

Art Therapy Has Many Faces | Info Sheet

Full Description:

"Art Therapy Has Many Faces" is a 50-minute film which presents an overview of the field of art therapy, a 20th century profession with its roots in ancient times, illustrating how the creation of art helps people to cope with pain. Using footage from clinicians all over the world, the film demonstrates the healing power of art by illustrating a number of key elements and issues with vivid and lively examples of art therapy in action.

It begins with the sources of art therapy, showing examples of the use of art in healing from ancient times, and then shows how artists and amateurs have turned to art at times of trauma. The next section on the history of art therapy includes with the development of depth psychology and the early work of artists in hospitals and elsewhere. How the profession developed and became more sophisticated and how art therapists are trained and credentialed are described.

"The many faces of art therapy," includes examples of work with people of all ages in a wide variety of settings, who tell how art has helped them. How art in therapy is different from other art activities follows, showing the importance of creating in the presence of another, reflecting during and after the process.

Next the film describes the art of art therapy: setting the stage, evoking expression, facilitating expression, and facilitating reflection. The many different approaches to art therapy are described, illustrated with examples of art psychotherapy and art as therapy done from a variety of viewpoints: psychodynamic, humanistic, cognitive, multimodal, family, and group.

The film then goes into the extension of art therapy to new settings and populations, followed by some of the reasons why art therapy has grown. These include the fact that creating comes naturally, making art involves the whole person, many things can be better said and seen through art than with words, and art is especially powerful in dealing with the effects of trauma.

Selected Comments:

"A must see history of who we are and what we do. Dr. Judith Rubin has created a memorable walk down the art therapy lane. A memorable picture of the past, present, and future of art therapy."

MYRA LEVICK, Ph.D., ATR-BC, HLM

"Like the Vietnam Wall, the film personalizes the clinical experience of art therapy by putting a name and face to it, making it real. A wonderful gift by one of its masters."

ROBERT E. AULT, MFA, ATR-BC, HLM

"In addition to Dr. Rubin's elegant writing and editing, this film is another special gift to the field of Art Therapy. "Art Therapy Has Many Faces" is a labor of love and devotion that brings us eye to eye with our history in a new and creative medium. This video is a treasure for every therapist's library!"
DON JONES, ATR-BC, HLM

"An extraordinary contribution to the knowledge of this dynamic profession. The breadth of art therapy practice is made explicit in the many wonderful clips compiled here. This video is not only a valuable historical record, it is an educational opportunity for anyone interested in art therapy, including students, related professionals, art therapists, art therapy administrators, and art therapy clients, as well as those considering art therapy training or treatment."
HARRIET WADESON, Ph.D., ATR-BC, HLM

"At last we have something that can tell the story of art therapy to everyone: from the least informed to the most, from the skeptical to the most dedicated. Judy Rubin's new video, "Art Therapy Has Many Faces," is, in my opinion, a worthy profile of our profession. It is profound in its approach, yet easily grasped. It tells of our founders and heroes as well as the new young stars in the profession.
We see and hear from the vastly broad range of people with whom we work. Perhaps they tell our story the best. And as art, in all its forms, reaches for the beautiful, so too this story is a statement of beauty in its cinematographic imagery, music, and Rubin's masterful editing and producer skills. We now have something visual that we can present to any audience, classroom, trainee, or institution."
MILDRED LACHMAN-CHAPIN, M.Ed., ATR, HLM

"This production is a long overdue contribution to the field of art therapy. It has the ambitious goal of providing a broad overview of the history and development of art therapy, its multiplicity of theoretical approaches, and the breadth of the people it serves. Beyond its scope, the power of this production lies in its discriminating distillation of many hours of footage of clinicians working in various places, with various people, in various ways. In addition to the moving depictions of the process of art therapy, this film is powerful and moving due to the qualities that distinguish great films: its sensitive camera work, exquisite timing, appropriate music, and the juxtaposition and flow of captivating images."
SUSAN SPANIOL, Ed.D., ATR-BC, LMHC

"Dr. Rubin, through this film, has given a spectacular gift to the art therapy profession and to mental health professionals, all of whom should see it . . . My guess is that there are plenty of art therapists in America and throughout the world, who will be surprised by the breadth and importance of our

profession when they see this film---I was, and I've been in the art therapy biz for a long time now . . . a beautifully done, exquisitely photographed and edited film."

MAXINE JUNGE, Ph.D., ATR-BC, HLM

"The film is incredible in the amount of material it covers. Examples of art therapy with many different psychiatric diagnoses are shown, and the clients are treated and portrayed as the artists that they are, not as the diagnoses they carry. The film explores the intimate interactions between the client/artist and artwork, and several moving vignettes of art therapy sessions show its power."

GUSSIE KLORER, Ph.D., ATR-BC

"Thank you for the wonderful experience you have given us. Although I am a dance therapist, the film is an essential tool for every therapist who works with art."

GEORGIA ARONY, Dance Therapist, Athens, Greece

" The sheer beauty of the video is exhilarating. . . an exceptional educational tool for people interested in art therapy, from amateurs to very experienced clinicians."

LAURIE WILSON, Ph.D., ATR-BC

"I am deeply encouraged by the scope and compassionate message of "Art Therapy Has Many Faces." You have triumphed! You are a genius of the heart, and your work will continue to expand around the globe, helping millions of people in the decades and centuries to come. Thank you, once again, for including me in the project!

ROB WEINSTEIN, Artist, Author, Comedian (in the Film)

Screenings:

American Art Therapy Association Annual Conferences - 2003, 2004, 2005

New England Art Therapy Association - Cambridge, MA - March, 2004

Western Psychiatric Institute & Clinic Community Training - Pittsburgh, PA - May, 2004

Finnish Art Therapy Association - Helsinki, Finland - June, 2004

Pittsburgh Psychoanalytic Institute & Society - Pittsburgh, PA - October, 2004

Emporia State University Discovery Day - Emporia, KS - February, 2005

Southern California Art Therapy Association - Los Angeles, CA - May, 2005

Florida Art Therapy Association - Sarasota, FL - April, 2005

Community Guidance Center - Indiana, PA - June, 2005

British Columbia Art Therapy Association - Vancouver, CA - August, 2005

Art & Psychotherapy Institute - Athens, Greece - September, 2005

European Consortium for Arts Therapies Education -Crete - September, 2005

George Washington University Colloquium - Washington, D.C. - October, 2005

Arts Education Collaborative - Pittsburgh, PA - November, 2005

New York University Film Night - New York, NY - December, 2005

University of Oklahoma, Scholar-Leadership Enrichment Program February, 2006

Israeli Association of Creative & Expressive Therapies - Tel Aviv - March, 2006

Trauma Recovery Institute Annual Symposium - Morgantown, WV - April, 2006

Society for the Arts in Healthcare - Chicago, IL - April, 2006

5th International Conference of Art Therapy in Rio de Janeiro-Rio de Janeiro, Brazil - July, 2006.

Artful Therapy Conference & Advanced Seminar - Sao Paolo, Brazil - July, 2006.

Societe Internationale de Psychopathologie de l'Expression - Belfast, Ireland; September, 2006