



ART THERAPY PROGRAM

Program Description: Art therapy is based on the belief that the creative process involved in artistic self-expression helps people to resolve conflicts and problems, develop interpersonal skills, manage behavior, reduce stress, increase self-esteem and self-awareness, and achieve insight. (American Art Therapy Association)

Program Goals: Weekly open studio art therapy groups offered in a supportive environment where students are invited to use creative expression as a tool for stress reduction, social connection, and wellness. Promotion of social and emotional growth and development of a creative approach to self-care. No prior art experience is necessary- all materials are provided.

Program Details:

Programs Offered

- Open Studio Art groups
- Topic based artmaking
- Museum field trips
- Eco Art Excursions

Benefits of Art Therapy

- Connecting with others & improved empathy
- Development of communication skills
- Self-expression & awareness
- Creative exploration of ideas
- Improve self-esteem
- Personal Growth

Topics Explored

- Identity
- Self-Image
- Stress management
- Inclusivity
- Social issues

For questions about the Art Therapy Program, please contact Emi DiSciullo: disciule@newpaltz.edu