



**MPS** | **ART**

**THERAPY**



**Graduate Programs**



# SVA's Master of Professional Studies

in Art Therapy is an immersive two-year, 60-credit program that prepares students to become licensed art therapists. The program integrates the experiential components of art therapy within a comprehensive framework of academic theory and clinical application via an internship program and art practice. Students learn to adapt the creative process to the specific therapeutic needs of the individual, population and setting, with a consideration of how systems of theoretical and social constructs impact treatment. SVA believes in active engagement with the community at large, which allows for utilization of the diverse, innovative and creative atmosphere of NYC and beyond to enhance training.

## Program History

The MPS Art Therapy program developed from a single undergraduate course in collaboration with the Bronx Psychiatric Center in New York City over three decades ago. The undergraduate certificate program, guided by its founder, Estelle Bellomo, expanded and developed affiliations in a variety of settings and gained a reputation for excellence in both academic and clinical training. Subsequent changes in the field of art therapy made a master's level program the natural progression, which was initiated in 2001. The program is approved by the American Art Therapy Association as well as New York State's Education Department, and it is an educational department for the Licensure in Creative Art Therapy (LCAT) credential by the New York State Office of the Professions and, as such, meets the education standards of the art therapy profession.

—Deborah Farber, chair

# Program Goals and Objectives

The MPS Art Therapy program prepares competent entry-level art therapists in the cognitive (knowledge), psychomotor (skills) and affective (behavior) learning domains. Students will:

- 1** Obtain an understanding of the complex relationship among cognition, emotion and behavior and analogize these areas to art therapy diagnosis and treatment.
- 2** Cultivate the capacity for productive self-reflection, empathy, critical thinking, examination of personal assumptions and biases, and insight to enhance clinical practice.
- 3** Develop a distinctive approach to art therapy practice based on the client's needs while taking into account the student's individual talents and working style.
- 4** Demonstrate artistic growth through realized handling of materials, process and product as they relate to art therapy practice.
- 5** Develop an active leadership role, learning to advocate and collaborate in a professional setting.
- 6** Gain a thorough understanding of professional practices within the field, i.e. ethical/legal standards, research, career strategies and expectations.

*The Mural Project, collaboration.*





# Art Therapy Fellow Turned TV Host Feels Ready to Take on the World

Children’s television host is not a title Sabrina Rodriguez (MPS 2021) thought would ever be applied to her, but as a fellow at the Mount Sinai Kravis Children’s Hospital, it’s one that comes with the territory. “Everyone in the Child Life and Creative Arts Therapy Department is expected to have a weekly show. I’m on Sundays at 3,” she says. “[My program] is called ‘Art With Sabrina.’ ” ▶

Sabrina's second-year internship while studying at SVA took place at Kravis Children's Hospital. She had built an excellent relationship with staff while there, so, despite the cameras, arriving for a second stint as a fellow felt more like a homecoming. "I was camera shy and hesitant at first, but once you get past that, the TV show is such a unique way of meeting goals," Sabrina says. "It's really helped me consider how you can connect with different populations. Kids really take to it."

On her show, Sabrina may discuss and demonstrate general drawing art methodologies or crafting activities that can help children with psychological healing. "There's a theme I talk about a lot—it's drawing a superhero, and I use it to draw reference to our everyday superpowers. There're a lot of creative ways we can talk about therapeutic themes in a manner that's lighter and more fun," Sabrina adds.

A Florida native, Sabrina left home to study for her bachelor's degree at NYU. Unlike a lot of art therapy students who discover the profession as an undergrad or even after they graduate from college, Sabrina knew she wanted to become an art therapist as early as her high school days and thought that her graduate education would continue at NYU.

"What made the difference was a scholarship I received, but also, I thought that SVA's program was a lot more dynamic than other programs in the city, and that put it ahead for me," she says about her decision to attend SVA.

