

# Artful Therapy

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Judith Aron Rubin



John Wiley & Sons, Inc.



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# DVD Contents

## *A Note to the Reader/Viewer*

### ***Illustrations, not Instructions***

Because the book covers a great deal of ground, the DVD is meant to illustrate rather than to instruct. In order to show a wide variety of examples, I have opted for breadth rather than depth. Another reason for the brevity of most of the film clips is to minimize the likelihood of revealing any sensitive information or material about the participants.

Although the majority of the illustrative clips are from unfinished film and tape materials, some are excerpts from finished works, a few of which may still be available for purchase. I have therefore included any relevant information, as well as a listing of those individuals and institutions who have generously given permission for their inclusion (see Acknowledgments).

### ***About Confidentiality***

Although not all of the people on this DVD are patients, it is important to note that many were, and that they agreed to be photographed for the purpose of professional education. Since this book is meant for those in the helping professions, I trust that viewers will respect the privacy of anyone allowing themselves to be filmed, and will maintain the same kind of confidentiality normally accorded to any clinical material.

## **Chapter 1. Overview**

### **1.1 Dorothy—A Girl with Schizophrenia**

- A. Bird Drawing
- B. Bird Painting
- C. Monster Painting
- D. Bird Attacks Man
- E. My Best Cat Costume
- F. The Kids on the Unit
- G. The Kids on a Picnic
- H. All of the Kids

### **1.2 Randy—A Boy with Encopresis**

- A. Mars & Constellations
- B. Cover-Space Series
- C. School on Fire
- D. School Burning Up
- E. Dinosaur and Volcano
- F. Randy and Mrs Rubin in Scotland
- G. Woman on a Cliff in the Philippines

### **1.3 Home for Crippled Children**

- A. The Art Program
- B. Boy is Proud of his “Beautiful Pot”

### **1.4 Claire—A Deaf-Mute**

- A. Portrait of Mrs. Rubin
- B. After a Dental Visit
- C. Talking Book Picture
- D. Claire in a Drama

### **1.5 Head Start Mothers’ Group**

- A. A Ring She Made
- B. A Hat She Made
- C. A Group Session

### **1.6 Art Awareness Group**

- A. Sharing Individually
- B. Working as a Group

### **1.7 Art in the Kitchen**

Robert Coles, M.D. (“Listening to Children”)

### **1.8 Mural by Former Gang Members**

Group Leader Shows the Mural to Reporter, Martha Teichner

### **1.9 Gorillas who Draw**

- A. June’s Crayon Drawing
- B. Sophie Painting

### **1.10 Art in a Concentration Camp**

- A. Adult Art from Terezin
  - 1. The Transport
  - 2. An Execution

- B. Edith Kramer on Friedl Dicker-Brandeis
- C. Child Art from Terezin
  - 1. I Never Saw Another Butterfly—Book of Poems and Drawings
  - 2. Nightmares—Horrors of the Camp
  - 3. Seder—Memory of Happier Times
- D. Frederick Terna (“Journey of Butterfly”)
- 1.11 “Drawing From the Fire”** (Chris Holmes Productions)  
Art Helps Traumatized Children in a School Therapy Group after a Brushfire
- 1.12 Spontaneous Art of the Mentally Ill**
  - A. Art by Hospitalized Patients
    - 1. A Patient and His Art
    - 2. Art by a Schizophrenic
    - 3. On Calendar Pages
    - 4. On Toilet Paper
  - B. Aloyse Korbaz—An Artist with Schizophrenia (“Magic Mirror of Aloyse”)
- 1.13 Outsider Art** (“Passionate Visions” New Orleans Museum of Art)
  - A. Howard Finster
  - B. Jimmy Lee Sudduth
- 1.14 Memory Boxes**
  - A. Mrs. A. Tells Her Story
  - B. Mrs. B. Tells Her Story
- 1.15 Anna Shafer** (“Anna Shafer and Her Art”)  
An 80-Year Old Woman Describes a Drawing
- 1.16 Alzheimer’s Drawings**
  - A. Early in the Disease Process
  - B. Later in the Disease Process
- 1.17 Eddie Draws About his Diabetes** (“Stevie’s Light Bulb”)  
Therapist: Ralph Rabinovitch, M.D.
- 1.18 Draw Your Asthma as a Creature**  
Therapist: Robin Gabriels, Ph.D., National Jewish Hospital
- 1.19 Bereaved Children**
  - A. Draw the Person Who Died
  - B. Talk about the Person Who Died
  - C. Draw the Weather Inside
  - D. Talk about the Weather InsideTherapist: Mavis Hines, Ph.D. (“A Child’s Grief”)
- 1.20 Spontaneous Art After a Loss**
  - A. A Girl Whose Daddy Has Died (“When Children Grieve”)
  - B. My Mother Sculpting My Father
  - C. Memorial by Grieving Husband
- 1.21 The Memoria Project**
- 1.23 Portraits of Victims (of September 11, 2001)**

