



AAEP and Arts Priori present the 2018 "Marantz Distinguished Alumni Award" Lecture

Artopia: Creative healing with veterans

Friday, April 6, 2018

12:30-3:30 pm

Sullivant Hall Room 141

1813 N. High Street

Amanda Alexander, PhD 2010

Associate Professor

Department of Art + Art History

University of Texas at Arlington

Bio: Dr. Amanda Alexander is an Associate Professor in the Department of Art + Art History at the University of Texas at Arlington, and she is the Area Coordinator for the department's Art Education program. She completed her PhD in Art Education and a focus in Arts Administration, Education, and Policy at the Ohio State University in 2010. She also holds an MA in Arts Policy and Administration from OSU, and a BS in Business from Indiana University-Bloomington. Alexander has several years' experience in marketing; completed a term with the Peace Corps; worked for both the Ohio Arts Council and the Ohio Cultural Facilities Commission; and lived, worked, and researched in Peru with Native artists. Alexander's research explores (inter)national and local community-based arts research and learning, sustainable social and culture development, and social justice.



Presentation Abstract: For our nation's veterans who are receiving psychiatric care for PTSD and other emotional conditions, art therapy can be an effective form of treatment, either as an adjunct to other therapies or as a form of individual or group psychotherapy¹. In 2015, the U.S. Department of Veterans Affairs listed California, Florida, and Texas as having the highest populations of veterans in the U.S.². However, according to the American Art Therapy Association there are no undergraduate or graduate art therapy degree programs approved by the Art Therapy Educational Program Approval Board (EPAB) at Texas universities¹. In the Dallas-Ft. Worth (DFW) metroplex there are limited on and off-campus organizations specializing in art therapy. In this presentation, Dr. Alexander discusses a community art therapy program that she developed for the 4,900 veterans enrolled at the University of Texas Arlington. Through the program, she is collecting data to determine the magnitude of symptom relief and healing for the men and women veterans dealing with service-related trauma or disabilities. She is using the Profile of Mood States (POMS) pre/post test survey³ with veterans before and after their participation in art therapy workshops. Additionally, Dr. Alexander is interviewing and collecting testimonials and photos for data, videos, and a website, <http://artopiauta.com>.

¹ About AATA. (n.d.). Retrieved January 2, 2017, from American Art Therapy Association website: <http://arttherapy.org>.

² Quick facts. (n.d.). Retrieved January 2, 2017, from U.S. Department of Veterans Affairs website: http://www.va.gov/Vetdata/Quick_Facts.asp.

³ Curran, S., Andrykowski, M., & Studts, J. (1995). Short form of the profile of mood states (POMS-SF): Psychometric information, *Psychological Assessment*, 7(1), 80-83. Shacham, S. (1983). A shortened version of the profile of mood states, *Journal of Personality Assessment*, 47(3), 305-306.