Part of that dynamism includes SVA's special programs and projects run by Valerie Sereno. This unique aspect of the curriculum joins forces with sites that, for myriad reasons, don't have art therapy in their programming. Students are able to diversify the kinds of clients they see before going out into the world of work. "Doing those special projects was incredibly rewarding. You're getting to do short-term projects with specialized populations that you wouldn't have an opportunity to work with otherwise," Sabrina says. "As students, it's so important we get exposure to many different populations."

All faculty within the program are working therapists and their deep reach within the New York City art therapy world also means students are well connected. "[Faculty] give you the connections, and you have to act on them," she says. Sabrina credits a lot of her success to their eagerness to support: "This is the type of program where you linger before or after class and you get to talk to your professors—everyone is very accessible."

Of course, Sabrina's four days a week at the hospital are filled with work apart from her television show. She usually has six to eight one-on-one client sessions per day, which gives her ample real-world practice as she prepares to take her licensing exam in the next few months. She says, "The experience I got from the program combined with the experiences I'm having post-grad make me feel really prepared for a full-time job as an art therapist."

# Curriculum/ Sample Program

Students are trained in the psychodynamic roots of the art therapy profession. Contemporary theories of human development and creativity are also thoroughly explored as students analyze changes in physical, cognitive, artistic and social-emotional development across the lifespan. Courses work in tandem with two years of internships and special projects in clinical, academic, medical and community settings. First-year course work involves training in fundamental theories, methods and evidence-based art therapy research. This includes an in-depth academic and experiential exploration of the therapeutic use of art materials with specific populations. The second year focuses on specialization, professional development and practical application. Students develop a clinically oriented thesis, which includes

designing and conducting research that follows ethical guidelines. In addition, students choose from two specialization tracks: Addictionology or Trauma. To see all courses visit [sva.edu/arttherapy/curriculum](http://sva.edu/arttherapy/curriculum).

All degree candidates must complete 60 credits, including all required courses and the thesis project. Graduate students must maintain a minimum grade point average of 3.0 in order to remain in good academic standing. MPS Art Therapy will accept towards a graduate degree only those courses with grades of B- or higher. Each thesis offers an original point of view and is born out of intensive internship work and an inspiring collaboration with faculty, on-site supervisors and peers that represent the dynamic and reflective nature of the thesis project. The department chair oversees all projects.

## SEMESTER ONE

Theoretical Foundations of Art Therapy  
Child Art Development  
Methods and Materials in Art Therapy  
Internship/Supervision in the Studio I  
Interviewing and Counseling Skills

## SEMESTER TWO

Adolescent Art Development  
Adult Art Development  
Group Therapy and Practice  
Internship/Supervision in the Studio II  
Psychiatric Populations and the  
Diagnostic and Statistical Manual

## SEMESTER THREE

Art Assessment and Diagnosis  
Thesis Project I  
Internship/Supervision in the Studio III  
Multicultural Issues in Art Therapy  
OR International Multicultural  
Internship  
Clinical Topics in Addictionology  
OR Physiology of Trauma  
Elective Course

## SEMESTER FOUR

Community Access through the Arts  
Family Art Therapy  
Internship/Supervision in the Studio IV  
Thesis Project II  
Physiology of Addictions  
OR Clinical Topics in Trauma  
Elective Course



### **SPECIAL PROGRAMS & PROJECTS**

Students are given the opportunity to work in short-term community-based settings beyond their internships in order to gain exposure and hands-on experience with diverse client populations. Partnering with sites that do not offer art therapy services, students learn how to develop, advocate, educate and implement programming supervised by licensed, board-certified alumni or faculty. This further enhances their understanding of social constructs and how they impact clinical work.

### **ANNUAL ART THERAPY CONFERENCE**

MPS Art Therapy is committed to the development and advancement of the field. Innovative and interdisciplinary in approach, the conference fosters a dialogue on a range of challenging and contemporary topics. The conference features speakers from diverse disciplines including art therapy, fine arts, psychology and academia as well as medical, political and social activism.

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Some works created by students  
at Cooke Center Academy in SoHo.

