

# Child Art Therapy

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## 25th Anniversary Edition

Judith Aron Rubin



John Wiley & Sons, Inc.



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## *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. This can be found in the Acknowledgments.

### **A Reminder About Confidentiality**

One reason for the brevity of most of the film clips on the DVD is to minimize the likelihood of revealing any sensitive information or material about the participants. This is a concern that I hope will be understood and honored by you, the reader/viewer.

Although not all of the people on this DVD are patients, it is important to note that many were at the time these images were made, and that in the majority of instances, they agreed to be photographed specifically for the purpose of professional education.

Since this book is addressed to those in the helping professions, I trust that you will respect the need for privacy of anyone allowing themselves to be filmed, and will maintain the same kind of confidentiality normally accorded to any kind of clinical material.

As all Codes of Ethics state, any personal information about people in treatment is privileged information, intended only for professionals. The need for confidentiality extends to the artwork on this DVD, as well as to all stills and video images of those whose generosity will allow others to be helped.

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We remain forever in their debt, and therefore owe them the courtesy of neither reproducing nor showing their images to individuals who are not using this book for educational purposes.

Although art therapy publications have long utilized reproductions and photographs in order to train others; this is the first time that so many images have been made available in a single book, in order to better inform those wanting to learn ways of using art in their clinical work.

As one of those individuals, your strict adherence to keeping these images confidential will help future generations of therapists to be educated more fully and more richly in the use of this active modality than ever before. It is up to each person using this text to respect this request.

**It is therefore essential that you refrain from copying these images to your computer's hard drive or sharing them with others, and that you use them solely for your own education as a mental health professional.**

On behalf of those who agreed to be photographed so that you might better learn, and on behalf of those who can be helped through art, I thank you and wish you good fortune in your own efforts.

Judith Aron Rubin, Ph.D.  
January, 2005

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- B. Touching

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Art Therapist: Laurie Wilson, Ph.D.

### **7.4 Pride in the Product**

- A. A Girl and Her Clay Figures
- B. A Girl and Her Construction
- C. A Boy and His Drawings

### **7.5 Positive Self-Evaluations**

- A. A Boy Is Proud of His "Beautiful Pot"
- B. Greg Feels Like an Artist ("We'll Show You What We're Gonna Do!")

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- C. Carl Likes His Construction (“We’ll Show You What We’re Gonna Do!”)
- D. Ellen Feels Talented
- Art Therapist: Judith A. Rubin, Ph.D. (A–D)

### ***Chapter 8. Some Case Studies***

#### **8.1 Ellen—An Elective Mute**

- A. Ellen’s Drawing from the Second Session
- B. A Girl Playing Ball
- C. A Girl With Head Taped On
- D. Dyadic Drawing
- E. My Painting of Ellen
- F. Girl with Man on Stage
- G. A Drag Race
- H. A Mean Female Bird
- I. Two Swans Swimming
- J. My Anguished Creature
- K. Different Colors
- L. Different Hairdo
- M. Shell Around Face
- N. One of the Last Creatures

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

- A. A Bird
- B. Another Bird
- C. Bird Painting
- D. Bird Feeding Babies
- E. Free Painting
- F. Monster
- G. The Eagle and the Dummy
- H. Painted Bird
- I. The Kids on the Unit
- J. Activities on the Unit
- K. Going on a Picnic
- L. A Field Trip
- M. All the Kids
- N. Throwing Doll Away
- O. A Cat
- P. Another Cat
- Q. My Best Cat Costume
- R. Watching in a Cat Costume
- S. Mrs. Rubin
- T. Mrs. Rubin Having a Baby
- U. Mrs. Rubin Attacked for Being Bad

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

- A. Zebra and Fox
- B. Zebra
- C. School
- D. Civil War Scene
- E. A Design

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- F. Mars and Constellations
- G. Mrs. Rubin and the Martian
- H. Castle
- I. School on Fire
- J. Dinosaur and Volcano
- K. Cover—Space Series
- L. Cover—Earth Series
- M. Woman on a Cliff

