

## Helen B. Landgarten Art Therapy Clinic

### ART FIRST: Trauma Response Program

#### **FACT SHEET**

##### **Introduction to the Clinic**

The Helen B. Landgarten Art Therapy Clinic is an outreach initiative of the Graduate Department of Marital and Family Therapy in the College of Communication and Fine Arts at LMU established in 2007. The Clinic's mission is to serve the community by offering clinical art therapy interventions to underserved adults, children and families who are in need of support and assistance. The Clinic also serves the educational and professional needs of the Department's graduate students and alumni by providing opportunities to serve the community while receiving training, supervision and conducting research in clinical art therapy.

##### **ART FIRST: Trauma Response Program**

This program provides an art-based exploration of traumatic experiences and disasters. Working with individuals exposed to traumatic events from a myriad of settings, the program helps individuals, children and families explore and integrate traumatic experiences and access resilient traits.

##### **Structure of the Program**

There are a variety of services provided by the clinic's ART FIRST: Trauma Response Program. Short-term responses might be in the form of an art-based debriefing for individuals or groups of people exposed to the traumatic event. Longer-term responses might be in the form of the Save the Children – Child Friendly Spaces program facilitated in American Red Cross shelters for children to individual, group or family following a traumatic event. All services are facilitated by licensed alumni, current students and intern alumni of the Graduate Department of Marital and Family Therapy. The participant can be referred in some settings and ultimately self-select to participate in the program.

##### **Procedures**

The facilitators meet with the participants [individually or as a group] to explain the type of response, review and sign the informed consent and to clarify all expectations. It is explained that the program is designed to help them explore and integrate traumatic experiences and access resilient traits with the hope that the process is both helpful to them and can enhance their ability to cope with stress.