

## ART THERAPY BACHELOR OF SCIENCE

## EXPRESSIVE ARTS THERAPY BACHELOR OF SCIENCE

120 credits: 30 credits for each major; 19 credits of internship related coursework

### INTERNSHIPS

100% of Lesley students benefit from field experiences, which they integrate with classroom learning to develop an understanding of their field. Working with Lesley's Internship Office, students choose from more than 280 approved sites in Cambridge and Boston, as well as across Massachusetts, New England, the U.S. and abroad. Approved sites for student internship and field experiences include:

- Gateway Arts
- The Children's Room
- Franciscan Hospital for Children Medicine Wheel Production
- Bedford Veteran's Administration Hospital
- Boston Aid to the Blind
- Kid Arts!
- Little House Alternative School
- New England Home for Little Wanderers
- Spaulding Rehabilitation Hospital
- St. Elizabeth's Medical Center
- Tufts Medical Center and the Floating Hospital for Children
- Willow Hill School

### THE LESLEY PROMISE

- The opportunity to pursue an academically rigorous education provided by a respected faculty which includes practitioners and researchers
- The opportunity to explore your intellectual curiosity through a wide range of undergraduate and graduate level courses
- The opportunity to learn in the work environment, exploring potential careers, accruing skills, and refining your choices for life beyond Lesley
- The opportunity to have your voice be heard, with small classes, engaging instructors, and a supportive learning environment
- The opportunity to learn and work abroad, to gain a perspective essential for a global economy
- The opportunity to take yourself as far as you want to go

### ENGAGED IN REAL WORLD LEARNING

#### WHAT TO EXPECT AT LESLEY

Lesley College is a leader in the fields of art therapy and expressive arts therapy, and is one of the few schools to offer these two majors at the undergraduate level. A hallmark of all scholarship at Lesley is the combination of field-based learning and classroom-based discussion with peers and faculty to develop a sense of the depth and breadth of their field. With guidance from faculty, this approach forges a powerful connection between theory and practice, and is especially pronounced in the 'helping sciences', where students earn 19 credits through internships and field placements. This real-world experience and time spent cultivating first-hand knowledge of the arts as used in healing relationships is crucial for students who anticipate a career in these areas.

*"A first-rate undergraduate education consists of many ingredients, none is more important than the readiness of graduates to compete as global citizens in an interdependent world. The Lesley College Difference is real-world problem-solving linked to extraordinary teaching and mentorship."*

*—Mary Coleman, Dean of Lesley College*

#### WHY IS THIS PROGRAM UNIQUE?

Students who major in Art Therapy or Expressive Arts Therapy engage in pre-professional programs that enable them to benefit from experiential learning in their field beginning freshman year. Lesley's programs offer unique access to coursework through The Art Institute of Boston and Lesley University's graduate programs in Art Therapy and Expressive Arts Therapy. Students are able to more readily integrate the disciplines of psychology and the arts as they prepare to meet the distinct challenges they face, and explore their own identity as artist and practitioner through applied and theoretical courses in creative writing, visual art, movement, drama and dance. Small class size fosters active classroom participation and faculty-student connection that often leads to mentorship via independent studies in a student's interest area. These majors allow graduates to apply to master's degree programs in Art Therapy or Expressive Arts Therapy or other masters level programs in mental health counseling.

#### MAJORS

**ART THERAPY:** The professional major in Art Therapy is designed for students interested in using art modalities such as painting, drawing, and sculpture in working with adults and children in a variety of settings. It prepares students to help those who cannot express their thoughts in words as well as others, or those who prefer to work with art to express their experiences. Graduates are ready to enter positions in a number of settings such as social service agencies, child care programs, or specialized school programs within the community. It is designed to prepare students for entry into a professional Master's degree program in Art Therapy and/or Expressive Art Therapies. This major combines pre-professional courses in the human services with substantial coursework in psychology and visual arts.

**EXPRESSIVE ARTS THERAPY:** The professional major in Expressive Arts Therapy is unique in its broad, integrated approach to the client/therapist relationship, emphasizing the creative process in healing. This major is designed for students interested in learning about the integrated disciplines of psychology and the arts in theory and practice, through music, visual arts, dance, drama, and creative writing. Through internships, students will explore working with children and adults in diverse situations and settings. This major prepares students to enter positions in a number of human services settings, such as social service agencies, child care programs, or specialized school programs within the community. It is also designed to prepare students for entry into a professional Master of Arts degree program in Expressive Therapies. This major combines courses in psychology with coursework in a number of specific arts modalities.

### DUAL DEGREE PROGRAMS

The Dual Degree Programs in Art Therapy and Expressive Arts Therapy are honors programs designed for exceptional students who demonstrate a high level of maturity and academic potential. Participants must be able to meet the academic rigor of graduate education by the third year of undergraduate study. Students in these accelerated programs must be able to achieve a level of introspection and cultural awareness necessary to engage in clinical work. Qualified students apply in the fall of their junior year for admission into the Graduate School of Arts and Social Sciences. Transfer students may follow an altered timeline.