## **Chapter 2. Why Add Art?**

### **2.1 Animal Artists**

- A. Congo the Chimpanzee Painting a Picture
- B. Chimp Painting
- C. Dolphin Painting
- D. Elephant Painting

### **2.2 Art Comes Naturally**

- A. Creating in the Sand
- B. Early Interest in Images (“Going Home”)  
Therapist: Maxine Junge, Ph.D.
- C. Creating with Chalk
- D. Early Absorption in Art

### **2.3 Cave Paintings**

- A. Interior—Lascaux (France)
- B. Simulation—Altamira (Spain)

### **2.4. Art When Speechless**

- A. “Shock”
- B. “Confusion”

### **2.5 Traumatic Memories (“Visual Memories”)**

Therapist: Janice Hoshino, Ph.D. (Filmmaker: Rachel Lordkenaga, M.A.)

### **2.6. The Dark Side**

- A. “It’s My Fault” (Witch)
- B. Angry Dragon
- C. Bill is Angry at Sue (“We’ll Show You What We’re Gonna Do!”)  
Therapist: Judith A. Rubin, Ph.D.

### **2.7 Some Things are Easier to “Say” in Art**

- A. My Family—All Stuck Together
- B. Talking about Family Dynamics Using Clay  
Therapist: Shirley Riley, M.A.
- A. What People Can Tell You Through Art (“Listening to Children”)  
Therapist: Robert Coles, M.D.
- B. Permissible Regression (“A Brush with Life”)

### **2.8. In Art Everyone Can Talk at Once**

- A. Working Individually in a Group (“Art as Therapy”)
- B. Working Together in a Group (“Arts and Environment”)

### **2.9 Some Things are Easier to “See” in Art**

- A. A Family Draws Together Silently
- B. Two-Headed Dragon
- C. Two-Faced Guy (Brought in by a Patient)
- D. A Monster Inside Us (“Multi-Arts Resource Guide”)
- E. A Woman Discovers Aspects of Herself (“Art Therapy: The Healing Vision”)  
Therapist: Robert Ault, M.F.A.

## **2.10 Hannah Reveals Her Secrets**

- A. A Sad Dog
- B. Monster Head Similar to Hannah's

## **2.11 Art Reduces Self-Consciousness**

- A. Looking at Art in Individual Therapy
- B. Looking at Art in Family Therapy
- C. Looking at Art in Group Therapy

# ***Chapter 3. Getting Started***

## **3.1 Basic Art Materials**

- A. Things to Draw With
- B. Things to Paint With
- C. Things to Model and Construct With

## **3.2 Working Surfaces**

- A. Working on a Table
- B. Working in a Tray
- C. Working at an Easel
- D. Working on a Wall

## **3.4 Introducing Art**

- A. A Selection of Media
- B. Offering a Choice of Materials (Family Art-Drama Evaluation)  
Therapist: Judith A. Rubin, Ph.D.
- C. Concern About Being Analyzed ("Listening to Children")  
Therapist: Robert Coles, M.D.
- D. Requesting Specific Topics (Diagnostic Drawing Series)  
Therapist: Anne Mills, Ph.D.

# ***Chapter 4. During the Process***

## **4.1 Observation**

- A. Active Observation (Cf. also Fig. 4.1)  
Therapists: Roger Arguile and Laura Greenstone
- B. Taking Notes  
Therapist: Gladys Agell, Ph.D.

## **4.2 Modifications**

- A. Wiping Out an Image In Finger Paint
- B. Doing and Undoing with Clay
- C. Observing Sequences in a Drawing ("Art as Therapy")  
Therapist: Vera Zilzer
- D. Exploring the Meaning of a Sequence  
Therapist: Sondra Geller, M.A.

