Samaritan Counseling Center has been serving the communities of metro Detroit since 1985 when 12 local churches came together in an effort to meet the mental health needs of their constituents. Since conception, Samaritan Counseling Center has expanded art therapy in the surrounding area through employment of many art therapists over the years as well as implementation of group art therapy in local public schools. Current Executive Director, Mark Phelps, has been committed to hiring art therapists after seeing their effectiveness first-hand. Currently, the center has five art therapists, including Dr. Karen Schurgin, who is not only the clinical supervisor but a Wayne State art therapy professor as well. Although the immediate future may look uncertain, Samaritan is unwaveringly dedicated to their counselors, interns, and current Wayne State University art therapy students. Both Mr. Phelps and Dr. Schurgin recently met with other faculty members and intern supervisors to collaborate on how to meet the current needs of interns displaced by the coronavirus and to express their intention to get current programs up and running again as soon as possible. Mr. Phelps’ and the Samaritan Counseling Center’s continued support of young art therapists is proof of resiliency and hope.
When Michigan’s Governor Whitmer issued a statewide lockdown on March 23rd, many Michiganders felt immediate effects. Wayne State University closed campus and moved all courses online and many important mental health agencies were forced to close their doors. This left art therapy interns scrambling to figure out how to still earn their hours so they could graduate on time. Providing art therapy online posed interesting challenges and “what if’s.” What if a client only has a pencil and paper? What if they have no art supplies or a large space to spread out and create? What if their internet goes out mid-session? However, being forced to stay home and stay indoors has proven that people are resilient and creative. Wayne State graduate, Shazia Siddiqi, has been holding virtual art therapy workshops, including her classes titled, “Finding Calm During the Chaos,” “Coping with Change,” and “The Art of Calm.” Participants only need limited supplies: scrap paper, a pen or pencil, scissors, tape or glue, and a magazine. The American Art Therapy Association is offering 5 Tips for Making the Transition to Virtual from the perspective of a fellow graduate student that includes practical advice such as keeping your work environment structured and professional. Art Therapy Program Coordinator, Dr. Holly Feen-Calligan, has created an advisory board to come together and collaborate on creative solutions for not only current student interns but all art therapy students who have been displaced from the classrooms to learn and work from home. Although the future may look different and uncertain, art therapists have always been the trailblazers and pioneers of the mental health field. The art directives provided (right) are examples of activities that only require a scrap sheet of paper and limited art supplies (a single graphite pencil, coloring pencils, etc) to complete.

**FEELING THE BEAT** (Great for kids!)

**Procedure:** Draw as you listen to a song (soft or upbeat preferably)

**QUESTIONS FOR EXPLORATION:**
1. How did the music make you feel?
2. How does your drawing look like the music or how the music made you feel?
3. How can listening to music and drawing help you relax and be mindful?

**MINI MANDALOODLE**

**Procedure:** Draw a small circle (3-4 inches in diameter). Color it in with a doodle design, allowing the shapes and lines to interconnect in any way you desire. Use any colors you desire. Mandaloodle = Mandala + Doodle

**QUESTIONS FOR EXPLORATION:**
1. How does it feel to “let your thoughts roll” and not worry about the outcome of the design?
2. How does designing the Mandaloodle create a feeling of calm and being in the moment?

**RESTING MIND**

**Procedure:** Symbolize your mind at rest. In your drawing, depict the calmness and peacefulness associated with being mindful.

**QUESTIONS FOR EXPLORATION:**
1. What types of shapes, images, and colors were used to portray your mind?
2. How does your mind usually work (calm, chaotic, confused, focused, etc.)?
3. What does mindfulness mean to you?
4. What part of your life would benefit most from being mindful?
For several weeks we have been trying to come up with ways to continue with our scheduled showcase of student work. As you know, the Governor has extended stay at home orders until April 30. However, due to the uncertainty of the status of the virus beyond that date, and upon consultation with our administration, we feel it is prudent to cancel this year’s exhibition. We cannot begin to tell you how saddened we are about this but we realize that we have to adjust. We appreciate the submissions to the exhibit and we would like to invite you to resubmit for next year regardless of your graduation status! The art work in the office will continue to be safe until you can pick it up again. Continue to be well and be safe.

Leah Carroll’s amazing illustrations were showcased at St. Andrew’s Hall on January 16th, 2020. Her illustrations are inspired by Detroit architecture. More of her work can be found at: www.drawntodetroit.com

Sheila Jackson, Deborah Bridges, and David Sniderman were involved on the research project titled “A peer-led model for falls prevention for community dwelling seniors, developed by medical and art therapy students.” Their group was accepted to present a poster on their work for the 2020 Central Group on Educational Affairs (CGEA) Regional Meeting.

