

Name:

**ART 355: Survey of Art Therapy
Test #1
Fall 2022**

1. Draw a diagram of the Autonomic Nervous System. Then briefly describe what happens in each part, and describe what happens when both of these systems are simultaneously stimulated? (5 points)

2. Who is Grandma Layton? (In your description, list her diagnosis and artistic technique.) (3 points)

3. Using the words provided below, draw a diagram of The Materials Spectrum. Place the materials in order of **structured to unstructured**. (3 points)

clay, paint, unstructured, pencils, oil pastels, markers, structured, collage, chalk pastels, colored pencils

4. Process and Product are integral components of Art Therapy. List and define 3 elements of the process in art-making and 2 aspects of the product. (5 points)

Process:

a.

b.

c.

Product:

a.

b.

5. List the 5 primary approaches to materials in Art Therapy. (5 points)

6. Who coined the term Symbolic Speech? Define this concept? (3 points)

7. Vija Lusebrink created the Expressive Therapies Continuum (ETC). Draw the ETC grid. (5 points)

8. Who developed the 3rd hand technique? Accurately describe this technique? (3 points)

9. Define Catharsis? (10 points)

Who originally coined this term, and what does Catharsis have to do with Art Therapy?

How does Catharsis relate to the Autonomic Nervous System?

10. What is an *Arpillera*? What country does it come from, and why were these images created? (5 points)

11. Who is the interpreter of the images created in Art Therapy? (3 points)

12. Dr. Markova lists 3 States of Consciousness, name the 3 states, and describe 2 characteristics for each state. (8 points)

1) _____

a.

b.

2) _____

a.

b.

3) _____

a.

b.

List 2 benefits of unconscious or nonlinear states of mind?

13. Who is Elinor Ulman and **why** is her contribution relevant to the field? (2 points)

14. Who is Mary Huntoon? (2 points)

15. Who is Don Jones? (2 points)

16. Who is Myra Levick? (2 points)

17. Hanna Yaxa _____ is credited as being the founder of Family Art Therapy? (2 points)

18. Name one pioneer art therapist of color _____ (3 points)

List 2 of their contributions to the field?

19. Name another pioneer art therapist of color _____ (3 points)

Describe 2 of their contributions to the field?

Questions 20-30 are worth one point each.

20. What year _____ and _____ city/state, did the first graduate program at Hahnemann Hospital form to train professional art therapist.

21. In _____ a group of 5 art therapists meet and agree that a national organization ought to be formed to define art therapy as a profession?

22. What year did the American Art Therapy Association (AATA) get voted into existence?

23. Which of the pioneer art therapists of color attended the meeting to vote on creating a professional organization?

24. What year does AATA hold its first conference?

25. What year does AATA adopt guidelines for education and training programs?

26. When did AATA officially designate the Master's Degree as the entry-level for the profession?

27. What year _____ and which state _____ becomes the first state to offer licensure to art therapists?

28. In _____ the *Multicultural Competencies* were adopted as ethical practice.

29. What year were the *Multicultural Competencies* updated _____?

30. In _____, graduate art therapy programs significantly increased the academic rigor, and accreditation moved from approved by an internal process to a 3rd party external accreditation system.

Keep going, you can do it!

Essay:

30. **Compare and contrast** the two original schools of Art Therapy. (15 points)

Extra Credit-

31. Who is Mihaly Csikszentmihalyi? What are his contributions to the field of Art Therapy? (5 points)

32. List the 4 techniques to boost creativity. (4 points)