

From Caterpillars to Butterflies: Lessons on Surviving Grad School for Art Therapy Students

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2003

Author's Note to Readers:

I fully believe that whatever happens to you in life happens for a reason. If it wasn't for what you've been through or done you not only wouldn't be the person you are today, but you also wouldn't have reached the point you are today.

For some of you your path to become an art therapist was a long one. you may have started down a different career path, but eventually over time, with support and by taking risks, you took the leap into the unknown. You have hopefully reached a peace or at least a career that spoke more to your heart, your life path.

For others of you, the path that led you to art therapy may have been shorter, but no less of a struggle to reach your ultimate goal - to survive graduate school and become a full-fledged art therapist where you can help other people through their life struggles.

Our lives may have led us to this certain career, but some of us may choose not to stop here. Perhaps art therapy for some is a stepping-stone to their "chosen" career. Others may go on to become psychologists, teachers, CASAC counselors, or open their own art gallery. But the one thing that everyone will have in common is that their chosen career will most likely be focused around what they learned during their career as an art therapist. This includes compassion, creativity, empathy, listening, caring, helping, and supporting. No matter where and what you end up doing, you will always be connected to the art therapy community and the role art therapy has played in your life.