

Child Art Therapy

25th Anniversary Edition

Judith Aron Rubin



John Wiley & Sons, Inc.

Child Art Therapy

25th Anniversary Edition

Judith Aron Rubin



John Wiley & Sons, Inc.

Child Art Therapy

25th Anniversary Edition

Judith Aron Rubin



John Wiley & Sons, Inc.

Table of Contents

[Title Page](#)

[Copyright Page](#)

[Illustrations](#)

[Chapter 1](#)

[Chapter 2](#)

[Chapter 3](#)

[Chapter 4](#)

[Chapter 5](#)

[Chapter 6](#)

[Chapter 8](#)

[Chapter 9](#)

[Chapter 10](#)

[Chapter 11](#)

[Chapter 12](#)

[Chapter 13](#)

[Chapter 14](#)

[Chapter 15](#)

[Chapter 16](#)

[Chapter 17](#)

[Chapter 18](#)

[Chapter 20](#)

[DVD Contents](#)

[A Note to the Reader/Viewer](#)

[Chapter 1. Roots](#)

[Chapter 2. Framework for Freedom](#)

[Chapter 3. Understanding Development in Art](#)

[Chapter 4. A Picture of the Therapeutic Process](#)

[Chapter 5. Some Ways to Facilitate Expression](#)

[Chapter 6. An Individual Art Evaluation](#)

[Chapter 7. Decoding Symbolic Messages](#)

[Chapter 8. Some Case Studies](#)
[Chapter 9. Case Illustration: Understanding and Helping](#)
[Chapter 10. A Family Art Evaluation](#)
[Chapter 11. Family Art Therapy](#)
[Chapter 12. Art Therapy with Parents](#)
[Chapter 13. Group Art Therapy](#)
[Chapter 14. Multimodality Group Therapy](#)
[Chapter 15. Art as Therapy for Children with Disabilities](#)
[Chapter 16. Art Therapy with Disabled Children and
Their Parents](#)
[Chapter 17. Helping the Normal Child through Art](#)
[Chapter 18. Helping Parents through Art and Play](#)
[Chapter 19. What Child Art Therapy Is and Who Can Do
It](#)
[Chapter 20. Why and How the Art Therapist Helps](#)
[Chapter 21. How the Art Therapist Learns through
Research](#)
[Acknowledgments](#)
[Preface](#)
[Background](#)
[Changes in Art Therapy and Mental Health](#)
[Changes in Organization and Content of the Book](#)

[PART I - THE CONTEXT](#)

[CHAPTER 1 - Roots](#)

[Personal](#)
[Professional](#)
[Personal/Professional Passage](#)
[A Personal Experience of the Creative Process](#)
[Making Pictures Helps My Mourning Process](#)
[About This Book](#)

CHAPTER 2 - A Framework for Freedom

Conditions for Creative Growth

CHAPTER 3 - Understanding Development in Art

Progression in Normal Artistic Development Where a Child Is General Issues in Development

CHAPTER 4 - A Picture of the Therapeutic Process

Testing
Trusting
Risking
Communicating
Facing
Understanding
Accepting
Coping
Separating

CHAPTER 5 - Some Ways to Facilitate Expression

A Starter (A Scribble)
A Theme
A Medium
A Dream
A Mask
A Target
A Tape Recorder
A Poem
A Story
A Picture-Taking Machine

[Flashlights and Candles](#)
[Extending the Range](#)
[Conclusion](#)

[PART II - THE INDIVIDUAL](#)

[CHAPTER 6 - An Individual Art Evaluation](#)

[Background](#)
[Initiating the Interview](#)
[Getting Started](#)
[The Art Materials](#)
[The Space](#)
[Talking about the Artwork](#)
[Abstract Artwork](#)
[Some Things Are Easier to Say and to See in Art](#)
[Productivity](#)
[Recommendations](#)

[CHAPTER 7 - Decoding Symbolic Messages](#)

[To Write or Not to Write?](#)
[Verbal Communications](#)
[To Talk or Not to Talk?](#)
[Nonverbal Communications](#)
[Interaction with the Therapist](#)
[Response to the Task](#)
[Response to the Materials](#)
[The Working Process](#)
[Products: Form](#)
[Form and Process as Content](#)
[Products: Content](#)
[Common Themes](#)
[Self-Representations](#)

Degree of Disguise
Attitude toward the Product
Making Sense
Reporting

CHAPTER 8 - Some Case Studies

Ellen: An Elective Mute
Dorothy: A Child with Schizophrenia
Randy: A Boy with Encopresis
Conclusion