### **SPECIALIZATION TRACKS AND ELECTIVES**

In the second year of study, students choose between two areas of specialization: Addictionology or Trauma. Track selection informs the second-year internship placement and is the focus of thesis work. The Addictionology track explores neurobiology and its role in substance use and other addictive

behaviors, the influence of attachment and trauma on capacities for self-regulation, and consequent reliance on chemical assistance and non-drug dependencies. Particular emphasis is placed on the role of art therapy in promoting enhanced capacities for integration among neural systems and networks, allowing for optimal self-regulation and overall functioning.

The Trauma track explores the nature and effects of interactions between the environment and physiology of the individual. The impacts of profound, event-related or shock trauma as well as developmental, attachment-based and strain trauma are examined throughout the life cycle. Students will understand the role of art therapy in promoting a sense of efficacy and mastery that offsets the learned helplessness acquired during traumatic experience and in reintroducing clients to experiences of pleasure and play in a safe and manageable way.

Students also select an elective course each semester in the second year; courses focus on exhibition, counseling, and studio art. Students can also opt to take an additional track course as an elective.

## INTERNSHIPS

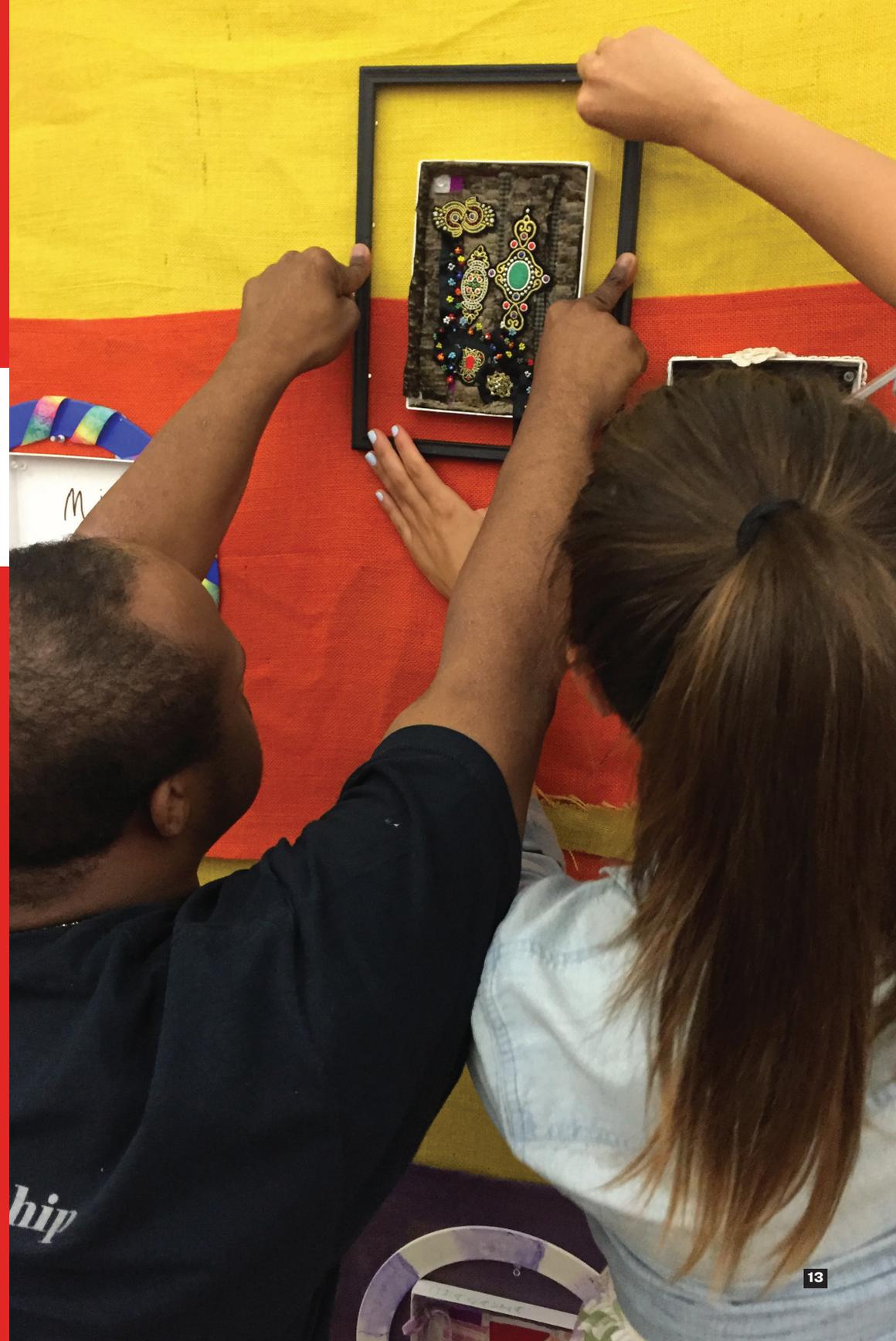
The internship, a core component of SVA art therapy training, is integrated into course work from the first semester of study, so theory is consistently reinforced by practice. Students are required to complete an intensive 960 hours of on-site clinical work at two separate and diverse year-long internships where they gain in-depth art therapy experience and professional training under the supervision of a licensed art therapist.

