



Graduate School of Arts and Social Sciences

## EXPRESSIVE THERAPIES DIVISION Field Training Office



## Site Guidelines & New Site Application

### For More Information

#### **Expressive Therapies Field Training Office**

Lesley University

29 Everett St., Cambridge, MA 02138

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## The Value of Expressive Therapies

For forty years, Lesley has pioneered the use of the creative arts in therapy. Our program offers a well-established, integrated masters' level curriculum in clinical mental health counseling and arts-based therapies. Highly evolved and uniquely conceptualized, our pace-setting masters program in Expressive Therapies provides a meaningful connection between the arts, theory, and practice in clinical training. As one of the most recognized Expressive Therapies programs in the world, our students are expertly trained and qualified providers of mental health services.

## Our Unique Multi-Modal Approach

One of the distinguishing features of Lesley's Expressive Therapies Programs is our commitment to exposing students to multiple arts modalities. Because we believe an understanding of all the arts in psychotherapy enriches all expressive therapists, we integrate visual arts, dance, drama, poetry, literature, and music into our core curriculum. Students will be well prepared to utilize an integrated arts approach in clinical work.



During their **1<sup>st</sup> placement**, students are at the site for a minimum of 450 hours, about 15 hours per week.

### Field Placement Site provides:

- 6-8 hours of direct client contact per week.
- 1 hour of supervision a week by a qualified supervisor.

During their **2<sup>nd</sup> placement**, students are at the site for a minimum of 700 hours, about 22-24 hours per week.

### Field Placement Site provides:

- 10-12 hours of client contact per week.
- 1 hour of supervision a week by a licensed clinical supervisor.

*Our students receive training to become licensed mental health counselors in Massachusetts as well as registered/certified practitioners in their expressive therapy specialization.*



## Specializations

**Art Therapy** is the creative process of visual art making to improve and enhance the physical, mental and emotional well-being of individuals of all ages, helping to increase functionality, resolve conflicts and problems, develop interpersonal skills, manage behavior, reduce stress, handle life adjustments, and achieve insight. – *American Art Therapy Association*

**Dance/Movement Therapy** is the psychotherapeutic use of movement to further the emotional, cognitive, physical and social integration of the individual. – *American Dance Therapy Association*

**Drama Therapy and Psychodrama** is an active, experiential approach to facilitating change through storytelling, projective play, purposeful improvisation, and performance. – *National Association of Drama Therapy*

**Music Therapy** is an established health profession in which music is used within a therapeutic relationship to address physical, emotional, cognitive, and social needs of individuals. – *American Music Therapy Association*

**Expressive Arts Therapy** combines the visual arts, movement, drama, music, writing and other creative processes to foster deep personal growth and community development. – *International Expressive Arts Therapy Association*



## Expressive Therapies Field Training Office Site Guidelines



### Our Philosophy on Field Training

Our program philosophy is grounded in an integration of theory and practice, which includes experientially based learning intended for professional growth. During the course of their education, students are encouraged to be reflective of their own development, increase their introspective abilities concerning psychological processes, and expand their awareness of how they function in interpersonal relationships as it impacts and relates to their clinical work.

The rich learning experiences provided by our field training sites are an integral and highly valued component of the student's training. Field training placements offer students an opportunity to learn about systems, to form therapeutic relationships with individuals and to apply their training in psychological/expressive therapies theory, diagnosis, and treatment techniques with clients.

### What is the Value of the Expressive Therapies?

All of the five modalities are utilized with a wide variety of populations in many different kinds of settings. The arts can decrease isolation and help to create a sense of community by inviting different ways of being together. They can also provide an alternative means of expression for those who are unable to verbalize their feelings either due to medical/physical limitations or emotional/cognitive limitations. The arts can offer a structured and safe way to share in individual as well as group therapy, and can bring people together in a milieu with the shared purpose of making art. There are as many ways to utilize the expressive arts as there are populations and personalities, and our students are taught that the art process is driven by the needs of the people they serve.

### What Does Field Training Look Like for the Intern?

Our students expect to perform tasks related to the integration of the arts and therapy with groups, individuals, families, and the milieu, dependent on the needs of the site. They are also expected to attend to the clinical tasks and documentation that are required by the site—including, but not limited to, intakes, assessments, progress notes, case management, and client outreach.



