



We Are Mosaics
An Organization dedicated to bringing Art and Healing to the Community
www.WeAreMosaics.com



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Course Title: Art as Psycho-Therapy: Art Therapy for 13-18 year olds

Course Details: This course is intended to enable clinicians to acquire an overview of how art directives can be used to help the adolescent client gain insight and tools for change. Case studies, art experientials and role-play experiences will be used to explore how to work with resistance. We will discuss the use of various art materials and projects in the therapeutic session. The appropriateness of these techniques in relation to working with different types of diagnosis will be addressed. Techniques in verbally processing images will also be discussed.

Specific learning objectives for the course as observable in small group interaction:

Objective #1: Participants will be able to demonstrate the use of at least 3 art therapy techniques for adolescents dealing with depression, addiction, and anxiety.

1. Drawing Opposites and then Birthing the Third
2. Bridge Assessment
3. River of Life

Objective #2: Participants will be able to identify 3 different art therapy strategies to work with resistance.

How to foster creativity

1. Validation-Everyone is an artist
2. Amplify- Meet them where they are
3. Model-Make art in front of your client

Objective #3: Participants will be able to describe 3 critical factors in establishing a therapeutic relationship with the client through the use of art materials.

1. Nurturing the Art Therapist within
2. Use of poetry
3. Open studio approach