped in Silk* (Jessica Kingsley, 2012).

Dafna Regev, PhD, is the head of the art therapy track and a member in the Emili Sagol CAT Research Center in the Graduate School of Creative Art Therapies in the University of Haifa, Israel. She specializes in dyadic parent–child art therapy and working in private clinics.

Dina L. Ricco, PhD, ATR, LMHC, works as a clinical art therapist in Jacksonville, Florida. Her approach includes family systems, cognitive behavioral, and art therapy techniques. She has experience in a variety of clinical and instructional settings, including various agencies, correctional facilities, school systems, community colleges, and universities. Ricco conducted research on the use of the Gottman model with couples, and now specializes in marital/couple art therapy. She presents state-wide and nationally on the use of art therapy to treat depression, anxiety, and relationship issues.

Jane Ferris Richardson, ATR-BC, is also a registered play therapist; a supervisor, mental health counselor, and core faculty member in art therapy at Lesley University in Massachusetts; and an exhibiting artist. Her work with expressive “languages” for children with autism has led to collaboration, nationally and internationally, in Africa, Asia, and Europe. She has published and presented her work on autism and art therapy; play therapy and autism; and the importance of multiple languages for expression.

Megan Robb, MA, ATR-BC, is an art therapist, educator, and researcher who has presented nationally and published on the intersections of culture in education, leadership, therapy, medical settings, and work/life balance. Her research is based on pedagogy and art therapy practice with children and adults in medical and mental hospitals, school settings, and private practice. Robb earned her MA in art therapy from the George Washington University in 2002. Currently, she is a professor of art therapy counseling at Southern Illinois University Edwardsville, in Illinois.

Judith A. Rubin, PhD, ATR-BC, HLM, former Art Lady on “Mister Rogers’ Neighborhood,” is also a psychologist and psychoanalyst. A past president and Honorary Life Member of the American Art Therapy Association, she has authored six books, made 10 films, and is on the faculty of the Psychiatry Department, University of Pittsburgh, and the Pittsburgh Psychoanalytic Center. She has presented widely, and is currently working on a film about Fred Rogers, and on the creation and dissemination of a Teaching Film Library.

María Cristina Ruiz, MA, teaches at Universidad del Valle, in Cali-Colombia; belongs to its research team on popular education; and coordinates the master’s program on popular education and community development. She is also co-founder of the Colombian Association of Art Therapy. She holds a BA in transpersonal counseling psychology; an MA in art therapy concentration from Naropa University; and is a PhD candidate in arts education at the Simon Fraser University, in Canada. Her current dissertation work explores portrait as a genre and its connection with social and cultural identities.

Libby Schmanke, ATR-BC, is an artist whose first career included counseling and administration in a range of addiction treatment settings, from women's long-term residential to community outpatient to prison programs. She incorporated art activities into treatment. She has been on the faculty of the graduate art therapy program at Emporia State University, Kansas, since 2002, and a director of the Art Therapy Credentials Board since 2010. Specialties in her art therapy private practice include trauma, adolescents, and addictions.

Craig A. Siegel, MA, ATR-BC, is a graduate of the George Washington University. Siegel serves as the chairperson of the Clinical Art Therapy Department at Miami-Dade County Public Schools, where he has worked since 1995. He has also maintained a private practice in Boca Raton, Florida, since 1999. Siegel has served the profession in various capacities in the American Art Therapy Association, on both state and national levels.

Jessica Woolhiser Stallings, ATR-BC, LPC, joined the faculty of the Emporia State University, Kansas, in 2008, and was promoted to associate professor in 2014. Jessica served as lead clinician for an autism social skills project at the University of Nebraska Medical Center. She teaches courses in multiculturalism, research, ethics, and supervision. She also operates a private practice, specializing in working with children and adolescents with autism. She has served as the conference chair and is president-elect for the Kansas Art Therapy Association.

Patricia St John, EdD, ATR-BC, LCAT, professor and graduate art therapy programs director at the College of New Rochelle, New Rochelle, New York, since 1986, is a researcher and thesis mentor. For the American Art Therapy Association, she is past research committee chair; current education committee chair; Task Force for Education Standards Revision co-chair; and research roundtable convener. A published author, she reviews for *Art Therapy: Journal of the American Art Therapy Association*, *Arts in Psychotherapy*, and *Art for Life*.

Savneet Talwar, PhD, is an associate professor and chair of the graduate art therapy program at the School of the Art Institute of Chicago. Her current research examines feminist politics, critical theories of difference, social justice, and questions of resistance. Using an interdisciplinary approach, she is interested in community-based art practices; cultural trauma; performance art; and public cultures as they relate to art therapy theory, practice, and pedagogy.

Laurel Thompson, PhD, ATR-BC, DMT-BC, LCAT, is a faculty member for the Pratt Institute's Creative Arts Therapy Department, teaching classes that integrate theory and practice, and also serving as a thesis advisor since 1993. She has an extensive history of presentations; has served on various committees for the American Dance Therapy Association and American Art Therapy Association; and has been on the editorial boards of a range of journals addressing creative arts therapy. She also has a private practice, specializing in individuals with eating disorders and dissociative disorders.