Affiliations with a wide range of prominent institutions and non-traditional sites in and around NYC ensure students are exposed to innovative advancements and current trends in art therapy, the fine art world and related fields. Through ongoing individual consultation with a full-time internship coordinator, students select internships that correspond to their experience and SVA training standards while developing skills specific to seeking employment as an art therapist. Second-year internships are based on track selection and are the focus of thesis work so that didactic material is reinforced by work in the field.

Students are expected to take an active role on-site and in supervision, developing leadership, advocacy and critical thinking skills. A fundamental part of internship training is considering the impact of socio-political issues and cultural and power structures on treatment as well as upholding the standards and ethical guidelines of the American Art Therapy Association, the Art Therapy Credentials Board and the New York State Education Department Office of the Professions.

## PART-TIME PROGRAM

The MPS Art Therapy program also offers three- and four-year part-time program options on a case-by-case basis.





### COUNSELING TEAM

Select second-year students comprise a team that provides art therapy services to undergraduate and graduate SVA students from other programs. Students are chosen for the team through an application and interview process at the beginning of the second year. The team of students augments its clinical skills by independently facilitating weekly one-on-one and group sessions.

### EXHIBITION

Internship course work includes participation in a client/student art exhibition held each spring at an SVA gallery in the Chelsea neighborhood of NYC. Applying social action theory within an art therapy framework, students consider therapeutic goals and the role of art and the artist in a community context. Students and clients develop their identity as artists and examine the limitations of socially constructed labels and the impact of institutional policies.

### VISITING ARTIST WORKSHOPS

Students and alumni are encouraged to develop their identities as artists. Drawing from the cultural richness of NYC and SVA's faculty of renowned artists, workshops are offered in traditional techniques and cutting-edge processes with discussions on clinical reasoning and their applicability to art therapy.

### ALUMNI PROFESSIONAL DEVELOPMENT

MPS Art Therapy is invested in the professional development of its alumni. Free licensing workshops and board certification training, professional networking events and employment opportunities are provided.

Once credentialed, alumni have the opportunity to work closely with students as on-site supervisors, developing and facilitating Special Projects, lectures and workshops. Current alumni-run programs include the use of technology in art therapy settings and social action. Alumni consistently present their research at conferences and publish in professional journals.

Special project at the VA Hospital.

“ Art gives students an opportunity to express themselves in a nonverbal way. Art therapy helps them discover their creativity and raises their self-esteem, which in turn helps them do better in school.”

—Lesley Achitoff (MPS 2004)

Making masks in Methods and Materials class.

#### COMMUNITY LECTURE SERIES

MPS Art Therapy provides free ongoing education to art therapy students, art therapists, related professionals, and to highlight the general public to broaden community outreach and to highlight the field. Topics include current research on the therapeutic use of the arts and advancing the clinical practice of art therapy.