### **8.4 Andrew—A Boy who Set a Fire** (“Art Therapy and Children”) Art Therapist: Roger Arguile, M.A.

## ***Chapter 9. Case Illustration: Understanding and Helping***

### **9.1 Individual Art Evaluation**

- A. A Runed Work
- B. The Dinosaur House

### **9.2 Group Art Therapy**

- A. Clay Cave
- B. Chalk Stripes
- C. Chart
- D. Tim in Group
- E. Enjoying Finger Paint
- F. Tire Swing
- G. Self-Portrait
- H. Tim and Jamie

### **9.3 Mother-Child Sessions**

- A. Tim’s Painting
- B. Mother’s Drawing
- C. Tim’s Imitation
- D. Girl Operating Crane
- E. Tim Bosses Mom
- F. Mom Bosses Tim
- G. Working Together
- H. Joint Sculpture

### **9.4 Family Art Evaluation**

- A. Basket for Boredom Blues
- B. Kabuki Actor
- C. Family’s Use of Space
- D. Mommy Going to a Party
- E. Tim’s Attempt at “Family”
- F. Me and Daddy Playing Ball
- G. Family Square Dancing
- H. Two Versions of Family
- I. Family Mural Task
- J. Part of the Mural

### **9.5 Family Art Therapy**

- A. Birthday Cake by Tim
- B. Birthday Cake by Sister
- C. Fort

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- D. Pool Table
- E. House
- F. Me in the Rain
- G. Boy on Sled
- H. Snowman who Might Melt
- I. Me and Mommy
- J. Beautiful Gisella
- K. Dopey
- L. Sister's Tummy
- M. Tim Punching Me
- N. A Meanie
- O. Me and Dad Playing Tennis/Mom Divin' Down
- P. Two Dinosaurs

### **9.6 Family Themes and Tasks**

- A. Four Houses
- B. A Motel
- C. New House
- D. Main Problem by Father
- E. Main Problem by Mother
- F. A Walk in the Woods
- G. Me and Dad on the Boat Vacation
- H. Mother's Wish
- I. Father's Wish
- J. Calling Home
- K. Weekend Companions
- L. On the Beach
- M. Joint Construction
- N. Roller Coaster
- O. Seesaw

### **9.7 Joint Nonverbal Drawing**

- A. Tim Leaves Silent Family Drawing
- B. Father Joins Tim
- C. Father Rejoins the Females
- D. Tim Adds Something to the Picture
- E. Tim Making Clay Bank

## ***Chapter 10. A Family Art Evaluation***

### **10.1 The F. Family**

#### **10.2 Scribble Drawings**

- A. Making a Small Scribble
- B. Developing and Discussing a Scribble  
Art Therapist: Judith A. Rubin, Ph.D. (A & B)
- C. Describing a Scribble
- D. Making a Large Scribble ("Art Therapy: Beginnings")  
Art Therapist: Elinor Ulman, D.A.T
- E. Barbed Wire Fence
- F. Carl's Monster
- G. Carol's Monster



**10.3 Family Representations**

- A. Another Option-Abstract Family Portrait  
Art Therapists: Patti Ravenscroft, M.A. and Mari Fleming, M.A.
- B. Teenager's "Family Portrait"
- C. Jody's Family Representation
- D. Observing Jack Drawing
- E. Mr. F's Family Drawing
- F. Jack's Family Drawing
- G. Mrs. F's Family Drawing
- H. Viewing All Family Pictures
- I. Comparing Family Pictures  
Art Therapists: Patti Ravenscroft, M.A. and Mari Fleming, M.A.
- J. Describing a Family Picture  
Art Therapist: Judith A. Rubin, Ph.D.

