

**Art Therapy: Speaking Without Words**  
by Steven Fox

Have you ever had a feeling you couldn't put into words? Perhaps something made you so angry that you couldn't find the words to express yourself, or something was so sad that words couldn't convey the depth of that sadness. Words have limits and some feelings are beyond the capacity of words to capture. Think of the word "sad." I was sad to hear about the child killed in a terrorist attack. I was also sad when my father died. I used "sad" to describe my feelings in both cases, but in reality, my feelings were not the same. There are some horrors in the human experience that elude, or are too powerful, for words.

Art used in therapy, Art Therapy for short, is a recognized way to unlock feelings that have eluded verbalization. Art Therapy is used around the world in a variety of settings to help people cope and master the emotional consequences of difficult events or to better understand themselves.

I have divided the ways Art Therapy is used into three broad categories. The first is the use of Art Therapy to work through painful experiences. Victims of rape, survivors of war, and victims of domestic or sexual abuse are just some of the people whose experiences can be difficult to verbalize. Art Therapy allows them to begin to come to terms with these events. An example of this is the recent use of an Art Therapist by the U.S. Embassy in Amman, Jordan. The Public Affairs Section brought over Ashley Dorr, an Art Therapist from New York City in July 2010, to conduct Art Therapy workshops with refugees, victims of trauma, the disabled and others so that they could gain the emotional tools for coping in constructive and life-enhancing ways. Dorr also led workshops for teachers and social workers so that they could continue to use this tool to help their clients, students and country. After all, if enough individuals are healed, they will eventually change the community.

The second is Art Therapy for personal growth and self-discovery. In this case, Art Therapy is a way for the person to explore and express their inner self. Art Therapy can be very much like a spiritual discipline. The goal is to become more self-aware and more in touch with something that is sacred in the individual's private life. Sometimes, this leads to both self-discovery and healing where the person didn't know it was needed. All good therapy training programs require the trainee to undergo a certain

amount of personal therapy or psychoanalysis. This requires the student to face their own personal demons. I was once working with one such client. He was a 30-year-old Japanese man who came to the U.S. to train as a psychotherapist. Initially, he denied having any specific issue to work on and was only in treatment

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Three-year-old Jake Campbell, who was four months old when his mother, Jill Maurer Campbell, was killed in the World Trade Center attacks, touches a picture of a heart he made in an art therapy program at the Long Island-based WTC Family Center on August 17, 2004, in Rockville Center, New York. Since the attacks, Campbell and his caretaker grandparents have been coming to the center for its grief counseling and education services, along with the group support environment of the center. (AP Photo/Kathy Willens)

**The American Center**

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**H O L I D A Y S**

October 11: Columbus Day

## A WORD FROM THE CENTER

It's Great to be Back!

When my family and I left Mumbai in August 2005, after my five-year posting as the Deputy Director of the American Center, we knew even then that we wanted to come back. We just weren't sure it would ever be possible. But the stars aligned and our wish came true. We arrived in early August and I took up my new position as Public Affairs Officer and Director of the American Center.

Much has changed in five years, of course. Mumbai is a dynamic city that doesn't stand still. I've been amazed by the Bandra-Worli Sea Link and the many new skyscrapers that have sprung up. We're exploring a new neighborhood – unlike last time, when we lived in Breach Candy, we are now in Santa Cruz and learning about living in the “north.” At some point during my tour, our offices will move to a new consulate compound in Bandra-Kurla. And, as I am sure you will have heard, we are anticipating a visit from President Obama in the not-too-distant future. These are just some of the exciting challenges we are looking forward to.

On the other hand, much is the same. Mumbai's vibrancy and great people, two of the things I love most about the city, are still going strong. The U.S.-India relationship, which was the best it had ever been when I left five years ago, is even better today. I feel truly privileged to be able to take part, once again, in building and nurturing that relationship – together with all of you.

It's great to be back!

Warm regards,



Anne E. Grimes  
Public Affairs Officer

*(Continued from page 1)*

because the program required it. But, he did say that his mother had cancer. Between sessions he would make a painting and we would discuss it in the session. The content of his painting pointed out that he had a lot to work on. There were feelings of homesickness for Japan that he was afraid to admit, and his nagging guilt about being in the U.S. while his mother was back in Japan dying of cancer. His paintings allowed him to see, acknowledge and talk about the inner conflicts that prevented him from being happy.