CHAPTER 9 - Case Illustration

Individual Art Evaluation
Group Art Therapy
Joint Mother-Child Art Sessions
Family Art Evaluation
Family Art Therapy
Joint Nonverbal Drawing

PART III - THE FAMILY AND THE GROUP

CHAPTER 10 - A Family Art Evaluation

Format
Scribble Drawing
Family Representations
Family Mural
Free Products
Making Sense
Characteristics
Modifications

CHAPTER 11 - Family Art Therapy

Family Member Dyads

Conjoint Family Art Therapy

Occasional Conjoint Family Art Sessions

Multimodal Family Art Sessions

CHAPTER 12 - Art Therapy with Parents

Individual Art Therapy

Mother-Child Art Therapy Group

Short-Term Parent-Child Art Therapy Groups

Mothers' Art Therapy Groups

Conclusion

CHAPTER 13 - Group Art Therapy

History and Development

Deciding What to Do

Activities in Art Therapy Groups

Groups and How They Grow

The Use of Structure in Unstructured Groups

Group Themes and Concerns

Creative Play with Food

Role-Taking in Interviews

Interviewing Each Other

Reviewing in a Group

Individual Growth in a Group: Don

Group Growth: New Members and Endings

Conclusion

CHAPTER 14 - Multimodality Group Therapy

Relationships among the Arts

The First Art-Drama Therapy Group: Latency-Age Boys

The Second Art-Drama Therapy Group: Adolescents
Role of the Leader
Conclusion

PART IV - ART THERAPY FOR DISABLED CHILDREN

CHAPTER 15 - Art as Therapy for Children with Disabilities

The Universality of Creativity
Children with Schizophrenia in a Psychiatric Hospital
Children with Physical Disabilities in a Residential
Institution
Deaf Children in a Day School
Children with Developmental Delays in a Preschool
Blind Children with Multiple Disabilities in a Residential
School
Changes over the Years Since the First Edition
Special Considerations in Art for Children with
Disabilities
Values of Art for Children with Disabilities

CHAPTER 16 - Art Therapy with Disabled Children and Their Parents

Similarities and Differences
Coming to Terms with Blindness
Outpatient Mothers' Therapy Group: Sustenance and
Support

PART V - ART AS THERAPY FOR EVERYONE

CHAPTER 17 - Helping the Normal Child through Art

Therapeutic Values in Art Education
Dealing with Normal Stresses through Art
Loss of Parental Figures
Conclusion

CHAPTER 18 - Helping Parents through Art and Play

Art as Therapy for Normal Adults
Education in the Community
Family Art Workshop: Elementary School
Parent Art Workshop in a School
Mothers and Toddlers in a Church
Parent Play Groups
Sample Activities to Help Parents Understand
Developmental Phases
Possible Ways to Proceed

PART VI - GENERAL ISSUES

CHAPTER 19 - What Child Art Therapy Is and Who Can Do It

Art Therapy and Art Education
Art Therapy and Play Therapy
Qualities of Good Child Art Therapists

CHAPTER 20 - Why and How the Art Therapist Helps

The Need and Capacity to Create
The Creative Process as a Learning Experience
The Art Therapist as a Real Person and Symbolic Other:
Transference
An Artist and a Therapist
The Art Therapist as a Change Agent
Extending Opportunities: Art Therapy Consultation

CHAPTER 21 - How the Art Therapist Learns through Research

Introduction and Issues

Objective Observation

Subjective Clinical Assessments

Grouping and Goal-Setting

Assessing Change in Blind Children I

Assessing Change in Blind Children II

A Phenomenological Investigation

Self-Assessments of Art Products

Measurement of Media Popularity

Group Drawings and Group Dynamics

Diagnostic Questions about Child Art

Variability in Children's Art

Free Association in Art Imagery

Relationships between Creativity and Mental Health

Comparing Products from Art and Drama Interviews

Conclusion

A Cautionary Note

References

Index

This book is printed on acid-free paper. ♻️

Copyright © 2005 by John Wiley & Sons, Inc. All rights reserved.

Published by John Wiley & Sons, Inc., Hoboken, New Jersey.
Published simultaneously in Canada.