**10.4 Family Mural**

- A. A Joint Family Drawing  
Art Therapists: Patti Ravenscroft, M.A. and Mari Fleming, M.A.
- B. J. Family's Mural  
Art Therapist: Judith A. Rubin, Ph.D.
- C. Working Together
- D. Finishing Up
- E. Discussing Mural
- F. F Family's Mural
- G. I. Family's Mural

**10.5 Free Products**

- A. Tim's Free Drawing
- B. Glen's Free Drawing

***Chapter 11. Family Art Therapy***

**11.1 Billy and His Mother**

- A. Joint Picture—"Our House"
- B. Mother's Picture of Billy
- C. Billy's Picture of Mother

**11.2 Donny and Ross**

**11.3 Mother and Son with Both Therapists**

- A. "Lake Erie" by David and Mother
- B. David Painting "A Beautiful Mess"
- C. David Working on the Painting

**11.4 Conjoint Family Art Therapy**

- A. Dr. Homann and Younger Child Blowing Paint with Straws
- B. The W. Family Discussing Their Art
- C. Bill and Dad Starting Their "Smoking Picture"
- D. Bill and Dad Working on Their Picture

**11.5 Laura and Her Family**

- A. Laura's Family Silently Settles the Territory
- B. The Finished Product

**11.6 Sloane and Her Mom**

- A. Bringing a Picture to Mommy

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- Art Therapist: Cindi Westendorff, M.A.
- B. Working Together
  - Art Therapist: Laura Greenstone, M.A.
- 11.7 A Multimodal Family Session**
  - Art Therapist: Judith A. Rubin, Ph.D. and
  - Drama Therapist: Eleanor C. Irwin, Ph.D.
- 11.8 Lila and Her Family**
  - A. All Head, No Heart
  - B. Starving Man
  - C. No Body #1
  - D. No Body #2
- Chapter 12. Art Therapy with Parents***
- 12.1 Mrs. Braver**
  - A. Working on Her Head
  - B. The Finished Portrait
  - C. “Who Am I?”
  - D. A Collage about Herself
  - E. Showing Me Her Collage
- 12.2 Mrs. Silver**
  - A. Mrs. Silver Painting
  - B. Image of Relationships
  - C. “Roads”
  - D. “Like Hell, a Storm with Lightning and Turmoil”
- 12.3 Mrs. Lord**
  - A. Mrs. Lord Painting
  - B. The Painting—“Sea Mist”
  - C. Looking at the Painting
  - D. Working on a Drawing
  - E. “Shock”
  - F. “Ambivalence, Dilemma, Uncertainty, Confusion”
- 12.4 Mother-Child Art Therapy Group**
  - A. Mother Cat by Other Mother + Baby by Child
  - B. Mother Cat by Child
  - C. Baby Kitten by Child
  - D. Working Together
  - E. Mother Interviews Son
  - F. Lady with a Weiner and a Black Eye
  - G. Jamie’s Poop Picture
- 12.5 Parent-Child Dyad Art Therapy Groups**
  - Art Therapist: Lucille Proulx
- 12.6 Single Mothers Discuss Pictures**
- 12.7 Head Start Mothers Group**
  - A. A Hat She Made
  - B. A Ring She Made
  - C. A Group Session

Therapists: Judith A. Rubin, Ph.D. and Eleanor C. Irwin Ph.D.

**12.8 Substance Abuse Problems**

- A. Sojourner House Group
- B. Women Working in Group
- C. Concentrating
- D. Painting Figure
- E. Statements by Group Members

Therapists: Judith A. Rubin, Ph.D. and Eleanor C. Irwin Ph.D.

***Chapter 13. Group Art Therapy***

**13.1 Values of Art in Groups**

- A. Values of Group Art Activity (“We’ll Show You What We’re Gonna Do!”)
- B. Social Benefits of the Arts (“Children and the Arts”)

Art Therapist: Judith A. Rubin, Ph.D. (A & B)

**13.2 Warmup Activities**

- A. Closing Eyes Can Reduce Anxiety
- B. A Clay Scribble

Art Therapist: Linda Gantt, Ph.D.

- C. Drawing on a Shared Space

Art Therapist: Mary Flannery

- D. Nonverbal Group Mural (Floor)

- E. Working Together Silently (Table)

- F. Round Robin Clay Pass

Art Therapist: Judith A. Rubin, Ph.D.

- G. Round Robin Exercise (“Art Therapy”)

Art Therapist: Patsy Nowell-Hall, M.A.