Last, Art Therapy is used as a diagnostic tool. Art Therapy can be used to help uncover and define an emotional problem. One example is called House-Tree-Person (HTP). Here, the client is asked to draw a person, a house and a tree. The therapist observes the three objects in relationship to each other and their relative presence on the paper. Is the person (which is believed to usually represent the client) small and insignificant? Is the person inside of the house or under the tree? All of these things will say something about the person's inner feelings. Another

tool that I have used frequently is to ask the client to draw their family. I remember one 16-year-old client drew himself and his mother standing next to each other and his father further away on the paper. Clearly, the boy was saying that he didn't feel close to his father, or that his father was not really a part of the family. The next step in the therapy was for the boy to see the drawing and begin to talk about that distance. Another client once drew his family and left himself out of the drawing all together! This was a very graphic expression of how the client felt excluded from her family.

So then, what are the tools and methods of Art Therapy? Actually, they can be almost any material through which the person can express the unexpressed. The most common is paper and colored pencils, crayons or paint. Some clients use clay to mold shapes that express an inner situation. The goal is not to produce an artistically beautiful piece that can be hung on the wall or be sold in a gallery. Usually, the creative event takes place in the therapy session, but as I noted above, sometimes the creative product is made between sessions and brought in for discussion and shared analysis. The analysis of the art product is a shared process. The therapist does not dictate meaning to the client. But instead, the therapist serves as a friendly guide to the unconscious world.

Art Therapy has proven to be an exciting way for people to grow and free themselves from a painful past and move on to happier lives. For more information about Art Therapy in America, contact the American Art Therapy Association at [www.arttherapy.org](http://www.arttherapy.org).

*Steven Fox works at the U.S. Consulate General, Mumbai*



On April 27, 2004, Mary Lou Moad showed one of the paintings she created as an Art Therapist for the Fine Arts Institute of Edmond, Oklahoma. Moad says she uses color to express her inner emotions. (AP Photo/The Edmond Sun, Mark Zimmerman)

## NOTES FROM THE AMERICAN LIBRARY

### New Additions to the Library



#### ***The Best 10-Minute Plays for 2 or More Actors***

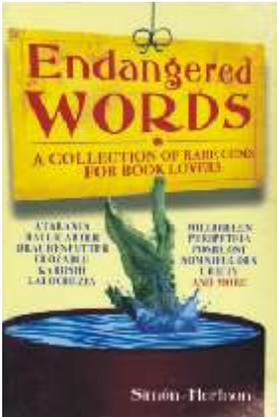
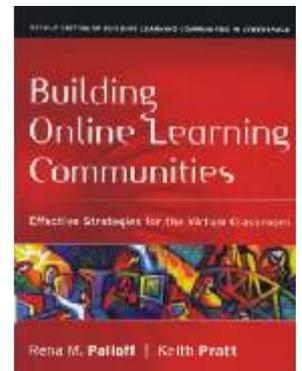
Edited by Lawrence Harbsion  
Smith and Kraus, Inc., 2009

This volume is a collection of 51 ten-minute plays, produced during the 2008-2009 theatrical season. It is divided into three sections: Plays for Two Actors; Plays for Three or Four Actors; and Plays for Five or Six Actors. Some of the plays have even won awards and have been written in a wide variety of styles, including submissions by new playwrights. For producers, the book provides contact information in order to acquire rights and permissions.

#### ***Building Online Learning Communities: Effective Strategies for the Virtual Classroom***

by Rena M. Palloff and Keith Pratt  
Jossey-Bass, 2007

The second edition of this book provides current information on effective online course development and delivery. The authors share insights designed to guide readers, offering illustrative case studies, vignettes, and examples from a wide variety of successful online courses.



