Child Art Therapy 25th Anniversary Edition

Judith Aron Rubin



John Wiley & Sons, Inc.

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A Note to the Reader/Viewer

Illustrations, not Instructions

Because the book covers a great deal of ground, the DVD is meant to illustrate rather than to instruct. In order to show a wide variety of examples, I have opted for breadth rather than depth. Another reason for the brevity of most of the film clips is to minimize the likelihood of revealing any sensitive information or material about the participants.

Although the majority of the illustrative clips are from unfinished film and tape materials, some are excerpts from finished works, a few of which may still be available for purchase. I have therefore included any relevant information, as well as a listing of those individuals and institutions who have generously given permission for their inclusion. This can be found in the Acknowledgments.

A Reminder About Confidentiality

One reason for the brevity of most of the film clips on the DVD is to minimize the likelihood of revealing any sensitive information or material about the participants. This is a concern that I hope will be understood and honored by you, the reader/viewer.

Although not all of the people on this DVD are patients, it is important to note that many were at the time these images were made, and that in the majority of instances, they agreed to be photographed specifically for the purpose of professional education.

Since this book is addressed to those in the helping professions, I trust that you will respect the need for privacy of anyone allowing themselves to be filmed, and will maintain the same kind of confidentiality normally accorded to any kind of clinical material.

As all Codes of Ethics state, any personal information about people in treatment is privileged information, intended only for professionals. The need for confidentiality extends to the artwork on this DVD, as well as to all stills and video images of those whose generosity will allow others to be helped.

We remain forever in their debt, and therefore owe them the courtesy of neither reproducing nor showing their images to individuals who are not using this book for educational purposes.

Although art therapy publications have long utilized reproductions and photographs in order to train others; this is the first time that so many images have been made available in a single book, in order to better inform those wanting to learn ways of using art in their clinical work.

As one of those individuals, your strict adherence to keeping these images confidential will help future generations of therapists to be educated more fully and more richly in the use of this active modality than ever before. It is up to each person using this text to respect this request.

It is therefore essential that you refrain from copying these images to your computer's hard drive or sharing them with others, and that you use them solely for your own education as a mental health professional.

On behalf of those who agreed to be photographed so that you might better learn, and on behalf of those who can be helped through art, I thank you and wish you good fortune in your own efforts.

Judith Aron Rubin, Ph.D. January, 2005

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- C. Describing a Scribble
- D. Making a Large Scribble ("Art Therapy: Beginnings") Art Therapist: Elinor Ulman, D.A.T
- E. Barbed Wire Fence
- F. Carl's Monster
- G. Carol's Monster

10.3 Family Representations

A. Another Option-Abstract Family Portrait

Art Therapists: Patti Ravenscroft, M.A. and Mari Fleming, M.A.

- B. Teenager's "Family Portrait"
- C. Jody's Family Representation
- D. Observing Jack Drawing
- E. Mr. F's Family Drawing
- F. Jack's Family Drawing
- G. Mrs. F.'s Family Drawing
- H. Viewing All Family Pictures
- I. Comparing Family Pictures Art Therapists: Patti Ravenscroft, M.A. and Mari Fleming, M.A.
- J. Describing a Family Picture Art Therapist: Judith A. Rubin, Ph.D.

10.4 Family Mural

- A. A Joint Family Drawing Art Therapists: Patti Ravenscroft, M.A. and Mari Fleming, M.A.
- B. J. Family's Mural Art Therapist: Judith A. Rubin, Ph.D.
- C. Working Together
- D. Finishing Up
- E. Discussing Mural
- F. F. Family's Mural
- G. I. Family's Mural

10.5 Free Products

- A. Tim's Free Drawing
- B. Glen's Free Drawing

Chapter 11. Family Art Therapy

11.1 Billy and His Mother

- A. Joint Picture—"Our House"
- B. Mother's Picture of Billy
- C. Billy's Picture of Mother

11.2 Donny and Ross

11.3 Mother and Son with Both Therapists

- A. "Lake Erie" by David and Mother
- B. David Painting "A Beautiful Mess"
- C. David Working on the Painting

11.4 Conjoint Family Art Therapy

- A. Dr. Homann and Younger Child Blowing Paint with Straws
- B. The W. Family Discussing Their Art
- C. Bill and Dad Starting Their "Smoking Picture"
- D. Bill and Dad Working on Their Picture

11.5 Laura and Her Family

- A. Laura's Family Silently Settles the Territory
- B. The Finished Product

11.6 Sloane and Her Mom

A. Bringing a Picture to Mommy

Art Therapist: Cindi Westendorff, M.A.