**13.3 Getting to Know Each Other**

- A. Introductions in Clay (“Art Therapy: The Healing Vision”)

- B. Making a Bridge Together (“Art Therapy: The Healing Vision”)

Art Therapist: Byron Fry, M.A. (A & B)

- C. Using Initials as Starters

Therapists: Paul Levy and Judith A. Rubin, Ph.D.

**13.4 Group Activities**

- A. Each Does the Same Topic

Art Therapist: Diane Safran, M.S.

- B. All Make Feeling Masks (Ukraine)

Art Therapist: Olena Woloszuk

- C. Working Together as Instructed

Art Therapist: Kit Jenkins, M.A.

- D. Making an Island Together (Russia)

Art Therapist: Doris Arrington, Ph.D.

- E. Sharing Space Informally

Art Therapist: Judith A. Rubin, Ph.D.

- F. Free Choice-Multifamily Group

Art Therapist: Donna Betts, Ph.D.

- G. Same Topic, Choice of Media

- H. Same Medium, Choice of Topic

- I. A Mix of Structured and Unstructured Activities

Art Therapists: Kit Jenkins, M.A. and Mary Flannery

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### **13.5 Group Issues Explored in a Puppet Drama ("Green Creature Within")**

Therapists: Eleanor C. Irwin, Ph.D., Judith A. Rubin, Ph.D., and  
Guillermo Borrero, M.D.

### **13.6 Reflecting in a Group**

#### **A. Sharing Privately**

Art Therapist: Kit Jenkins, M.A.

#### **B. Sharing during Discussion Period ("Drawing From the Fire")**

Art Therapist: Kristin Mendenhall, M.S.

#### **C. Sculpture Serves Artist and Other Members ("Green Creature Within")**

Therapists: Eleanor C. Irwin, Ph.D., Judith A. Rubin, Ph.D., and  
Guillermo Borrero, M.D.

#### **D. Members Interview Each Other (RAW Art Works)**

#### **E. Re-Viewing as a Group ("Green Creature Within")**

Therapists: Eleanor C. Irwin, Ph.D., Judith A. Rubin, Ph.D.,  
Guillermo Borrero, M.D.

## ***Chapter 14. Multimodality Group Therapy***

### **14.1 Multimodal Expression Is Natural**

#### **A. Spontaneous Singing while Drawing**

#### **B. Spontaneous Singing while Modeling**

### **14.2 Shifts Happen Spontaneously**

#### **A. A Clay Horsie Speaks ("We'll Show You What We're Gonna Do!")**

#### **B. Sound Effects Enliven ("We'll Show You What We're Gonna Do!")**

Art Therapist: Judith A. Rubin, Ph.D. (A & B)

#### **C. Soap Crayon Mask**

#### **D. Clay Leads to an Attack ("We'll Show You What We're Gonna Do!")**

#### **E. Clay Leads to a Party ("We'll Show You What We're Gonna Do!")**

Art Therapist: Judith A. Rubin, Ph.D. (D & E)

#### **F. About to Pound the Clay**

### **14.3 Some Pariscraft Casts**

#### **A. Making a Cast**

#### **B. Putting It on an Arm**

#### **C. Creating a Finger Cast**

### **14.4 Latency Art-Drama Group**

#### **A. Finger Painting Wearing a Scary Mask**

#### **B. Speaking of Peace (Boy with Spina Bifida)**

Art Therapist: Judith A. Rubin, Ph.D.

#### **C. Matt's Pirate Mask**

#### **D. Matt as a Pirate**

#### **E. Putting the Fight on Paper in a Mural**

#### **F. Bombing a German Plane (Mural)**

#### **G. War Mural by Group**

### **14.5 Adolescent Art-Drama Group ("Green Creature Within")**

#### **A. Multiple Modalities**

#### **B. Writing and Poetry**

#### **C. "Need" by Sam**

#### **D. Art and Meanings**

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### E. A Filmed Drama

Therapists: Eleanor C. Irwin, Ph.D., Judith A. Rubin, Ph.D., and Guillermo Borrero, M.D. (A–E)

### **14.6 The Story of Sam**

#### A. Change over Time (“Green Creature Within”)

Therapists: Eleanor C. Irwin, Ph.D., Judith A. Rubin, Ph.D., and Guillermo Borrero, M.D.