## **4.3 A Narrative in Acrylic**

- A. Mrs. L. Using Acrylics
- B. Mrs. L. Painting



## *DVD Contents*

C. Looking at the Painting

D. "Sea Mist"

### **4.4 To Talk or Not? Active Listening**

A. Child Talking while Drawing ("Stevie's Light Bulb")

Therapist: Sarah Dubo, M.D.

B. Adolescent Talking while Painting

Therapist: Judith A. Rubin, Ph.D.

C. Therapist Initiating a Topic ("A Boy's Anger")

Therapist: Violet Oaklander, Ph.D.

D. Talking about the Assigned Theme ("Mothers and Daughters")

Therapist: Shirley Riley, M.A.

### **4.5 To Create or Not? Working Alongside**

A. With an Individual ("Art Therapy: Beginnings")

Therapist: Edith Kramer, D.A.T.

B. With a Family

Therapist: Judith A. Rubin, Ph.D.

C. With a Group

Therapist: Kit Jenkins, M.A.

### **4.6 Interviewing During the Process**

A. About Getting Mad ("A Boy and His Anger")

Therapist: Violet Oaklander, Ph.D.

B. About the Art

Therapist: Judith A. Rubin, Ph.D.

C. About Coming to a Clinic

Therapist: Judith A. Rubin, Ph.D.

## ***Chapter 5. After the Process***

### **5.1 Reflecting on the Art and the Process**

A. A Title

Therapist: Andrea Ramsey, M.A.

B. Framing

Therapist: Judith A. Rubin, Ph.D.

C. Writing

Therapist: Dayna Block, M.A. (Open Studio Process Group)

D. What Do you See? ("The Scribble")

Therapist: Mala Betensky, Ph.D.

E. Describing a Picture

F. Tell Me About It ("Listening to Children")

Therapist: Robert Coles, M.D.

G. How Would This Story End?

Therapist: Janet Bush, M.S.

H. Group Members Interview Each Other (RAW Art Works)

I. Responding by Moving

Therapist: Arthur Robbins, Ed.D.

- J. Projecting Images and Ideas  
Therapist: Judith A. Rubin, Ph.D.

## **5.2 Storing and Recording Patient Creations**

- A. Storage Shelves
- B. Individual Folders (“Art as Therapy” and “Art Therapy Is . . .”)
- C. Photographing a Sand Tray Scene (“At the Threshold”)  
Therapist: Carolyn Grant Fay

## **5.3 Displaying Patient Art Where it Was Made**

- A. Bulletin Board in the Art Room
- B. Sculpture on Table in My Office
- C. Display in a School
- D. Art Exhibit at RAW Space

## **5.4 Public Display of Art**

- A. Woman Shows Art to Visitors (Hebrew Home for the Aged, NBC News)
- B. Creative Growth Art Gallery (“Creative Growth”)
- C. Dwight Mackintosh, Graphic Artist (“Creative Growth”)
- D. Judith Scott, Fiber Artist (CNN Image Source)
- E. The Living Museum (“Ooh La La” Bravo)

## **5.6 Sharing Patient Art**

- A. Showing Art to Mother  
Therapist: Judith A. Rubin, Ph.D.
- B. Anxious Boy’s Monster
- C. Sharing Art with School Staff (“Art Therapy and Children”)  
Therapist: Roger Arguile
- D. Sharing Art with Clinic Staff (“Art Therapy Is . . .”)  
Therapist: Lore Baer, M.A.
- E. Psychiatrist Discusses a Drawing (“Lila”)  
Therapist: Lila Bonner-Miller, M.D.