B. Working Together Art Therapist: Laura Greenstone, M.A.

11.7 A Multimodal Family Session

Art Therapist: Judith A. Rubin, Ph.D. and Drama Therapist: Eleanor C. Irwin, Ph.D.

11.8 Lila and Her Family

A. All Head, No Heart

- B. Starving Man
- C. No Body #1
- D. No Body #2

Chapter 12. Art Therapy with Parents

12.1 Mrs. Braver

- A. Working on Her Head
- B. The Finished Portrait
- C. "Who Am I?"
- D. A Collage about Herself
- E. Showing Me Her Collage

12.2 Mrs. Silver

- A. Mrs. Silver Painting
- B. Image of Relationships
- C. "Roads"
- D. "Like Hell, a Storm with Lightning and Turmoil"

12.3 Mrs. Lord

- A. Mrs. Lord Painting
- B. The Painting—"Sea Mist"
- C. Looking at the Painting
- D. Working on a Drawing
- E. "Shock"
- F. "Ambivalence, Dilemma, Uncertainty, Confusion"

12.4 Mother-Child Art Therapy Group

- A. Mother Cat by Other Mother + Baby by Child
- B. Mother Cat by Child
- C. Baby Kitten by Child
- D. Working Together
- E. Mother Interviews Son
- F. Lady with a Weiner and a Black Eye
- G. Jamie's Poop Picture
- 12.5 Parent-Child Dyad Art Therapy Groups
 - Art Therapist: Lucille Proulx

12.6 Single Mothers Discuss Pictures

12.7 Head Start Mothers Group

- A. A Hat She Made
- B. A Ring She Made
- C. A Group Session

Therapists: Judith A. Rubin, Ph.D. and Eleanor C. Irwin Ph.D.

12.8 Substance Abuse Problems

- A. Sojourner House Group
- B. Women Working in Group
- C. Concentrating
- D. Painting Figure
- E. Statements by Group Members Therapists: Judith A. Rubin, Ph.D. and Eleanor C. Irwin Ph.D.

Chapter 13. Group Art Therapy

13.1 Values of Art in Groups

- A. Values of Group Art Activity ("We'll Show You What We're Gonna Do!")
- B. Social Benefits of the Arts ("Children and the Arts") Art Therapist: Judith A. Rubin, Ph.D. (A & B)

13.2 Warmup Activities

- A. Closing Eyes Can Reduce Anxiety
- B. A Clay Scribble Art Therapist: Linda Gantt, Ph.D.
- C. Drawing on a Shared Space Art Therapist: Mary Flannery
- D. Nonverbal Group Mural (Floor)
- E. Working Together Silently (Table)
- F. Round Robin Clay Pass Art Therapist: Judith A. Rubin, Ph.D.
- G. Round Robin Exercise ("Art Therapy") Art Therapist: Patsy Nowell-Hall, M.A.

13.3 Getting to Know Each Other

- A. Introductions in Clay ("Art Therapy: The Healing Vision")
- B. Making a Bridge Together ("Art Therapy: The Healing Vision") Art Therapist: Byron Fry, M.A. (A & B)
- C. Using Initials as Starters Therapists: Paul Levy and Judith A. Rubin, Ph.D.

13.4 Group Activities

- A. Each Does the Same Topic Art Therapist: Diane Safran, M.S.
- B. All Make Feeling Masks (Ukraine) Art Therapist: Olena Woloszuk
- C. Working Together as Instructed Art Therapist: Kit Jenkins, M.A.
- D. Making an Island Together (Russia)
- Art Therapist: Doris Arrington, Ph.D.
- E. Sharing Space Informally Art Therapist: Judith A. Rubin, Ph.D.
- F. Free Choice-Multifamily Group Art Therapist: Donna Betts, Ph.D.
- G. Same Topic, Choice of Media
- H. Same Medium, Choice of Topic
- I. A Mix of Structured and Unstructured Activities Art Therapists: Kit Jenkins, M.A. and Mary Flannery

13.5 Group Issues Explored in a Puppet Drama ("Green Creature Within") Therapists: Eleanor C. Irwin, Ph.D., Judith A. Rubin, Ph.D., and Guillermo Borrero, M.D.

13.6 Reflecting in a Group

- A. Sharing Privately
 - Art Therapist: Kit Jenkins, M.A.
- B. Sharing during Discussion Period ("Drawing From the Fire") Art Therapist: Kristin Mendenhall, M.S.
- C. Sculpture Serves Artist and Other Members ("Green Creature Within") Therapists: Eleanor C. Irwin, Ph.D., Judith A. Rubin, Ph.D., and Guillermo Borrero, M.D.
- D. Members Interview Each Other (RAW Art Works)
- E. Re-Viewing as a Group ("Green Creature Within") Therapists: Eleanor C. Irwin, Ph.D., Judith A. Rubin, Ph.D., Guillermo Borrero, M.D.

