

ART 453: Art Therapy Field Experience  
Fall 2022

### **Weekly Aptitude Handout**

Would you please answer the following questions utilizing strong observation skills? This assignment is an exercise to build counseling skills and help you understand and articulate your behaviors and responses.

Name:

Date:

Material:

1. Include brief demographics and descriptions of this participant. (Articulate what you can observe)
  
2. Articulate one specific Art Mentor skill you implemented this week. Specifically, describe how this overall skill is improving and evolving.

3. Describe what role your observation skills played this week? Thoughts on how you can improve your observation skills?

4. From the *Messages*, listening skills block list, which one was present today? Articulate your plan to eliminate this behavior.

5. What role did empathy play today? If your initial response is blank, revisit this concept, as I know you demonstrated empathy today.  
(Using the word empathy in your answer is not explaining the skills, try again.)

Sometimes a feeling of sympathy may emerge; if this happens and you found yourself wanting to rescue or feel sorry for a resident, describe your response. Remember, empathy is like a muscle; honestly express your experience without judgment.

6. From the AACU, Creative Thinking Skills Rubric, or the list mentioned in Malchiodi's book. Pick one concept and describe how it relates to one observed behavior that you saw at the site.

7. Explore group dynamics within the cohort or with any site staff. What worked, and what areas need improvement?

8. Create a weekly response image. Your image can be any size, media, or subject. (Consider an event, personal experience, group dynamics, and cultural interactions with individuals other than yourself.) Document your image with your name, date, and brief description on the back of the picture.