#### B. One of His Paintings

### **14.7 The Story of Jim**

#### A. Jim Drawing an Athlete

#### B. Growth Over Time (“Green Creature Within”)

Therapists: Eleanor C. Irwin, Ph.D., Judith A. Rubin, Ph.D., and Guillermo Borrero, M.D.

#### C. Jim as a Big Shot

### **14.8 Role of the Leader (“Green Creature Within”)**

Therapists: Eleanor C. Irwin, Ph.D., Judith A. Rubin, Ph.D., and Guillermo Borrero, M.D.

## ***Chapter 15. Art as Therapy for Children with Disabilities***

### **15.1 Animal Artists**

#### A. Congo the Chimpanzee Painting a Picture

#### B. Chimp Painting

Art Therapist Observer: David Henley

#### C. Dolphin Painting

Art Therapist Observer: Barbara Ann Levy

#### D. Elephant Painting (CBS News Reporter: Bob Simon)

### **15.2 Viktor Lowenfeld**

Audiotape of Lowenfeld Lecture: John A. Michael

### **15.3 Schizophrenic Children**

#### A. One of Karen’s Danced Paintings

#### B. One of Teddy’s People

#### C. Another Person by Teddy

#### D. Teddy’s Boy Schema

#### E. Uncle’s Farm (Tempera)

#### F. Uncle’s Farm (Watercolor)

### **15.4 Physically Handicapped Children**

#### A. The Art Program

#### B. In the Art Room

##### 1. At the Table

##### 2. In a Wheelchair

##### 3. On Rolling Beds

#### C. A Feather Collage

#### D. A Tempera Painting

#### E. A Wood Scrap Person (“Outa Shape”)

Art Therapist: Judith A. Rubin, Ph.D. (D & E)

#### F. Claire in a Drama

#### G. Talking Book Picture

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### **15.5 Deaf Children**

- A. A Boy Is Pleased with His Artwork
- B. Same Boy, Another Day
- C. A Girl Enjoys Finger Paint

### **15.6 Retarded Children**

- A. A Teacher Observing
- B. The Children at Work

### **15.7 Blind Children**

- A. Terry's Pre-Program Assessment
- B. Peter's Pre-Program Assessment
- C. Expectations—Art Program ("We'll Show You What We're Gonna Do!")
- D. David—Art as Sublimation ("We'll Show You What We're Gonna Do!")
- E. Peter's Pride and Poetry ("We'll Show You What We're Gonna Do!")  
Art Therapist: Judith A. Rubin, Ph.D. (C–E)
- F. Larry in a Group
- G. Larry Speaks of Blindness

### **15.8 Current Developments**

- A. Emotional Difficulties  
Art Therapist: Janet Bush, M.S.
- B. Social and Emotional Problems  
Art Therapist: Alice Karamanol, M.P.S.
- C. Learning Disabilities  
Art Therapist: Simone Alter-Muri, Ph.D.
- D. Neurological Impairments  
Therapist: Ralph Rabinovitch, M.D.
- E. Physical Handicaps  
Art Therapist: Nina Viscardi Ochoa, M.A.
- F. Blindness ("Access to the Arts")  
Art Therapist: Maureen Coghill-Moran, M.A.
- G. Deafness ("Art Therapy: the Healing Vision")  
Art Therapist: Terry Ouderkirk, M.A.

### **15.9 Special Considerations**

- A. Karen is Proud ("We'll Show You What We're Gonna Do!")
- B. Peter Remembers His Operation ("We'll Show You What We're Gonna Do!")  
Art Therapist: Judith A. Rubin, Ph.D. (A & B)
- C. Organization of Materials ("Creating for Me")
- D. Responsive Materials ("Creating for Me")  
Art Therapist: Susan Aach-Feldman (C & D)

## ***Chapter 16. Art Therapy with Disabled Children and Their Parents***

### **16.1 Candy**

- A. Family Art Evaluation
- B. Candy's Family Picture
- C. Her Brother's Family Representation
- D. Couple Drawing Together Silently

### **16.2 Tommy**

- A. Larry with a Big Finger
- B. Tommy with a Big Hand