#### INTERNATIONAL ART THERAPY

In this immersive study-abroad program, an international location is used as a point of reference for examining the effects that power, privilege and identity have on the therapeutic process. Students consider culture on a broad level, exploring how social constructs, personal biases, assumptions and beliefs affect treatment, diagnosis and art making.

MPS ART THERAPY



# Notable Alumni

**Sandra Angilletta**  
(MPS 2019), ATR-BC, LCAT;  
art therapist, creative arts  
therapist, Manhattan Star  
Academy

**Lia Camion (MPS 2011),**  
ATR-BC, LCAT; art therapist,  
Lenox Hill Hospital

**Francesca DeBiasco**  
(MPS 2017), ATR-BC, LCAT;  
art therapist, NARA NW,  
Oregon

**Dani DeLade (MPS 2009),**  
ATR-BC, LCAT; art therapist,  
Good Shepherd Services,  
Refresh Psychotherapy

**Cristina Fort Garces**  
(MPS 2010), ATR-BC, LCAT,  
CPC; art therapist, founder,  
Creative Now Therapy,  
New York

**Jessamyn Henschel**  
(MPS 2020), ATR-BC, LCAT;  
art therapist, creative arts  
therapist, Postgraduate  
Center for Mental Health,  
New York

**Jordyn Jacobs (MPS 2020),**  
ATR-BC, LCAT; art therapist,  
creative arts therapist, The  
League School, New York

**Effie Kline-Salamon**  
(MPS 2019), ATR-BC,  
LCAT; Bowery Residents'  
Committee, New York, art  
therapist, creative arts  
coordinator

**Lindsay Lederman**  
(MPS 2007), ATR-BC, LCAT,  
ATCS; art therapist, clinical  
director, The Art Therapy  
Project (TATP)

**RaeAnn Macmillan**  
(MPS 2012), ATR-BC, LCAT;  
art therapist, Women Aware

**Jason Montalvo**  
(MPS 2017), ATR-BC, LCAT;  
art therapist, MercyFirst,  
New York

**Javere Pinnock (MPS 2014),**  
ATR-BC, LCAT; art therapist,  
Kings County Hospital

**Ayde Rayas (MPS 2004),**  
ATR-BC, LCAT; art therapist,  
Cooke Academy

**Victoria Scarborough**  
(MPS 2011), ATR-BC, LPC-  
AT-S, CEDS; art therapist,  
program director, Cancer  
Support Community of  
North Texas

**Jamie Shoneman**  
(MPS 2011), ATR-BC,  
LCAT, CASAC; art therapist,  
director of creative arts  
therapies, Lenox Hill  
Neighborhood House,  
New York

# Faculty

To learn more about the faculty members and to read their biographies, visit: [sva.edu/arttherapy/faculty](http://sva.edu/arttherapy/faculty).

**Deborah Farber**  
chair, MPS Art Therapy;  
art therapist,  
ATR-BC, LCAT

**Elizabeth DelliCarpini**  
art therapist, ATR-BC, LCAT

**Sheila Fontanive**  
art therapist, ATR-BC, LCAT

**Irene Rosner David**  
art therapist, ATR-BC, LCAT

**Monica Duque**  
art therapist, ATR-BC, LCAT

**Meagan Frederick**  
art therapist, ATR-BC, LCAT

**Stephanie Gorski**  
art therapist, ATR-BC, LCAT

**Robert Abel Grant**  
art therapist, ATR-BC, LCAT

**Tami Herzog-Rodriguez**  
art therapist, ATR-BC, LCAT

**Judith Jordan**  
psychotherapist, LCSW

**Juliet L. King**  
art therapist, ATR-BC, LPC

**Markus J. Kraebber**  
psychiatrist

**S.J. Langer**  
social worker, LCSW-R

**Kelley Linhardt**  
art therapist, ATR-BC, LCAT

**Eileen P. McGann**  
art therapist, ATR-BC, LCAT

**Patricia Quinn**  
art therapist, ATR-BC, LCAT

**Valerie Sereno**  
art therapist, ATR-BC, LCAT

**Therese Weisbrot**  
art therapist, ATR-BC, LCAT

# Lecturers

Below is a sample of guest lecturers who have spoken with our students.