Typically, placements go from September to May. During the first placement, students are at the site for about 15 hours per week, with 6-8 of those hours dedicated to working directly with the persons served/clients. By the end of the first placement, students will have accrued a minimum of 450 hours. They will receive 1 hour/week of supervision from a qualified site who has been approved by the Field Training Office. During the second

placement, students are at the site for 22-24 hours per week, with 10-12 of those hours dedicated to working directly with the persons served/clients. In this placement, students meet the current premasters requirements for LMHC licensure in the state of Massachusetts. They will receive 1 hour/week of supervision from a clinical supervisor who meets the requirements for an LMHC approved supervisor, and will accrue a minimum of 700 hours at the site by the end of the placement.

During each field training placement, students are enrolled in a yearlong clinical seminar that complements and supports the field training experience. The clinical instructor serves as the liaison between the students and the sites and may be called at any time for consultation



around a student's progress. The clinical seminar focuses on the development of skills essential for effective clinicians. Examples of the topics addressed include: establishing safety, developing therapeutic relationships, boundaries, assessment, treatment planning, case presentation, therapeutic interventions and techniques, understanding socio-cultural contexts, etc. The clinical instructor facilitates a scheduled meeting once per semester with the supervisor and the student.

All students in field training received professional liability insurance coverage under the auspices of Lesley University. This coverage is designed to protect students who are participating under supervision in field training placements. This policy provides coverage in the event of a suit being brought alleging any negligent act, error or omission in the rendering of or failure to render professional services. The placement site holds responsibility for the welfare of people served at the site.

### **The Field Training Office**

The Field Training Office coordinates the placement of students in our graduate program. We provide ongoing support, information, and advisement to students, field training sites, and Clinical Instructors. Field Training staff is available via email, phone, and Skype.

The Field Training Office offers, on the Lesley campus, a series of in-service trainings to site supervisors. These in-services are free of charge, voluntary, and award CE credits for LMHC's. Additionally, as an expression of our gratitude to site supervisors' recognizing their role in the training of our students, Lesley University offers one course voucher per semester of supervision per student. These vouchers must be used within a year of being issued and can be used by any employee of the site for on campus or online course offerings.

### **Sites We Work With**

The Division of Expressive Therapies at the Graduate School of Arts and Social Sciences at Lesley University has been successfully placing masters-level students in a variety of settings for 40 years. These settings have included: schools, colleges, hospitals, day treatment centers, residential treatment programs, family and youth guidance clinics, substance abuse centers, community mental health centers, arts based community programs, and many other organizations and agencies.



## Who Can Supervise a Lesley University Expressive Therapy Intern?

A site does not have to have an **Expressive Therapist on staff** in order to be a field training site for the Expressive Therapies program. The site supervision can be a wonderful opportunity to explore across disciplines, and many non-expressive therapists find themselves absorbing aspects of expressive therapy from their interns.

- **First year interns can be supervised by a licensed or unlicensed professional** who has an understanding of the needs and strengths of the people served by the site, and at least 2 years of experience in the field. Examples include program managers, artistic directors, educators, expressive arts practitioners, occupational or recreational therapists, activities directors and other professionals. Ideally this person will have had previous supervisory or managerial experience.
- **Second year interns must have a LMHC licensure approved supervisor.** Massachusetts defines an approved supervisor as a mental health practitioner with three years full-time (or the equivalent part-time) post-licensure experience. Including these credentials: Licensed Mental Health Counselor (**LMHC**); Licensed Independent Clinical Social Worker (**LICSW**); Licensed Marriage and Family Therapist (**LMFT**); Licensed Nurse Practitioner with a sub-specialization in psychiatry; Licensed Psychologist with Health Services Provider Certification; or Licensed Physician with a sub-specialization in psychiatry. **Supervisors in states that don't issue an LMHC may hold the equivalent credential in their state** (LPC, LPCC, LCPC, or other credential depending on the state). Students are responsible for understanding the supervision requirements for their state, province, or country.

**For both placements** the designated supervisor commits to provide regularly scheduled individual (or dyadic) supervision meetings with the intern, to be held weekly, face-to-face, for 50-60 continuous minutes.

## Site Application and Approval Process

To apply to be a site for field training with the Expressive Therapies Division, please fill out the attached application and submit completed application with proposed supervisor resumes. Once your application has been through the review process and approved, you will receive a welcome email.

The information is put in our database for distribution to students. Being approved as a field training site for Lesley students does not obligate you to take one of our students or guarantee that a student will apply for a field training placement. Before interviewing at your site, students will send you a cover letter and resume indicating their interest. They are aware that sites have their own selection processes. You may contact Laura Orshaw at [lorshaw@lesley.edu](mailto:lorshaw@lesley.edu) to change or update site information. If at anytime, your site would like to be removed from our list, either permanently or for the current year, you may request to be taken off the active sites list.