Margaret Sands-Goldstein and Linda Ulrich created and currently facilitate the Artmaking for Veterans group hosted by the Grosse Pointe Artists Association. Shelley Knoodel curates the veteran art show at the VA

Deepti Guruprasad (2014) hosted an online therapeutic art class for teens titled “The Art of Letting Go.” Through art-making exercises, teens were encouraged to identify their needs and build self-compassion to better manage anxiety and stress. Deepti works for the Grove Emotional Health Collaborative in Ann Arbor.
You may already be well aware that the South Korean blockbuster, *Parasite*, won the coveted “Best Picture” award at the 2020 Oscars. However, what you may not know is that a lead character of the film, Ki-Jeong, pretends to be an art therapist in order to gain access into a wealthy family and charge top dollar for her services. In her attempt to trick the matriarch of the family into hiring her, Ki-Jeong has an initial session with the family’s youngest child, a boy named Da-Song. While analyzing his artwork with his mother beside her, Ki-Jeong points to a section of the page that she claims is the “schizophrenia zone.” Emboldened by the shocked expression of the boy’s mother, she continues on to say that “psychotic symptoms often reveal themselves here.” Fully believing Ki-Jeong’s audacious claims, Da-Song’s mother turns to point out other artwork that contains similar symbols as the one drawn in the “schizophrenia zone.” Of course, had Ki-Jeong done her research into art therapy properly, she would know that trained art therapists believe that only the artist is the expert on their artwork. Additionally, while assessments are used to determine levels of functioning and progress, a drawing does not give a perfect window into one’s inner thoughts and feelings. Although the art therapy community may critique *Parasite* for not depicting art therapy as a fully regulated profession, many recognize and applaud the film for breaking barriers. At the very least, the movie has opened the doors for conversations domestically and abroad about art therapy, licensing, and what it really takes to become an effective art therapist.

**Resource:** Northshore Family Services

**Goal:** To teach children self-regulation and encourage independent play

**Materials:** Box (shoebox, treasure chest, clear plastic container, etc.), markers, colored paper, stickers, your child’s favorite items or items to keep them busy such as: coloring pages, activity book, race cars and small toys, bubbles, Legos, small stuffed animals, a soft blanket, small balls or marbles, crunchy snacks, etc.

**How to:** Encourage your child to decorate their box however they choose as it will get them excited and give them a sense of ownership and pride. Go around the house with the child and have them pick out items for their box. The idea is that the more involved the child is in the project, the more likely they are to use it. Once the box has been filled and decorated, practice using it by having family quiet time. Explain to the child that they can use their box anytime they are feeling overwhelmed or bored.
Wayne State University is so excited to add Shazia Siddiqi to the list of wonderful and knowledgeable art therapy instructors that have been with the program for years. She will be teaching the Studio Art Therapy course in the upcoming Fall 2020 semester. Shazia is personally a Wayne State graduate and completed her dual degree in Clinical Mental Health Counseling and Art Therapy in 2011. She has worked in both inpatient and outpatient settings with Common Ground, Wolverine Human Services, Southfield Human Services, Samaritan Counseling Center of Southeast Michigan, Sound Counseling, Macomb County Juvenile Justice Center and Juvenile Court, Beaumont Hospital Royal Oak, WSU Department of Psychiatry and Behavioural Neurosciences, Kadima Mental Health Services, and various nonprofit organizations such as Affirmations LGTB+ Center in Ferndale who awarded her Ally of the Year in 2018. In 2019, Shazia opened her art therapy studio in downtown Clawson and has continued to offer online art therapy workshops throughout the COVID-19 pandemic. Welcome back to Wayne State Shazia!
Congratulations to Elaine Miller who graduated this semester with her M.Ed. in Art Therapy! She will be working as an art therapist at DaySpring Villa in Tulsa, OK.

Amelia Brown will be graduating with her M.Ed. in Art Therapy at the end of the summer semester. Congratulations Amelia!

Congratulations to Jenna Budd who has earned her M.A. in Counseling and Art Therapy and accepted a job at her internship site: Willows Counseling and Healing Arts Center.

Danielle Swift graduated with her M.A. in Counseling and Art Therapy. She has also accepted a position at Karmanos, where she did her internship. Congrats Danielle!

Congrats also to Grant Prenzler and Angie Masinde, class of 2020! Both will graduate with their M.A. Counseling and Art Therapy at the end of the summer semester.

Amanda Duvall graduated with her M.Ed. in Art Therapy this semester. Amanda did her internship with Insight Counseling.. Congratulations Amanda!

“The horizon leans forward, offering you space to place your new steps of change” - Maya Angelou