No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, photocopying, recording, scanning, or otherwise, except as permitted under Section 107 or 108 of the 1976 United States Copyright Act, without either the prior written permission of the Publisher, or authorization through payment of the appropriate per-copy fee to the Copyright Clearance Center, Inc., 222 Rosewood Drive, Danvers, MA 01923, (978) 750-8400, fax (978) 646-8600, or on the web at www.copyright.com. Requests to the Publisher for permission should be addressed to the Permissions Department, John Wiley & Sons, Inc., 111 River Street, Hoboken, NJ 07030, (201) 748-6011, fax (201) 748-6008.

Limit of Liability/Disclaimer of Warranty: While the publisher and author have used their best efforts in preparing this book, they make no representations or warranties with respect to the accuracy or completeness of the contents of this book and specifically disclaim any implied warranties of merchantability or fitness for a particular purpose. No warranty may be created or extended by sales representatives or written sales materials. The advice and strategies contained herein may not be suitable for your situation. You should consult with a professional where appropriate. Neither the publisher nor author shall be liable for any loss of profit or any other commercial damages, including but not limited to special, incidental, consequential, or other damages.

This publication is designed to provide accurate and authoritative information in regard to the subject matter covered. It is sold with the understanding that the publisher is not engaged in rendering professional services. If legal, accounting, medical, psychological or any other expert assistance is required, the services of a competent professional person should be sought.

Designations used by companies to distinguish their products are often claimed as trademarks. In all instances where John Wiley & Sons, Inc. is aware of a claim, the product names appear in initial capital or all capital letters. Readers, however, should contact the appropriate companies for more complete information regarding trademarks and registration.

For general information on our other products and services please contact our Customer Care Department within the U.S. at (800) 762-2974, outside the

United States at (317) 572-3993 or fax (317) 572-4002.

Wiley also publishes its books in a variety of electronic formats. Some content that appears in print may not be available in electronic books. For more information about Wiley products, visit our website at www.wiley.com.

ISBN 0-471-67991-7 (pbk.)

10 9 8 7 6 5 4 3 2 1

Illustrations

Color files of the illustrations for each chapter are found on the DVD in the folder for that chapter (i.e., folder DVD 1.0 contains the figures for Chapter 1, DVD 2.0 contains the figures for Chapter 2, etc.).

Chapter 1

1.1 “The Scariest Dream” (Two Dead Grandmothers).

Age 8. Chalk

1.2 Painting of My Children. Acrylic

Chapter 2

- 2.1 A Blind Boy Finger Painting in a Tray
- 2.2 A Blind Boy Mixing Clay and Water in a Bowl
- 2.3 A Person Drawing by a Brain-Damaged Boy. Age 9
- 2.4 A Girl Who Is Absorbed in Her Work (Photo by Jacob Malezi)

Chapter 3

3.1 A Toddler Can Manipulate a Paintbrush and Enjoy the Process

3.2

a. A Head-Body (Cephalopod) Figure. Three years, 10 months. Crayon

b. A Person (Mommy) 8 Months Later by the Same Girl. Crayon

3.3 A Partially Sighted Boy Fills in His Own Outlines

3.4 Some of Jenny's Varied Human Figure Drawings Around Age 4

3.5 "Daddy in Front of Our House," by Jim. Age 5. Marker

3.6 "X-ray" Drawing of a Mother with a Baby in Her Tummy. Age 5. Marker

3.7 A Family Eating Dinner around a Table. Age 6. Marker

3.8 A Boy's Pictures of a Clown (a) and of Himself (b). Age 5. Crayon

3.9

a. Lisa's Usual Style of Painting

b. Lisa's Smeary Picture

3.10 A Family Doing Things Inside Their House ("X-ray"). Age 5. Crayon

Chapter 4

4.1 Jeremy's Drawing of Battles and Action. Age 7.
Marker

4.2 Donny Filming a Drawing-in-Progress for Animation

Chapter 5

- 5.1 Carla's Nightmare Monster. Age 8. Scribble drawing, marker
- 5.2 "A Girl Was Mad" by Eleanor. Age 15. Marker
- 5.3
 - a. A Clay Head, All One Color, by Jerry. Age 11
 - b. A Multicolored Clay Head, by Jerry. Age 11
- 5.4 Chip's Drawing of a Dream about Godzilla. Age 8. Marker
- 5.5 Lori's Scary Monster Mask. Age 5. Crayon on cardboard
- 5.6 (a) Drawing an Enemy and (b) Punching Him on a Bag. Boy, age 6
- 5.7 Glen's Drawing of the *USS Constitution*. Age 11. Pencil
- 5.8 The Pencil-Snatcher Sneaking Away, by James. Age 13. Pencil

