

# Psychology

## Art Therapy Pre-Professional Pathway



Students who are interested in a career in art therapy/mental health counseling will need to apply to graduate school to obtain the needed coursework and to be eligible for state licensure. The track outlined below addresses foundational knowledge and skills that will best prepare you for graduate school work and success in art therapy. Students who pursue the Art Therapy track must major in Psychology and minor in Studio Art.

### FIRST YEAR

- PSYC 100 - Introduction to Psychological Science
- PSYC 225 - Lifespan Development
- ARTS 101 - 2D Studio Foundations
- ARTS 102 - 3D Studio Foundations
- Remaining classes to address: Foundation, Exploration and/or Minor requirements

### SOPHOMORE YEAR

- PSYC 250 - Conceptual and Applied Statistics
- PSYC 223 - Abnormal Psychology
- PSYC 300 - Research Methods and Statistics
- PSYC 310 - Applied Research Methods
- ARTS 111 - Drawing
- ARTS 150 - Intro to Painting
- Remaining classes to address: Foundation, Exploration and/or Minor requirements

### JUNIOR YEAR

- PSYC 350 - Professional Practices
- PSYC 343 - Counseling Techniques and Theories
- PSYC 344 - Learning and Memory
- Art History course: (recommended) ARTH 310 Art History I: Pre 1400 or ARTH 320 Art History II: Post 1400
- ARTS 120 - Introduction to Ceramics
- Remaining classes to address: Foundation, Exploration and/or Minor requirements

### SENIOR YEAR

- PSYC 400 - Senior Capstone I (Art Portfolio option)
- PSYC 410 - Senior Capstone II (Art Portfolio option)
- PSYC Elective - Pick One: PSYC 361 - Health Psychology; PSYC 363 Positive Psychology; PSYC 345 - Adolescent Development & Emerging Adulthood
- ARTS Elective (4 credits)
- Remaining classes to address: Foundation, Exploration and/or Minor requirements

To learn more about graduate programs in Art Therapy, visit the American Art Therapy Association [website](#).

While this sample schedule shows recommended courses, your schedule and classes may vary based on your interests, class availability and other variables.

It is recommended to take two classes each block to stay on track to graduate. You'll work with your advisor to fill open slots with classes that meet other requirements, such as your minor, foundation and exploration.