

## Helen B. Landgarten Art Therapy Clinic

### Resilient & Ready Art Therapy 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.

##### **Resilient & Ready Art Therapy Program**

This program provides an art-based exploration of resiliency. Working with individuals exposed to risk from a myriad of settings, the program helps individuals explore and identify personal strengths and qualities related to resiliency. Group art therapy sessions are the primary modality of the program.

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

Art Therapy groups are facilitated by licensed alumni, current students and intern alumni of the Graduate Department of Marital and Family Therapy. Each group includes approximately 8-12 individuals, ranging in age depending on the site. The group meets for an hour and a half for approximately 10-12 sessions. The participant can be referred in some settings and ultimately self-select to participate in the program. The criteria for selection may include exposure to risk, and their ability to attend the group regularly, their ability to interact and discuss their work with the group, and participate in the art interventions.

##### **Procedures**

The facilitators meet with the participants [individually or as a group] to explain the program, review and sign the informed consent and to clarify all expectations. It is explained that the program is designed to help them identify their personal strengths and resilient qualities with the hope that the exploration is both helpful to them and can enhance their ability to cope with stress.