Chapter 14. Multimodality Group Therapy

14.1 Multimodal Expression Is Natural

- A. Spontaneous Singing while Drawing
- B. Spontaneous Singing while Modeling

14.2 Shifts Happen Spontaneously

- A. A Clay Horsie Speaks ("We'll Show You What We're Gonna Do!")
- B. Sound Effects Enliven ("We'll Show You What We're Gonna Do!") Art Therapist: Judith A. Rubin, Ph.D. (A & B)
- C. Soap Crayon Mask
- D. Clay Leads to an Attack ("We'll Show You What We're Gonna Do!")
- E. Clay Leads to a Party ("We'll Show You What We're Gonna Do!") Art Therapist: Judith A. Rubin, Ph.D. (D & E)

F. About to Pound the Clay

- 14.3 Some Pariscraft Casts
 - A. Making a Cast
 - B. Putting It on an Arm
 - C. Creating a Finger Cast

14.4 Latency Art-Drama Group

- A. Finger Painting Wearing a Scary Mask
- B. Speaking of Peace (Boy with Spina Bifida) Art Therapist: Judith A. Rubin, Ph.D.
- C. Matt's Pirate Mask
- D. Matt as a Pirate
- E. Putting the Fight on Paper in a Mural
- F. Bombing a German Plane (Mural)
- G. War Mural by Group

14.5 Adolescent Art-Drama Group ("Green Creature Within")

- A. Multiple Modalities
- B. Writing and Poetry
- C. "Need" by Sam
- D. Art and Meanings

E. A Filmed Drama

Therapists: Eleanor C. Irwin, Ph.D., Judith A. Rubin, Ph.D., and Guillermo Borrero, M.D. (A–E)

14.6 The Story of Sam

- A. Change over Time ("Green Creature Within") Therapists: Eleanor C. Irwin, Ph.D., Judith A. Rubin, Ph.D., and Guillermo Borrero, M.D.
- B. One of His Paintings

14.7 The Story of Jim

- A. Jim Drawing an Athlete
- B. Growth Over Time ("Green Creature Within") Therapists: Eleanor C. Irwin, Ph.D., Judith A. Rubin, Ph.D., and Guillermo Borrero, M.D.
- C. Jim as a Big Shot

14.8 Role of the Leader ("Green Creature Within")

Therapists: Eleanor C. Irwin, Ph.D., Judith A. Rubin, Ph.D., and Guillermo Borrero, M.D.

Chapter 15. Art as Therapy for Children with Disabilities

15.1 Animal Artists

- A. Congo the Chimpanzee Painting a Picture
- B. Chimp Painting Art Therapist Observer: David Henley
- C. Dolphin Painting Art Therapist Observer: Barbara Ann Levy
- D. Elephant Painting (CBS News Reporter: Bob Simon)

15.2 Viktor Lowenfeld

Audiotape of Lowenfeld Lecture: John A. Michael

15.3 Schizophrenic Children

- A. One of Karen's Danced Paintings
- B. One of Teddy's People
- C. Another Person by Teddy
- D. Teddy's Boy Schema
- E. Uncle's Farm (Tempera)
- F. Uncle's Farm (Watercolor)

15.4 Physically Handicapped Children

- A. The Art Program
- B. In the Art Room
 - 1. At the Table
 - 2. In a Wheelchair
 - 3. On Rolling Beds
- C. A Feather Collage
- D. A Tempera Painting
- E. A Wood Scrap Person ("Outa Shape")
- Art Therapist: Judith A. Rubin, Ph.D. (D & E)
- F. Claire in a Drama
- G. Talking Book Picture

15.5 Deaf Children

- A. A Boy Is Pleased with His Artwork
- B. Same Boy, Another Day
- C. A Girl Enjoys Finger Paint

15.6 Retarded Children

- A. A Teacher Observing
- B. The Children at Work

15.7 Blind Children

- A. Terry's Pre-Program Assessment
- B. Peter's Pre-Program Assessment
- C. Expectations—Art Program ("We'll Show You What We're Gonna Do!")
- D. David—Art as Sublimation ("We'll Show You What We're Gonna Do!")
- E. Peter's Pride and Poetry ("We'll Show You What We're Gonna Do!") Art Therapist: Judith A. Rubin, Ph.D. (C– E)
- F. Larry in a Group
- G. Larry Speaks of Blindness

