

## Certificate

# Trauma and Neuroscience Informed Art Psychotherapy Certificate

## Develop your identity as a world-class, culturally responsive counselor and artist-therapist.

Our graduates are world-class counselors and art therapists who are culturally responsive, community-involved and ethical professionals with successful careers.

### Counseling & Art Therapy

The **Counseling & Art Therapy** and certificate programs are academic programs based in growth-oriented and reflective classroom, studio, community and clinical experiences. It is unique for its **balance of clinical practice, art making and research**. For **over 52 years**, our nationally and internationally renowned faculty have prepared world-class counselors and art therapists who are culturally responsive, community involved, and ethical professionals for successful careers.

Through our faculty members' teaching methods, students in our certificates integrate counseling and art therapy best practices and the research that leads to improved care into their professional identities and work. Our instruction focuses on collaborative and experiential learning, reflecting on learning and applying those lessons to internships and clinical work.

### Counseling & Art Therapy graduates help clients:

- Explore their emotions and lived experiences
- Foster self-awareness, self-esteem, and social skills
- Focus on growth, healing, and wellness
- Manage and recover from post-traumatic stress, depression, anxiety, addictions and other mental illnesses

Our faculty members are talented educators and dedicated scholars with strong counselor identities who are members of the American Counseling Association (<https://www.counseling.org/>), serve on the American Counseling Association Foundation (<https://www.counseling.org/about/aca-foundation/>), and have been elected to state and national leadership positions in the Virginia Art Therapy Association (<https://www.vaarttherapy.org/>) and the American Art Therapy Association (<https://arttherapy.org/>).

To learn more about the Counseling & Art Therapy program, visit our website [HERE](https://www.odu.edu/evms-health-professions/counseling-art-therapy/). (<https://www.odu.edu/evms-health-professions/counseling-art-therapy/>)

Earn a certificate in Trauma & Neuroscience Informed Art Therapy to enhance your skills and practice. Our certificates are continuing education for art therapists to stay active and relevant to emerging best practices.

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## Admission

- A **qualifying grade point average** of 3.0 or better.
- A **Bachelor's degree**
- A **Master's degree in Art Therapy**
- Complete the online application (<https://www.evms.edu/hpapplication/>) including the following:

- Official transcript(s) from all academic institutions attended. **Transcripts must be sent to GradCAS only.**
- Current CV/resume documenting professional experience, educational achievement, and any volunteer experience
- Two letters of reference
- Personal statement

### Technical Standards

#### 1.0 Observation Skills Technical Standard

1.01 Demonstrate sufficient attention and accuracy in observation skills (visual, auditory, and tactile) in the classroom, lecture hall, studio, and internship settings.

1.02 Indicators include, but are not limited to, these examples:

- Accurate observations of a patient near and at a distance; recognizing non-verbal and verbal signs.
- Accurate identification of differences in color, texture, shape, and other formal elements of artwork.
- Accurate visualization and discrimination of text, numbers, patterns, graphic illustrations, and key characteristics of other images.

#### 2.0 Communication Skills Technical Standard

2.01 Demonstrate effective communication skills with all ages and genders of patients who have a variety of diagnoses, disabilities, cultures, ethnicities, and personalities.

2.02 Indicators include, but are not limited to, these examples:

- Clear, efficient, and intelligible articulation of verbal language.
- Legible, efficient, and intelligible written English language.
- Accurate and efficient reading skills (English language).
- Ability to prepare and communicate concise oral and written summaries of patient encounters.
- Ability to accurately follow oral and written directions.

#### 3.0 Critical Reasoning Skills Technical Standard

3.01 Demonstrate critical reasoning skills, including, but not limited to, intellectual, conceptual, integrative, and quantitative abilities.

3.02 Indicators include, but are not limited to, these examples:

- Demonstrate ability to measure, calculate, reason, analyze, integrate, and synthesize information.
- Demonstrate ability to acquire, retain, and apply new and learned information.
- Demonstrate appropriate judgment in patient assessment, diagnosis, monitoring, and evaluation, including planning, time management, and choice of counseling techniques and art materials.

#### 4.0 Motor and Sensory Function Technical Standard

4.01 Demonstrate sufficient motor and sensory function to perform typical functions of counselors and art therapists, including, but not limited to, assessments, evaluations, and work with communities, individual, group, and family treatment, psychoeducation, and wellness activities.

4.02 Indicators include, but are not limited to, these examples:

- Functional and sufficient sensory capacity (visual, auditory, and tactile) to adequately perform intake interviews, risk assessment, common assessments & measures, and projective assessments.

- Execute motor movements to assess patients, provide assistance with techniques, and implement basic counseling techniques & art therapy processes.
- Execute motor movements that demonstrate safety and efficiency in the various learning settings (i.e., classroom, lecture hall, and clinical settings).
- Properly use materials, art materials, and tools for facilitating counseling and art making, including but not limited to, writing, drawing implements, brushes, clay tools, glue guns, etc.
- Physical stamina sufficient to complete the rigorous course of didactic and clinical study, which may include prolonged periods of sitting, standing, and/or rapid ambulation.

## 5.0 Behavioral and Social Attributes Technical Standard

5.01 Demonstrate the behavioral and social attributes vital to participation in a professional program and service as a practicing professional counselor and art therapist.

5.02 Indicators include, but are not limited to, these examples:

- Possess the emotional health required for full utilization of mental faculties (judgment, orientation, affect, and cognition).
- Ability to develop mature and effective professional relationships with faculty, patients, the public, and other members of the health care team.
- Possess personal qualities that facilitate effective therapeutic interactions (compassion, empathy, integrity, honesty, benevolence, confidentiality).
- Demonstrate objectivity and impartial motives, attitudes, and values in roles, functions, and relationships.
- Ability to monitor and react appropriately to one's own emotional needs and responses, including and not limited to seeking support, accessing resources, and/or seeking counseling or therapy.
- Display appropriate flexibility and adaptability in the face of stress or uncertainty associated with clinical encounters and clinical environments.
- Compliance with standards, policies, and practices set forth in the Counseling & Art Therapy Student Handbook.

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## Curriculum Requirements

CAT 624	Trauma & Neuroscience Informed Counseling & Art Therapy	3
<b>Total Credit Hours</b>		<b>3</b>