

The Motivation for Being an Art Therapist

The curriculum at Converse University is designed to build foundational skills as preparation to be in the field. A necessary element of entry-level training in the field is the exploration of personal skills and values. As part of your ART 453 final portfolio, you will have the opportunity to explore the role of personal qualifications as an ethical consideration. This is an opportunity to acknowledge your many strengths and areas for attention and growth. Please type this form. Each comment section requires a brief description.

This handout is organized into three sections: Competency Skills, the Role of Personal Self to Professional Practice (or, as Feen-Calligan's (2007) article specifies, your disposition), and Corey & Corey's explanation of motivating factors to become a mental health provider.

I. Competencies

This handout does not include the following competencies because they are assessed throughout the curriculum and determine a student's enrollment in the major's senior-level coursework. These skills include, but are not limited to, Oral and Written Communication Skills, Critical Thinking Skills, and Creative Thinking Skills.

1. Attentive Listener

1 2 3 4 5 6 7 8 9 10

Comments:

2. Observation Skills (numerical response only)

1 2 3 4 5 6 7 8 9 10

3. Ability to build rapport with people (especially strangers)

1 2 3 4 5 6 7 8 9 10

Comments:

4. Ability to empathize with another, instead of sympathizing

1 2 3 4 5 6 7 8 9 10

Comments:

5. Time Management Skills

1 2 3 4 5 6 7 8 9 10

Comments:

II. The Role of Self in Professional Practice

The first factor in determining your capacity to be a therapist is an interest in understanding human behavior, uniquely your own. The next one is a deep commitment to the overall experience of growth and transformation. This worksheet will allow you to ask yourself some more in-depth and broader questions about who you are and how these personality traits directly affect your skill base as a future clinician and your success level in the field.

Examine each topic as honestly as possible. You will get out of this experience as much as you put into it. The choice is yours, as are the consequences.

6. Do you have a sensitivity to human needs, and how do you respond when someone's needs are not met?

1 2 3 4 5 6 7 8 9 10

Comments:

7. Are you emotionally stable? (You can have a psychiatric diagnosis and be emotionally stable. The difference being, does your diagnosis affect your ability to function in your daily life or be successful academically and socially in college?)

1 2 3 4 5 6 7 8 9 10

Comments:

8. Are you committed to being an artist and learning about art materials?

1 2 3 4 5 6 7 8 9 10

Comments:

9. What is your ability to stay engaged when a conflict occurs?

1 2 3 4 5 6 7 8 9 10

Comments:

10. Are you interested in exploring White Privilege and the role of historical trauma?

1 2 3 4 5 6 7 8 9 10

Comments:

11. How well do you deal with chaotic situations?

1 2 3 4 5 6 7 8 9 10

Comments:

12. How do you receive feedback?

1 2 3 4 5 6 7 8 9 10

Comments:

13. Do you find yourself receiving feedback as criticism?

1 2 3 4 5 6 7 8 9 10

Comments:

14. How is your ability to adapt to changing circumstances?

1 2 3 4 5 6 7 8 9 10

Comments:

15. How is your ability to demonstrate flexibility?

1 2 3 4 5 6 7 8 9 10

Comments:

16. What is your ability to tolerate frustration?

1 2 3 4 5 6 7 8 9 10

Comments:

17. What is your ability to set strong boundaries (including, but not limited to, not bringing individuals with whom you have a professional relationship into your problems.)

1 2 3 4 5 6 7 8 9 10

Comments:

18. When needed, do you always ask for help?

1 2 3 4 5 6 7 8 9 10

If you answered a seven or below, explore this dynamic?

20. Do you tend to blame others for your problems? _____ Y _____ N

(If Y, how are you going to transform this dynamic. The only thing you can control is your reactions and choices in a situation.)

Comment:

***** Students will fill this section out in ART 454: Art Therapy Internship

III. Corey and Corey's (2016), Examining Your Motives for Becoming a Helper

On p. 3-7, there is a list of eight specific needs and motivations of helpers. Pick one, and describe your relationship to this need. Include how your values are connected to this motivation?