15.8 Current Developments

- A. Emotional Difficulties Art Therapist: Janet Bush, M.S.
- B. Social and Emotional Problems Art Therapist: Alice Karamanol, M.P.S.
- C. Learning Disabilities Art Therapist: Simone Alter-Muri, Ph.D.
- D. Neurological Impairments Therapist: Ralph Rabinovitch, M.D.
- E. Physical Handicaps Art Therapist: Nina Viscardi Ochoa, M.A.
- F. Blindness ("Access to the Arts") Art Therapist: Maureen Coghill-Moran, M.A.
- G. Deafness ("Art Therapy: the Healing Vision") Art Therapist: Terry Ouderkirk, M.A.

15.9 Special Considerations

- A. Karen is Proud ("We'll Show You What We're Gonna Do!")
- B. Peter Remembers His Operation ("We'll Show You What We're Gonna Do!") Art Therapist: Judith A. Rubin, Ph.D. (A & B)
- C. Organization of Materials ("Creating for Me")
- D. Responsive Materials ("Creating for Me") Art Therapist: Susan Aach-Feldman (C & D)

Chapter 16. Art Therapy with Disabled Children and Their Parents

16.1 Candy

- A. Family Art Evaluation
- B. Candy's Family Picture
- C. Her Brother's Family Representation
- D. Couple Drawing Together Silently

16.2 Tommy

- A. Larry with a Big Finger
- B. Tommy with a Big Hand

- C. Tommy Martian in Outer Space
- D. "Dead" in Outer Space
- E. An Angry Clay Puppet
- 16.3 Julie Enacts a Drama

16.4 Janice Tells a Story

16.5 Larry

- A. Larry Using Clay
- B. Rocket by Larry
- C. Larry Playing a Gong
- D. Larry Singing

16.6 Mothers' Group

- A. Mother-Child Session
- B. Terry's Mother's Life-Space Picture
- C. Pizza by Larry and Mother
- D. Painting by Larry and Mother
- E. Larry and Mother Painting
- F. Larry, Terry, and Their Mothers
- G. Larry and Mother Working Independently
- H. Terry and Mother Working Together
- I. Peter's Mother Painting
- J. Peter and Mother Painting
- K. Jimmy and His Mother

Chapter 17. Helping the Normal Child through Art

- **17.1 Fred Rogers** (Mister Rogers' Neighborhood)
 - Art Lady: Judy Rubin

17.2 Art as Therapy

- A. Self-Definition ("Children and the Arts")
- B. Expression of Feelings ("Children and the Arts")
- C. Self-Actualization ("We'll Show You What We're Gonna Do!") Art Therapist: Judith A. Rubin, Ph.D. (A–C)

17.3 Normal Stresses

- A. Man Scared of the Dark
- B. Going to a New School
- C. Babies inside Mommies
- D. Jon Painting a Monster
- E. Jon's Monster Painting
- F. Jon's Fantasy Creatures (3)
- G. Family Drawing by Jenny
- H. Later Family Drawing
- I. Mrs. Funny Bunny
- J. Jerky Teacher
- K. A Girl Who Has Grown Long Hair and Locked Her Mother in the Garage
- L. The Girl Has the Key
- M. Funny Clown Family
- N. Boy Shooting Man
- O. Batman
- P. Well-Armed Battleship
- Q. A Sad Girl

17.4 A Concentration Camp

- A. Child Art from Terezin
 - 1. I Never Saw Another Butterfly—Book of Poems and Drawings
 - 2. Nightmares—Horrors of the Camp
 - 3. The Seder—A Happy Memory
- B. Edith Kramer on Friedl Dicker-Brandeis ("Edith Kramer: Artist/Art Therapist")
- C. Frederick Terna—Child Artist in Terezin ("The Story of Butterfly")
- **17.5 A Firestorm** ("Drawing from the Fire")

Art Therapist: Kristen Mendenhall, M.S.

- 17.6 Wars and Violence
 - A. Israeli Child
 - B. Second Israeli Child
 - C. Croatian Child
 - D. American Child
 - E. Fires and Looting
 - F. Yesterday (Riots)
 - G. Tomorrow (Hope)

17.7 Medical Stresses

- A. Eddie Draws about His Diabetes ("Stevie's Light Bulb") Therapist: Ralph Rabinovitch, M.D.
- B. Draw Your Asthma as a Creature Art Therapist: Robin Gabriels, Ph.D.
- C. After an Operation
- D. After Severe Burns (KQED-TV) Art Therapist: Pat Levinson, M.A.