**Bachelor of Science/Master of Arts in Expressive Therapies & Mental Health Counseling** The integrated B.S./M.A. program was developed for Lesley College students who are interested in accelerating their education through a program that combines the curriculum of the undergraduate Expressive Arts Therapy major with graduate study in Expressive Therapies and Mental Health Counseling.

**Bachelor of Science/Master of Arts in Art Therapy & Mental Health Counseling** The integrated B.S./M.A. program was developed for Lesley College students who are interested in accelerating their education through a program that combines the curriculum of the undergraduate Art Therapy major with a graduate program in Art Therapy and Mental Health Counseling.

**ART THERAPY:**

**REQUIRED CORE (18 CREDITS):**

Course Number	Course Title	Course Credits
CPSYC 1401	Lifespan Development	3
CARTH 2423	Principles of Art Therapy	3
CPSYC 3405	Abnormal Psychology	3
CSOCS 3444	Research Methods in the Social Sciences	3
CARTH 3523	Art Therapy with Specific Populations	3
CARTH 4523	Studio-based Art Therapy Approach (Sr. Capstone course)	3

**Selected ART HISTORY COURSES**

Course Number	Course Title	Course Credits
IAHIS 1200	Art of the Western World I	3
IAHIS 1210	Art of the Western World II	3
IAHIS 2200	20th Century Photography	3
IAHIS 2800	Introduction to Ancient and Medieval Art	3
IAHIS 3313	Photography and the Multicultural	3

**Selected STUDIO ART FOUNDATION COURSES**

The foundation courses are designed to give art therapy majors a broad experience in 2D and 3D studio work. Students are required to take a course in drawing, painting and 3D, choosing from either the IARTS courses at Lesley OR, after having passed IFNDN 1615,

Course Number	Course Title	Course Credits
IARTS 1310	Basic Drawing	3
IFNDN 1615	Drawing Fundamentals	3
IARTS 1315	Drawing and Painting	3
IARTS 1330	Introduction to 3D with Clay or other Materials I	3
IFINE 2400	Claywork I	1.5
IFINE 2445	Core Clay I	3

**REQUIRED INTERNSHIPS (19 Credits):**

Course Number	Course Title	Course Credits
CPSYC 1551	Foundations and Systems in the Helping Professions*	3
CPSYC 2551	Concepts and Skills in Professional Practice*	4
CARTH 3501	Art Therapy Internship & Seminar I**	6
CARTH 4501	Art Therapy Internship & Seminar II	6

For more information and to see additional course offerings, visit [www.lesley.edu/lc/arttherapy](http://www.lesley.edu/lc/arttherapy).

**EXPRESSIVE ARTS THERAPY:**

**Required Core (21 Credits):**

Course Number	Course Title	Course Credits
CPSYC 1401	Lifespan Development	3
CEXTH 2623	Principles of Expressive Arts Therapy	3
CPSYC 3405	Abnormal Psychology	3
CSOCS 3444	Research Methods in the Social Sciences	3
CEXTH 3506	Integrated Arts Approaches	3
CEXTH 3623	Expressive Arts Therapy Studio	3
CEXTH 4623	Arts-Based Research and Performance in Expressive Arts Therapy	3

**Selected REQUIRED ARTS COURSES**

**Visual Arts**

Course Number	Course Title	Course Credits
IARTS 1330	Introduction to 3D Art	3
IARTS 2000	Seeing Photographically	3
GEXTH 5045	Arts and Healing	3

**Music**

Course Number	Course Title	Course Credits
CMUSC 1340	Introductory Piano	3
CEXTH 3504	Guitar for Therapy and Education	3
GEXTH 6200	Principles and Practices of Music Therapy	3

**Theater / Drama**

Course Number	Course Title	Course Credits
CDRAM 2060	Introduction to Voice and Acting	3
CDRAM 2070	Movement and Improvisation for the Actor	3
GEXTH 6005	Storytelling in Therapy	3

**Dance / Movement**

Course Number	Course Title	Course Credits
CDANC 2000	Modern Dance I	3
CEXTH 3404	Nia: Mind-Body Movement	3
GEXTH 6254	Dance Movement Therapy with Children	3

**Literary Arts**

Course Number	Course Title	Course Credits
CCRWT 1400	Introduction to Creative Writing	3
CCRWT 2090	Art and Craft of Scriptwriting	3
CCRWT 2310	The Art & Craft of Poetry	3

**Required Internships (19 Credits):**

Course Number	Course Title	Course Credits
CPSYC 1551	Foundations and Systems in the Helping Professions*	3
CPSYC 2551	Concepts and Skills in Professional Practice*	4
CEXTH 3801	Expressive Arts Therapy Internship & Seminar I**	6
CEXTH 4801	Expressive Arts Therapy Internship & Seminar II	6

For more information and to see additional course offerings, visit [www.lesley.edu/lc/expressiveartstherapy](http://www.lesley.edu/lc/expressiveartstherapy).