

# Andrew Elman

Child and Family/Art Therapist at Synergy Services

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## Summary

As an art therapist, I believe that art therapy contains fundamental principles: (1) it is an aspect of human learning; (2) it is a way to get in touch with feelings in the here and now; (3) it is a container for feelings; and (4) it is a means of communication. These principles are the basis of my psychodynamic approach to treatment.

## Specialties

My focused specialties include: Art Therapy, Dialectical Behavioral Therapy (DBT), Eye Movement Desensitization and Reprocessing (EMDR) and Play Therapy.

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## Experience

### **Child and Family/Art Therapist at Synergy Services, Inc.**

2006 - Present (5 years)

Synergy Service's therapeutic staff helps strengthen families and prevent abuse and violence by specializing in four primary areas: marriage and family treatment, domestic violence, sexual abuse treatment, and adolescent sex offender treatment.

Responsibilities include:

Provide direct clinical counseling services 20-25 per week.

Conduct individual therapy, couples therapy, and family therapy in the Family Care program.

Facilitate art therapy groups and provide individual therapy for Synergy House, a Synergy facility which provides short-term emergency shelter for youth in crisis, including homeless, runaway, abused and neglected youth ages 12 to 18.

Facilitate art therapy groups and provide individual therapy for children ages 3-15 at SafeHaven, a domestic violence shelter, and Children's Center, an emergency placement shelter.

Facilitate expressive therapy groups for traumatized children and adolescents ages 8-16.

Co-facilitate adolescent sex offender treatment program.

Co-facilitate adult batterers intervention program.

Co-facilitate adult and adolescent DBT skills group and treat individual DBT clients.

### **Art Therapist at Naturally Yours Incorporated**

2008 - 2010 (2 years)

Naturally Yours Inc. has provided art therapy services to St. Lukes Hospital Cancer Institute for many years. The goal is to help cancer patients better understand and express emotional turmoil and uncertainty that can come with their diagnosis.

Responsibilities included:

Facilitated multiple art therapy services at St. Luke's Cancer Institute, both inpatient and outpatient.

Lead art therapy group called "Resilience, Transformation and art therapy" for Leukemia and Lymphoma Society adolescent support group.

### **Art Therapist at Loretto Hospital**

2005 - 2006 (1 year)

Loretto Hospital's three inpatient psychiatric units are supported by an array of programs and treatment protocols to meet the individual needs of the clients. The psychiatric unit staff has a special understanding for the concerns surrounding a client who requires hospitalization. They collect comprehensive information on the patient before admission and work closely with the admitter to ensure symptom-specific, responsive care during a client's stay.

Responsibilities included:

Specialized in adult in-patient mental health and addictions recovery populations.

Responsible for the design and implementation of an array of therapeutic modalities, including art therapy, anger management, stress management, recovery planning, and socialization groups.

Conducted individual therapeutic sessions.

Conducted initial and ongoing clinical assessments.

Participated in and facilitated peer supervision groups.

Facilitated quarterly Expressive Therapy departmental performance measures, including reviewing charts, trending data and creating quality reports.

### **Art Therapy/MFT Intern at Foothill Family Services**

2004 - 2005 (1 year)

Foothill Family Services offers Family, Individual and Group Counseling to help clients cope with life

challenges. In addition the agency offers school-based services provided on-site at the elementary, middle and high school level. Individual, family counseling and case management are used to improve communication between the family and the school.

Responsibilities included:

Provided direct clinical counseling services - 350 direct client hours total.

Conducted individual therapy, couples therapy, and family therapy.

Designed and facilitated art therapy groups and professional workshops.

Case management.

Conducted intake interviews and art therapy assessments for students seeking counseling at Marshall Fundamental High School, Pasadena, California.

Co-facilitated court-mandated adult male anger management group.

Co-facilitated teen anger management group.

### **Art Teacher at Barnhart School**

2001 - August 2003 (2 years)

Barnhart provides a strong, challenging academic program. Fully accredited by the California Association of Independent Schools, Barnhart School prepares its students academically for transition to the area's top high schools.

Responsibilities include:

Taught various forms of art for grades K-8, including beginner and intermediate level pottery classes.

Carried out lesson plans in many different art mediums, assessing student work, displayed finished art projects.

Conducted parent teacher conferences, participated in faculty and staff meetings, supervised students during lunch periods and recess.

### **Education Director at Fullerton Museum Center**

1998 - 2001 (3 years)

Project Discovery is a year-round school and community group tour program at the Fullerton Museum Center.

Responsibilities included:

Management of group tours, museum education and activities.

Developed opportunities for students to participate in hands-on art activities during their visit.

Managed docents and high school student volunteers

**Student Teacher at Bonview Elementary**

1997 - 1998 (1 year)

**Substitute Teacher at Los Angeles Unified School District**

1996 - 1997 (1 year)

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**Education**

**Phillips Graduate Institute**

MA Psychology, Art Therapy and MFT, Marriage and Family Therapy, Art Therapy, 2003 - 2005

**Pitzer College**

BA Anthropology and Fine Art, Socio-Cultural Anthropology, Painting, Art History, 1992 - 1996

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**Press**

**Present Magazine**

May 2008

**Pitzer College, Participant Online**

2008 Spring Issue

**Kansas City Star**

March 17, 2008

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**References available upon request.**