**Ted E. Becker, Jr.**  
psychiatrist

**Judi Betts**  
watercolorist

**Philip Bromberg**  
psychotherapist

**Teju Cole**  
writer, photographer

**Pablo Helguera**  
fine artist, educator

**David Read Johnson**  
director, Institute for the Arts  
in Psychotherapy;  
co-director, Post Traumatic  
Stress Center

**Girija Kaimal**  
president-elect, American  
Art Therapy Association; art  
therapist; professor

**Lynn Kapitan**  
art therapist; professor;  
author; former president,  
American Art Therapy  
Association

**Juliet L. King**  
art therapist, mental health  
counselor, author

**Gussie Klorer**  
art therapist; educator;  
author; Clinician's Award  
and Honorary Life Member,  
American Art Therapy  
Association

**Bessel van der Kolk**  
psychiatrist; author;  
professor; researcher;  
medical director, Trauma  
Institute

**Judith C. Kuspit**  
psychologist, psychoanalyst

**Catherine Hyland Moon**  
art therapist, author,  
professor

**Wangechi Mutu**  
fine artist

**Shirley Riley**  
art therapist, author

**Judith Aron Rubin**  
art therapist, author

**Dan Siegel**  
psychiatrist; author;  
professor; director, Mindsight  
Institute; Distinguished  
Fellow, APA

**Laurie Wilson**  
psychoanalyst, art therapist,  
art historian

**Irvin D. Yalom**  
psychiatrist, author,  
professor

# The Ideal Applicant

MPS Art Therapy seeks dynamic, well-rounded applicants who demonstrate achievement in studio art, psychology and community involvement. The program is emotionally and academically challenging. Applicants are expected to prepare for the rigorous classroom and internship training. Applicants should have a basic understanding of the field of art therapy and be prepared to discuss issues that relate to their specific interest in the field.

## PREREQUISITES

- 12 credits in Psychology (Abnormal Psychology and Developmental Psychology are REQUIRED; Introduction to Psychology and Theories of Personality are recommended)
- 18 credits in Studio Art (a range of course work, including Drawing, Painting, Sculpture/3D, Design, Mixed Media, Photography, Animation, Computer Art and Film, is recommended)

## RELEVANT EXPERIENCE

Applicants are expected to seek out relevant volunteer or work experience, ideally in an art therapy setting, to understand the professional expectations and realities of the field. These experiences should include exposure to diverse populations and settings.

## PROFESSIONAL ORGANIZATIONS

Applicants are expected to be familiar with the American Art Therapy Association ([arttherapy.org](http://arttherapy.org)), the official organization for art therapists in the U.S.; the Art Therapy Credentials Board ([atcb.org](http://atcb.org)), the credentialing organization for art therapists in the U.S.; the New York State Office of the Professions ([op.nysed.gov/prof/mhp/catlic.htm](http://op.nysed.gov/prof/mhp/catlic.htm)); as well as the professional art therapy association of the state, region or country in which the applicant wishes to work upon graduating.

## INFORMATION SESSIONS AND WORKSHOPS FOR PROSPECTIVE APPLICANTS

MPS Art Therapy offers group information sessions and experiential workshops for prospective applicants each year as well as individual information sessions. For more information, please contact [arttherapy@sva.edu](mailto:arttherapy@sva.edu).

# Application Process

## APPLICATION REQUIREMENTS

For a full list of application requirements and detailed instructions, visit: [sva.edu/grad/howtoapply](http://sva.edu/grad/howtoapply)

- Online Application and \$80 Application Fee: [sva.edu/apply](http://sva.edu/apply)
- An admissions interview is required.

## DEADLINES

SVA's preferred application deadline for Fall entry is January 15th.