## If You Have Any Questions

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Expressive Therapies Field Training Office  
New Site Application

**SECTION I: Site Information**

Site Name:		
Dept. or Program:		
Street Address:		
City:	State:	Postal Code:
Country (if not US):	Province:	
Name of contact person:		
Title:		
Telephone number:		Extension:
Email:	Website:	
Skype Address (if any):		

**Agency/Organization Type:**

Put an "X" next to one of more of these categories—or enter type in the **Other** box if not listed

<b>Other:</b>	Hospital (Medical)
<input type="checkbox"/> Corrections/Court	<input type="checkbox"/> Hospital (Psychiatric)
<input type="checkbox"/> Day Treatment	<input type="checkbox"/> Outpatient Treatment
<input type="checkbox"/> Developmental Disabilities Program	<input type="checkbox"/> Rehabilitation
<input type="checkbox"/> Early Intervention Program	<input type="checkbox"/> Residential Treatment
<input type="checkbox"/> Employee Assistance Program	<input type="checkbox"/> Partial Hospital Program
<input type="checkbox"/> HIV/AIDS Services	<input type="checkbox"/> School or Afterschool Program
<input type="checkbox"/> Homeless or Domestic Violence Program	<input type="checkbox"/> Therapeutic School or Afterschool Program
<input type="checkbox"/> Hospice/Palliative Care	<input type="checkbox"/> University or College Counseling Center
<input type="checkbox"/> Private Practice/Private Owned Business	

**People served:** Please put an "X" next to one of more of these categories.

<input type="checkbox"/> Children	<input type="checkbox"/> Elders
<input type="checkbox"/> Adolescents	<input type="checkbox"/> Families
<input type="checkbox"/> Adults	<input type="checkbox"/> <b>Other (describe):</b>

**Hours of operation:** Please put an "X" next to one of more of these categories

<input type="checkbox"/> Days	<input type="checkbox"/> Nights	<input type="checkbox"/> Weekends
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List any times the student **must** be on site: \_\_\_\_\_

**Describe the mission and type of services delivered by your organization:**

## SECTION II: Proposed Supervisors

*List at least one proposed supervisor.*

*Interns meet with their designated supervisor weekly for 1 hour of "supervision".*

Name:	Degree:
Job Title:	Years in field:
Credentials (if any):	License # (if any):

Name:	Degree:
Job Title:	Years in field:
Credentials (if any):	License # (if any):

Name:	Degree:
Job Title:	Years in field:
Credentials (if any):	License # (if any):

***\*Attach resumes for all proposed supervisors\****

## Section III: Student Description

**Name of Lesley Expressive Therapies student** who contacted you about this field training placement (if applicable): \_\_\_\_\_

**E.T. Specializations Desired:** *Please put an "X" next to one of more of these categories*

<input type="checkbox"/> Any Specialization	<input type="checkbox"/> Drama therapy/Psychodrama
<input type="checkbox"/> Art therapy	<input type="checkbox"/> Expressive Arts Therapy
<input type="checkbox"/> Dance/movement therapy	<input type="checkbox"/> Music Therapy

**How many intern positions are available?** \_\_\_\_\_

**When are interviews conducted for the following academic year?** \_\_\_\_\_

**What is the final selection date (if any)?** \_\_\_\_\_

**Is the site accessible by public transportation?** ☐ Yes ☐ No

**Does intern need a car to travel between sites or meet clients?** ☐ Yes ☐ No

*Note: Interns are not permitted to transport clients in any vehicle.*

**How will the intern gain direct contact hours with the people you serve?**

**List any other activities the intern is expected to engage in:**

**Describe the training/observation process for the intern:**

**What skills or strengths are most important for an intern at your site? (e.g. ability to take initiative, writing skills, ability to focus under stress, cultural competencies, etc.):**

***Don't Forget...***

*When completing this application as a fillable PDF, use Adobe Reader or Adobe Acrobat and be sure to "Save As" prior to attaching it to an email to ensure that your entries are saved.*

Attach resumes for all supervisors.

*FTO Staff use:*

**Submit Applications via email, fax or mail:**

**Expressive Therapies Field Training Office**

Lesley University  
29 Everett St., Cambridge, MA 02138

Laura Orshaw, Coordinator

**E** lorshaw@lesley.edu / **F** (617) 349-8431

**Status:** ☐ Approved ☐ Not Approved **Year:** ☐ 1<sup>st</sup> Year ☐ 2<sup>nd</sup> Year

**Modality Supervision Designation:**

☐ Non-Modality ☐ Art ☐ Dance ☐ Drama ☐ Expressive Arts Therapy ☐ Music

**Other Comments:** \_\_\_\_\_

**Reviewed by:** \_\_\_\_\_

FTO Staff Signature

Date