17.8 Abuse and PTSD

- A. Someone Being Shot
- B. Warning Sign on Door
- C. A Happy Bunny Family
- D. A Goodbye Card
- E. A Goodbye Valentine

17.9 Loss of Parental Figures

- A. Mother Died in an Accident Art Therapist: Sandra Graves-Alcorn, Ph.D.
- B. Uncle Died in a Fight ("Listening to Children") Therapist: Robert Coles, M.D.
- C. Parents Died of Cancer ("When Children Grieve") Art Therapist: Paula Shaefer, M.A.
- D. Fathers Died on 9/11 ("Tender Hearts") Art Therapist: Laura Loumeau-May, M.P.S.
- E. Group for Bereaved Children ("A Child's Grief")
 - 1. Draw the Person who Died
 - 2. Talk about the Person who Died
 - 3. Draw the Weather Inside
 - 4. Talk about the Weather Inside Therapist: Mavis Hines, Ph.D.

17.10 Parental Suicide

- A. Billy Being a Daddy
- B. Christopher's Flag
- C. Other Side of the Flag
- D. A Dog (Scribble Drawing)
- E. A Person Falls Off a Road

Chapter 18. Helping Parents through Art and Play

18.1 Therapeutic Art Classes

- A. The Cane School of Art
- B. Classes for All Ages
- C. Robert Ault and Student
- D. Growth Group—Warming Up ("Gestalt Art Experience With Janie Rhyne")
- E. Growth Group—Self-Definition ("Gestalt Art Experience With Janie Rhyne") Art Therapist: Janie Rhyne, Ph.D. (D & E)
- 18.2 Three Rivers Arts Festival

18.3 Animated Film Program

- A. Setting Up for Animation
- B. Doing Animation
- C. Filming Animation

18.4 Family Art Workshop

- A. Family Art Workshop
- B. A Mother Observes Her Child
- C. Grandmother and Grandson

18.5 Parent Art Workshop

- A. Parents Modeling
- B. Parents Constructing
- 18.6 Mothers and Toddlers in a Church
 - A. A Mother and Son
 - B. Another Mother and Son

18.7 Parent Play Group

- A. Blowing Soap Bubbles
- B. Moving Freely

Chapter 19. What Child Art Therapy Is and Who Can Do It

- 19.1 A Therapy Group Can Look Like a Class ("Stevie's Light Bulb")
- **19.2 Art Therapy and Art Education** ("Children and Art Therapy") Art Therapist: Roger Arguile, M.A.

19.3 Some Child Art Therapy Pioneers at Work

- A. Margaret Naumburg ("Art Therapy: Beginnings")
- B. Edith Kramer ("Art Therapy: Beginnings")
- C. Mala Betensky ("The Scribble")
- D. Violet Oaklander ("A Boy and His Anger")
- E. Helen Landgarten ("Lori: Art Therapy and Self-Discovery")

Chapter 20. Why and How the Art Therapist Helps

20.1 Transference

A. Larry and the Therapist

B. Positive Transference—Terry ("We'll Show You What We're Gonna Do!") Art Therapist: Judith A. Rubin, Ph.D.

Chapter 21. How the Art Therapist Learns through Research

21.1 Assessing Change in Blind Children

- A. Pre-Program Session
- B. Pre-Program Assessment
- C. Post-Program Session
- D. Post-Program Assessment

21.2 A Phenomenological Investigation—Tactile Aesthetic Study

- A. Sculpture by Blind Child
- B. Sculpture by Partially Sighted Child
- C. Sculpture by Sighted Child
- D. Blind Judge Responds
- E. Blind Judge Compares
- F. Partially Sighted Judge with Blindfold
- G. Partially Sighted Judge Responds
- H. Sighted Judge Responds
- I. Sighted Judge with Blindfold Compares

21.3 Diagnostic Questions-Paired Comparisons (* = Schizophrenic Child)

Paired Comparisons (6): One by Schizophrenic*, One by Non-Schizophrenic Child as Presented to Judges in Study-Left and Right Slides (i.e., R1, R2, etc.)

21.4 Intra-Individual Variability

- A. Intra-Individual Variability by Age
- B. Person, Day 1, M4
- C. Person, Day 2, M4
- D. Person, Day 3, M4
- E. Person, Day 4, M4
- F. "A Nut" Day 1, M12
- G. "A Martian" Day 2, M12
- H. "My Cousin" Day 3, M12
- I. "My Friend" Day 4, M12

21.5 Outcome Study-Glasswork as Therapy

Art Therapist: James Minson, M.A.

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