# ***Chapter 6. Using Art in Assessment***

## **6.1 Responding to Visual Stimuli**

- A. Photographs  
Therapist: Alice Karamanol, M.P.S.
- B. Art Reproductions  
Therapist: Truus Wertheim-Cahen

## **6.2 Using Magazine Images**

- A. Creating a Collage (“Going Home”)  
Therapist: Maxine Junge, Ph.D.
- B. Magazine Photo Collage

## **6.3 Finding Visual Images**

Therapeutic Art Teacher: Carol Wisker, Ph.D. (in a Prison)

## **6.4 Projective Drawings**

- A. Draw a Person
  - 1. DAP—Boy, 5

2. DAP—Girl, 5
  3. Free Drawing—Same Girl, 5
  4. A Person in the Rain—Adult
  5. A Self-Portrait (“Stevie’s Light Bulb”)  
Therapist: Sarah Dubo, M.D.
  - B. House-Tree-Person
    1. Girl, Age 5
    2. Boy, Age 5
    3. Kinetic H-T-P—Adult
  - C. Family
    1. KFD-Girl, Age 5
    2. KFD-Boy, Age 5
    3. Kinetic Family Drawing (“Stevie’s Light Bulb”)
    4. Draw Your Family (“Art Therapy: The Healing Vision”)  
Therapist: Robert Ault, M.F.A.
- 6.5 Art as a Warning** (“Suicide: A Teenage Dilemma”)  
Therapist: Evelyn Virshup, Ph.D.
- 6.6 Intra-Individual Variability**
  - A. Person, Day 1, M4
  - B. Person, Day 2, M4
  - C. Person, Day 3, M4
  - D. Person, Day 4, M4

## ***Chapter 7. Art Therapy Assessments***

### **7.1 Unstructured: Free Choice**

- A. Andy (age 17) Starting his Assessment Interview
- B. Andy’s Painting
- C. Andy Finishing his Session
- D. Lisa (age 10) Beginning her Assessment Interview
- E. Lisa Finishing her Session  
Therapist: Judith A. Rubin, Ph.D.

### **7.2 Semistructured: Three Media**

- A. Kramer Art Assessment (“Art Therapy: Beginnings”)  
Therapist: Edith Kramer, D.A.T.
- B. Cognitive Art Therapy Assessment (“The Cognitive Art  
Therapy Assessment”)  
Therapist: Ellen G. Horovitz, Ph.D.

### **7.3 Visual Starters**

- A. Cave Paintings Using the Shape of the Rock (4 Examples from  
Lascaux, France)
- B. The Squiggle Game—Winnicott
  1. D. W. Winnicott
  2. A Series of Examples
  3. A Squiggle

## ARTFUL THERAPY

4. Part of a Squiggle Game
- C. The Scribble Drawing—Cane
  1. Cane and Student
  2. Movement and Scribbles
  3. Scribble Drawing—Dog
  4. Scribble Drawing—Fish
- D. The Scribble in a UPAP (“Art Therapy: Beginnings”)  
Therapist: Elinor Ulman, D.A.T.
- E. A Scribble Drawing
  1. Making a Small Scribble
  2. Developing and Discussing a ScribbleTherapist: Judith A. Rubin, Ph.D.
- F. A Clay Scribble  
Therapist: Linda Gantt, Ph.D.

### **7.4 Silver Drawing Test**

- A. Rawley Silver
- B. Stimulus Drawings
- C. The Drawing Test (3rd Edition, 1996)

### **7.5 Brief Art Therapy Screening Evaluation (BATSE)**

Therapist: Nancy Gerber, M.A.

### **7.6 A Person Picking an Apple from a Tree (PPAT)**

- A. PPAT Drawings by Patients with Major Depression
  1. Chronic Depression
  2. Suicide Attempt
- B. PPAT Drawings by Patients with Schizophrenia
  1. Hebephrenic
  2. Paranoid
  3. Schizo-Affective
- C. PPAT Drawings by Patients with Dementia
  1. Dementia
  2. Alzheimer’s Disease
- D. Examples Over Time
  1. 35F, 1st Admission
  2. 2nd Admission, 6 Months Later
  3. 3rd Admission, 2 Years Later
  4. 51M, On Admission
  5. One Week Later
- E. Sample Scales-Formal Elements Art Therapy Scale (FEATS)
  1. Scale #8. Problem-Solving
  2. Scale #11. Line Quality

### **7.7 A Generic Lifeline** (done spontaneously, not on request)

Therapist: Mildred Chapin, M.Ed.

### **7.8. Art Therapy Assessment Batteries**

- A. Ulman Personality Assessment Procedure (UPAP)  
Therapist: Gladys Agell, Ph.D.

