Art therapy is a profession that enriches the lives of individuals, families, and communities through the active art-making, creative process, and applied psychological theory within a therapeutic relationship. To practice art therapy requires a master’s degree, and Wayne State University offers the only graduate Art Therapy Program in Michigan.

This presentation describes some of the unique features of Wayne State’s curriculum: a ten week community art program titled, Saturday Art Therapy Workshop. It is offered during Fall semesters since 1992. Graduate students in art therapy fulfill their practicum requirement by facilitating individual and group art therapy sessions with children and adults from ages 5-80+

Participants enroll in the program for a variety of reasons, for instance, desiring creative ways to process grief, for increased self-awareness, to manage stress, and/or for the experience of making art and socializing with others.

The presentation will also feature the students’ and participants’ experiences from the Fall 2018 Workshop as well as a short video about the program produced by Dr. Elsie Aquino Gonzalez of Wayne State University.

Holly Feen-Calligan, Ph.D., ATR-BC, Associate Professor, Art Education-Art Therapy, has coordinated the Art Therapy Program at Wayne State University for twenty-eight years. She developed the Art Therapy Practicum class in 1991 and the first participants enrolled in “Saturday Art Therapy Workshop” in 1992.

Elsie Aquino-Gonzalez received her doctorate in 2018 from Wayne State University majoring in Curriculum & Instruction K-12 in the College of Education. Her dissertation was on the topic The Relationship Between Knowledge, Attitudes, and Behaviors Regarding Eco-Justice Issues Among Middle and High School Students in Eco-Schools in Puerto Rico. Jill Galsterer is a student in the College of Education.

David Sniderman is a student in the College of Education.

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