

A Creative Art Therapy Program for Developmental Disabilities
Diane Alice S. Goergen
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Abstract

A Creative Art Therapy Program for Adults with Developmental Disabilities is a curriculum outlined in workbook fashion describing the "inVISION" program. The "in VISION" program was specifically created for Continuing Developmental Services, Inc., a day treatment program for developmentally disabled adults in Rochester, New York. The program is designed to fit itself into already established parameters and constraints of state regulations and requirements while at the same time being truly innovative in its approach of utilizing the creativity of the participants in such a setting. The "in VISION" mission statement lends itself well to Continuing Developmental Services, Inc. philosophy of "Empowering People for Life". Four aspects of utilizing an art therapy approach in a day treatment setting for developmentally disabled adults is outlined. Crises intervention, individual art therapy, group art therapy and the concept of a group "VOICE", or artistic exposure in the community are all described in terms of rationale and the mechanics of documentation. Case studies are revealed with photos and artwork for each of the four art therapy focuses to underscore, enhance and celebrate the subjectivity of an art therapy approach.