Chapter 6

- 6.1 (a-g) Jamie's Products from His Art Interview, in Order
- 6.2 Melanie's Lonely, Hungry Eagle. Age 15. Scribble drawing, chalk
- 6.3 Jim's Painting of a "Design," Later Called a "Boat." Age 9. Tempera
- 6.4 A Statue of a Person Being Born, by Ben. Age 12. Clay
- 6.5 (a-c) Three Products from a 1-hour Interview, in Order. Age 9
- 6.6 Head of a Man, by Marilyn. Age 16. Clay
- 6.7
 - a. A Tree, by Evelyn. Age 16. Paint, marker
 - b. "Fred," by Evelyn. Age 16. Paint, marker

Chapter 8

8.1 A Pirate with an Eye Patch, by Ellen. Age 12. Marker

8.2 Ellen's First Drawing after a 6-week Interruption.

Marker

8.3 Ellen's First Enlargement of Her "Creature," 1 Week Later

8.4 One of Dorothy's Many Bird Drawings. Age 10. Pencil and tempera

8.5 Dorothy's Pencil Drawing of a Destructive Eagle and Its Victim

8.6 The "Tortoise Shell Family" of Cats, by Dorothy.

Marker

8.7 Randy Giving the Art Therapist a Gift. Age 10.

Marker

8.8 Randy Holding On to the Art Therapist with a Belt.

Marker

Chapter 9

- 9.1 “A Runed Work” (a Crane), by Tim. Age 5. Mixed media
- 9.2 A House by Tim, Done in Group. Age 5. Wood scraps and glue
- 9.3 A Boy Holding On to a Pet Snake, by Tim. Age 6. Marker
- 9.4 A Fire-Breathing Dinosaur, by Tim. Age 6. Marker

Chapter 10

- 10.1 Mr. F.'s Scribble Drawing: A Bum or a Clown. Chalk
- 10.2 F. Family Creating Family Portraits
- 10.3 F. Family Working on Their Dinosaur Mural. Poster chalk
- 10.4 Mrs. Y.'s Teepee. Free Drawing. Marker

Chapter 11

11.1 Billy and Mrs. K. Drawing Each Other at the Easel

11.2 Josh and Mrs. W. Working Together on a Clay
Sculpture

11.3 Family Drawing by Girl with Anorexia

Chapter 12

- 12.1 Mrs. J.'s Family Drawing. Marker
- 12.2 Mrs. K.'s "Life Space" Picture. Marker
- 12.3 A Mother and Son Working Together on a Drawing
- 12.4 A Young Widow's "Life-Space" Drawing of Her Many Concerns

Chapter 13

13.1 Two Girls Working Together on the Same Space
without Talking

13.2 “Joe Frazier” or “The Stupid Man,” a Boxer Who Got
Beaten Up. Marker

13.3 Three Works by Don
a. A Tight Drawing
b. A Bloody Sculpture
c. A Free Painting

Chapter 14

14.1 Matt's Drawing of a Man Trying to Shoot a Woman.

Age 9. Marker

14.2 Soap Crayon "Makeup" Turns Jack into

Frankenstein. Age 9

14.3 Two Boys Help Each Other Use Paint to Become
"Generals"

14.4 Three Sculptures by Sam

a. An Early Undulating Mass

b. "Need"

c. A Late Head of a King

14.5 A Head with Distorted Features, by Sam. Age 16.

Pencil

14.6 Sam's Drawing of the View from His College

Window. Pencil

14.7

a. An Early Athlete, by Jim

b. A Later Athlete, by Jim

Chapter 15

15.1 A Boy in a Wheelchair Paints His Ceramic Slab Pot

15.2 A Drawing of the Art Therapist, by Claire. Age 10.
Crayon

15.3 Claire's Drawing, Done Immediately after a Visit to
the Dentist. Marker

15.4 Eleanor's Drawing of "What She Would Like to Do."
Marker

15.5 Carl Making One of His Many Wood Scrap
Compositions

15.6 A Blind Child Experiencing Finger Paint

Chapter 16

- 16.1 Mr. C.'s Picture of His Wife: "The Rock of Gibraltar."
Marker
- 16.2 Mrs. C.'s Picture of Her Husband and His Many
Interests. Marker
- 16.3 Tommy's Super-Powerful Sculpture: "Bionic
Susquash"
- 16.4 Two of Larry's Many Clay Rockets Used for Space
Fantasies
- 16.5 Larry Playing a Recorder during a Therapy Session
- 16.6 An Artist-Mother "Helps" Her Blind Child to Paint
Better