- B. Diagnostic Drawing Series (DDS)  
Therapist: Barry Cohen, Ph.D.
- C. MARI\* Card Test  
Therapist: Carol Cox, M.A.
- D. Levick Cognitive and Emotional Art Therapy Assessment (LECATA)  
Therapist: Craig Siegel, M.A. (2 Pictures)

## ***Chapter 8. Art in Adult Therapy***

### **8.1 Starting With a Series of Scribbles**

Therapist: Truus Wertheim-Cahen

### **8.2 Drawing on the Dialogue**

- A. Psychodynamic Therapy  
Therapist: Mildred Chapin, M.Ed.
- B. Humanistic Therapy (“Person-Centered Therapy”)  
Therapist: Natalie Rogers, Ph.D.

### **8.3 Psychodynamic/Analytic Approaches**

- A. Insight and Conflict  
Therapist: Judith A. Rubin, Ph.D.
- B. Ego Psychology—Art as Therapy (“Art Therapy: Beginnings”)  
Therapist: Edith Kramer, D.A.T.
- C. Symbolization  
Therapist: Laurie Wilson, Ph.D.
- D. Self-Psychology  
Therapist: Mildred Chapin, M.Ed.
- E. Object Relations  
Therapist: Arthur Robbins, Ed.D.
- F. Moving to the Image—Active Imagination (“At the Threshold”)  
Therapist: Carolyn Grant Fay (Jungian Analyst)

### **8.4 Humanistic Approaches**

- A. Person-Centered (“Person-Centered Therapy”) Long and Short Versions  
Therapist: Natalie Rogers, Ph.D.
- A. Person-Centered (Long Version)
- B. Gestalt (“Gestalt Art Experience with Janie Rhyne”)  
Therapist: Janie Rhyne, Ph.D.
- C. Phenomenological  
Therapists: Aina Nucho, Ph.D. and Mala Betensky, Ph.D.
- D. Existential-Being Present with the Client  
Therapist: Bruce Moon, Ph.D.

### **8.5 Developmental Approaches**

- A. An Older Adult (with Alzheimer’s Disease)  
Therapist: Shirley Riley, M.A.
- B. A Young Adult (with Neurological Impairment)  
Therapist: Ralph Rabinovitch, M.D.

### **8.6 Cognitive-Behavioral Approaches**

- A. “Nightmare Help”  
Therapist: Ann Sayre Wiseman, M.A.
- B. Trauma Recovery Institute Method  
Therapist: Linda Gantt, Ph.D

### **8.7 Systemic/Solution-Focused/Narrative Approaches**

- A. Draw the Problem and a Solution  
Therapist: Lucia Cappacchione, Ph.D.
- B. Make a Drawing About the Move  
Therapist: Maxine Junge, Ph.D.
- C. Create Collages About Mother  
Therapist: Shirley Riley, M.A.

### **8.8 Using Art at Different Stages of Psychotherapy**

- A. Introducing Earlier Art Based on Discussion  
Therapist: Paula Howie, M.A.
- B. Looking at Previous Art to Stimulate Insight  
Therapist: Laura Greenstone, M.A.
- C. Comparing Past to Present Artwork (“A Scribble”)  
Therapist: Mala Betensky, Ph.D.
- D. Looking Back at Earlier Artwork (“Art Therapy Is . . .”)  
Therapist: Lore Baer, M.A.
- E. Taking Art Home at Termination (“A Brush With Life”)
- F. “Therapy” Says it Without the Word

## ***Chapter 9. Art in Child Therapy***

### **9.1 Working Surfaces**

- A. Options in Where to Work can Help
- B. On the Floor
- C. At a Chalkboard (Cf. Fig. 9.3)
- D. At a Table Easel (Cf. Fig. 3.2)
- E. On the Wall
- F. Seated at an Easel (Cf. Fig. 3.1)
- G. Standing at an Easel
- H. A Special Drawing Board

### **9.2 Cleanup Issues**

- A. Smock—Old Shirt Worn Backwards
- B. Smock—For Young Children

### **9.3 Inviting Art Activity**

- A. Paint What You Wish (“Essentials of Play Therapy With Abused Children”)  
Therapist: Eliana Gil, Ph.D.
- B. Creative Toys Help with Inhibitions
- C. Construction Toys can Overcome Anxieties
- D. A Magnetic Construction Set