

Programs

Art Therapy and Counseling, M.A.

The Master of Arts in Art Therapy and Counseling is a graduate professional degree designed to prepare students who are competent art therapists and clinical counselors, functioning independently and as members of multidisciplinary treatment teams in a variety of treatment settings. This [Commission on Accreditation of Allied Health Education Programs](#) (CAAHEP) accredited program requires 60 credit hours of coursework in art therapy, counseling, and psychology, including 725 hours of supervised field experience.

The program is designed to meet or exceed the educational standards set by the [American Art Therapy Association](#) (AATA).

Upon completing the program of study in Art Therapy and Counseling, students will meet the educational standards for licensure in the state of Connecticut as:

- A licensed professional counselor (LPC)
- A clinical licensed art therapist (CLAT)

The Art Therapy Profession

Art therapy is a human service profession that blends the disciplines of art, psychology, and counseling in therapy. The art therapist is trained to utilize applied psychology and counseling theory in the context of art making to facilitate the psychotherapeutic relationship. With the art therapist, clients use art media and the creative process to explore their inner feelings, reconcile emotional conflicts, foster self-awareness, reduce anxiety, promote personal development, enhance self-esteem, and increase coping and problem-solving skills. Client and therapist work collaboratively to explore the process and content of the client's art experience. Art created in sessions allows expression that is unique to the client's personal symbolic imagery in a way that often cannot be conveyed in words alone. Communication with and through art as a universal language also allows the therapeutic process to explore multiple levels of connection between one's self and others.

Art Therapy Services

Art therapy services are provided in psychiatric facilities, a variety of medical settings, community centers, shelters, veterans' hospitals, residential and out-patient treatment facilities, as well as in private practice. It is a modality that is adaptable with diverse client populations. Art therapy is provided to individuals, couples, families, and groups for short-term or crisis intervention, long-term treatment, or on an exploratory basis. A master's degree in art therapy with specified course content and supervised field experience is considered necessary for employment in the profession. Standards for the education and training of art therapists are set by AATA. The designation of registered art therapist (ATR) and board certification (BC) are regulated by the [Art Therapy Credentials Board](#) (ATCB).

Mission

The Master of Arts in Art Therapy and Counseling is committed to providing a high quality educational experience. We promote professional growth within a cohesive and passionate community of students who are sensitive to the ethical, reflective and socially aware practice of art therapy. The hallmark of the program is the intensive, rigorous and rewarding student-centered preparation that fosters reflective thinking, respect for diversity of the human experience, recognition of the value of creative exploration blended with sound psychological theory and scientific research, as well as resiliency through compassion.

Admission Requirements

- A completed application form and a non-refundable \$50 application fee.
- Bachelor's degree from a nationally or regionally accredited institution approved by the [U.S. Department of Education](#) (USDE) or the [Council for Higher Education Accreditation](#) (CHEA).
- Official transcripts from all degree-granting institutions attended that are nationally or regionally accredited and recognized by the USDE or CHEA.
- Minimum cumulative grade point average (GPA) of 3.0.*
- Completion of at least 18 credits in studio art including courses in drawing, painting and ceramics with an earned minimum grade point average of 3.0 in each course.*
- Completion of at least 15 credits in psychology including courses in developmental psychology, abnormal psychology and statistics for behavioral social sciences with an earned minimum grade point average of 3.0 in each course.*
- Proficiency in essential software and tools, including Microsoft Office Suite (Word, Excel, PowerPoint), data analysis tools (such as Excel or statistical software), and communication platforms (e.g., Zoom, Google Meet).
- For non-native English-speakers, a minimum TOEFL score of:
550 (paper-based)
80 (internet-based)
213 (computer-based)
- Proof of identity.
- Proof of immunization in accordance with Connecticut state requirements.
- Applicants using [VA benefits](#) may be required to submit additional documentation, such as a Certificate of Eligibility, upon matriculation to the school certifying official.
- Personal interview.
- An essay (of at least 600 words typed in 12-point font) on their professional career interests, reasons for entering the program and expectations of the program.
- Two letters of recommendation; one from a clinical supervisor and one from a former professor or professional supervisor.
- Portfolio of original artwork demonstrating competence with a variety of art media, including (but not limited to) painting, drawing, and ceramics/sculpture. A minimum of 10 images must be submitted in a PowerPoint ® converted to PDF format with clearly labeled image titles, sizes, and medium. You may also include a text in the document with information about the process of the artwork. The portfolio must be submitted via

the online application form. See the online application for more portfolio submission details.

** Applicants who do not meet the requirements may be admitted to the program on a provisional basis. You will not be permitted to take graduate courses without having successfully completed a minimum of 12 undergraduate credits in psychology and 15 undergraduate credits in studio art. Outstanding prerequisites must be completed within the first year of the program.*

Albertus Magnus College utilizes a rolling admission system; therefore, students may apply throughout the year. New students begin in the fall semester only. An application is reviewed when all relevant materials have arrived. If the applicant is invited for an interview, decisions by the Master of Arts in Art Therapy and Counseling Admissions Committee are made within one month post-interview.

Admission to the program is selective and competitive, and not every applicant who meets the above criteria will be accepted.