For information on application deadlines, visit: [sva.edu/grad/timeline](http://sva.edu/grad/timeline)

## IMPORTANT LINKS

- FAQ: [sva.edu/grad/faq](http://sva.edu/grad/faq)
- International students: [sva.edu/grad/intl](http://sva.edu/grad/intl)
- Tuition and fees: [sva.edu/tuition](http://sva.edu/tuition)
- Visit SVA: [sva.edu/grad/visit](http://sva.edu/grad/visit)

# Contact Us

We encourage applicants to visit our department. Contact us directly to schedule a department tour or sign up to attend an Information Session. For more information and to register, go to: [sva.edu/grad/visit](http://sva.edu/grad/visit).

If you have any questions about the application process, contact Graduate Admissions at 212.592.2107 or email: [gradadmissions@sva.edu](mailto:gradadmissions@sva.edu).

**Deborah Farber**, chair  
**Emily Frederick**, director of operations  
**Kate McWatters**, assistant to the chair  
**Valerie Sereno**, special programs and projects coordinator  
**Elizabeth DelliCarpini**, internship coordinator

**Tel:** 212.592.2610  
**Fax:** 212.592.2538  
**Email:** [arttherapy@sva.edu](mailto:arttherapy@sva.edu)  
**Site:** [sva.edu/arttherapy](http://sva.edu/arttherapy)  
**Department site:** [arttherapyblog.sva.edu](http://arttherapyblog.sva.edu)

“ I think that  
self-reflection

is so important as a

therapist! Be open to supervision,  
explore counter-transference, and  
practice self-care! And don't forget  
to make your own art!”

—Lena DeLeo (MPS 2012)

## ACCREDITATION

The School of Visual Arts has been authorized by the New York State Board of Regents ([www.highered.nysed.gov](http://www.highered.nysed.gov)) to confer the degree of Bachelor of Fine Arts on graduates of programs in Advertising; Animation; Comics; Computer Art, Computer Animation and Visual Effects; Design; Film; Fine Arts; Illustration; Interior Design; Photography and Video; Visual and Critical Studies; and to confer the degree of Master of Arts on graduates of programs in Art Education; Curatorial Practice; Design Research, Writing and Criticism; and to confer the degree of Master of Arts in Teaching on graduates of the program in Art Education; and to confer the degree of Master of Fine Arts on graduates of programs in Art Practice; Computer Arts; Design; Design for Social Innovation; Fine Arts; Illustration as Visual Essay; Interaction Design; Photography, Video and Related Media; Products of Design; Social Documentary Film; Visual Narrative; and to confer the degree of Master of Professional Studies on graduates of programs in Art Therapy; Branding; Digital Photography; Directing; Fashion Photography.

The School of Visual Arts is accredited by the Middle States Commission on Higher Education ([msche.org](http://msche.org)), 1007 North Orange Street, 4th Floor, MB #166, Wilmington, DE 19801, 267-284-5011. The Commission on Higher Education is an institutional accrediting agency recognized by the U.S. Secretary of Education and the Council on Higher Education Accreditation.

The Interior Design program leading to the Bachelor of Fine Arts in Interior Design is accredited by the Council for Interior Design Accreditation ([accredit-id.org](http://accredit-id.org)), 206 Grandville Avenue, Suite 305, Grand Rapids, MI, 49503-4014.

The School of Visual Arts' Department of Art Education is a member in good standing of the Association for Advancing Quality in Educator Preparation (AAQEP), a national accrediting organization recognized by the Council for Higher Education Accreditation (CHEA). The School of Visual Arts' Department of Art Education is currently pursuing accreditation of its educator preparation programs under the AAQEP standards with an anticipated quality assurance review in fall 2023. Pursuant to Section 52.21 of the

Regulations of the Commissioner of Education, the educator preparation programs offered by the School of Visual Arts are therefore considered to be continuously accredited for purposes of meeting the New York State requirement that all such programs maintain continuous accreditation. The School of Visual Arts' Master of Arts in Teaching in Art Education program was previously accredited by the Council for the Accreditation of Educator Preparation (CAEP).

The Master of Professional Studies in Art Therapy degree program is approved by the American Art Therapy Association, Inc., and as such meets the Education Standards of the art therapy profession.

## CREDITS

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# School of Visual Arts

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