Transfer Credits

Albertus Magnus College will accept a maximum of 12 graduate hours from a nationally or regionally accredited institution approved by the U.S. Department of Education (USDE) or the Council for Higher Education Accreditation (CHEA) toward satisfying the program requirements. Such credits must have been completed prior to entrance into the program and must satisfy degree requirements. Transfer credits must have been completed with a minimum grade of 3.0 within the last five years. Transfer credits will be considered on an individual basis. Students must submit an official transcript showing proof of completion of the course(s) to be transferred. All requests to transfer credits must be completed prior to starting the program.

Tuition and Fees

- Application Fee: \$50.00
- Tutorial Surcharge: \$500.00 (for student requested tutorial)
- Thesis Continuation Fee: \$250.00 per registration period (within seven years of matriculation) until completion of the thesis.

Fees and rates are subject to change.

Accreditation

Albertus Magnus College is accredited by the [New England Commission of Higher Education \(NECHE\)](#).

The Master of Arts in Art Therapy and Counseling is accredited by the [State of Connecticut Office of Higher Education](#). The program is fully accredited by the [Commission on Accreditation of Allied Health Education Programs \(CAAHEP\)](#) upon the recommendation of [The Accreditation Committee for Art Therapy Education \(ACATE\)](#) located at 25400 US Hwy 19 N., Suite 158 in Clearwater, FL.

Program Format

Classes are offered in a traditional semester format, which consists of two, sixteen-week terms and one, eight-week summer module during the calendar year. Courses are scheduled during the afternoon, evening and one Saturday per month. Students have the flexibility of enrolling full-time or part-time and may choose between fully on-ground or blended (on-ground and synchronous online) in the low residency option. Full-time students are able to complete the degree within a minimum of eight consecutive semesters, which includes the time to complete a formal written thesis. Some students may opt to extend time to complete the research process for their thesis.

Academic Advisement

Admitted students are assigned a faculty advisor. Together the student and advisor will develop a program of study. Throughout the program the advisor will assist students with course planning, registration and regular academic review. Each year a Professional Performance Review (PPR) will be conducted with students to assess professional development skills.

Course Load

Students may register for no more than 13 credits per semester and no less than 5-6 credits per semester, unless approved by the faculty advisor and program director.

Good Standing

Students who maintain a cumulative grade point average of at least 3.0 and students who receive fewer than three course grades of 2.0 are considered in good standing. The continued candidacy of a student who is not in good standing will come under review and is subject to dismissal. Students must be in good standing to register for AT 502 and AT 580.

Students have a yearly Professional Performance Review (PPR) that assesses areas of strength and areas in professional development that need improvement. Students must address the areas of “need for improvement” in order to remain in good standing. Students and faculty agree upon a documented Plan of Action for areas of substantial need for improvement.

As a clinical training program, the Master of Arts in Art Therapy and Counseling requires that students demonstrate their readiness for clinical practice through the Fieldwork and Internship components of the program. Students must be in academic good standing with a cumulative GPA of 3.0 or better in order to begin AT 502 and AT 580. Additionally, students must receive a grade of 3.0 or better in AT 502 and AT 580 to continue with their placement. A grade of 3.0 or below in these courses will result in the student being required to complete additional credits of Fieldwork or Internship.

Due to the unique nature of the program and the specific needs of clients who seek art therapy/counseling services, students are evaluated by faculty for competencies prior to commencement of a fieldwork placement, that include (but are not limited to):

- Flexibility, effective communication, and self-awareness.
- Clinical and cultural competencies for a diverse range of racial and ethnic groups.

- Effective interpersonal skills.
- Maturity of judgment.
- A professional demeanor that allows for ethical work with the public.

Graduation Requirements

Students are responsible for reviewing the program requirements for their specific catalog year, fulfilling those requirements, and maintaining regular communication with the program director. To earn a graduate degree from Albertus Magnus College, students must successfully complete all program requirements and achieve a minimum cumulative GPA of 3.0. All requirements must be completed within seven years of matriculation, beginning with the module or semester in which the student starts their first course in the program. Graduate courses that exceed the time limit no longer count toward meeting program requirements, including transferred courses.

Graduation with Honors

Master's degree candidates who have a cumulative GPA of at least 3.90 or above and a grade of "A" in all components of the final project/capstone course/thesis are awarded honors and will have the notation included on their transcript and diploma.

PROGRAM OF STUDY

REQUIRED CORE (60 credits)

YEAR ONE

Fall (9 credits)

AT 500	Foundations of Art Therapy
AT 505	Art Therapy with Children/Adolescents
AT 508	Art Therapy in a Multicultural World

Spring (9 credits)

AT 507	Theory and Practice of Group Art Therapy
PY 530	Theories of Counseling
PY 533	Psychopathology

Summer (5 credits)

AT 504	Techniques in Art Therapy
PY 537	Counseling Techniques

YEAR TWO

Fall (8 credits)

AT 502	Fieldwork in Art Therapy
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AT 503 Professional Practices: Ethical Standards and Legal Issues

PY 534 Research Methods and Quantitative Analysis

Spring (8 credits)

AT 512 Art Therapy Assessment

AT 513 Art Therapy with Adults/Seniors

AT 581

Summer (6 credits)

AT 514 Art Therapy and the Family

PY 535 Career Counseling

YEAR THREE

Fall (8 credits)

AT 520 Trauma Informed Art Therapy and Counseling

AT 582

AT 599

Spring (7 credits)

AT 510 Art Therapy in Substance Abuse and Chemical Dependency Treatment

AT 583

AT 600