#### ***Endangered Words: A Collection of Rare Gems for Book Lovers***

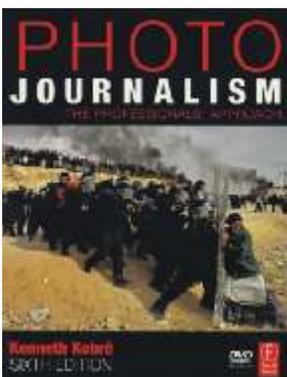
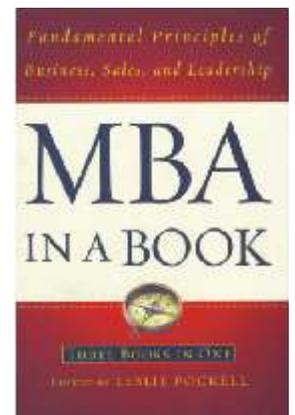
by Simon Hertn  
Skyhorse Publishing, 2009

In this book, the author provides 100 hand-selected unique words with descriptions of their meaning and engaging examples of their usage. *Endangered Words* is the perfect handbook for writers, an excellent resource for communicators, and an entertaining read for anyone with an appetite for the very brightest gems in the English language.

#### ***MBA in a Book***

Edited by Leslie Pockell and Adrienne Avila  
Business Plus, 2009

This volume contains essential advice about the fundamentals of business and leadership principles from some of history's most influential thinkers and doers. The quoted advice provides insights on business practice and theory, investment, management, marketing, motivating, and more.



#### ***Photojournalism: The Professionals' Approach***

by Kenneth Kobre  
Elsevier, 2008

This sixth edition features penetrating interviews with leading professionals, hard-hitting photographs, and easy-to-understand technical illustrations. It provides practical information on a wide range of topics including covering news, features, sports, politics, and contemporary issues, finding features, environmental and interpretive photos, and newsroom politics.

Ask a Librarian: Please write to the American Library at [libref@state.gov](mailto:libref@state.gov) for research queries related to information on U.S. international relations, education, law and legislation, English language, and literature.

**Politics in the Age of Obama**  
**Discussion led by Prashanth Rajan**

**Monday, October 18**  
**American Center Auditorium**

**6:00 p.m.**

The highlight of the October "Mumbai Mondays" is an informal discussion on American politics in the United States at the national level. From the tea parties to universal healthcare and bailouts, political discourse in the United States has gained worldwide attention through the history-making presidency of Barack Obama. Please join us for a discussion on "Politics in the Age of Obama," part two of a series on American politics.

**Prashanth Rajan** is the Vice Consul for Political Affairs at the U.S. Consulate General, staying plugged in to the latest political news from the United States. Prashanth joined the U.S. Foreign Service in January 2008, and had previously served in Islamabad, Pakistan, where he worked on a variety of issues including public diplomacy outreach. He earned his B.A. in Political Science and Economics from New York University in 2006. Prior to joining the Department of State, Prashanth worked for the U.S. Department of Defense.

**American Center Auditorium**  
**3:30 and 6:30 p.m.**

**Friday, October 15**

Uproarious comedy showcases Jack Black as an egomaniacal heavy metal guitarist who gets booted out of his band, then has to seek employment in order to make ends meet. Black poses as a substitute teacher at a snooty prep school where, after teaching the kids a few things about real rock music, he helps them form a high caliber band. With Joan Cusack, Mike White, and Sarah Silverman. Directed by Richard Linklater.

**School of Rock**  
 (2003, 109 mins)



**Friday, October 22**

This sensitive true-life drama stars Meryl Streep as single mother of two, Roberta Guaspari, asked by a friend to teach music at an impoverished East Harlem high school. After convincing the school's disbelieving principal of her abilities, she instructs a group of students in violin and soon affects their lives through the music. Aidan Quinn, Gloria Estefan, and Angela Bassett also star in Wes Craven's film.

**Music of the Heart**  
 (1999, 123 mins)



Abigail Parkhurst (standing), an Expressive Art Therapist with Art Awakenings, watches over Gloria Hernandez as she works on a watercolor piece during the first ever workshop held in Yuma, Arizona, on June 30, 2010. Hernandez has struggled with mental illness all her life, but the 50-year-old single mother recently found a way to forget her mental anguish, even if for just a few moments. Through art, Hernandez has discovered she can lose herself in the creative process. (AP Photo/Yuma Sun, Craig Fry)

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Admission to American Center programs, restricted to persons over 14, unless otherwise specified, is on a first-come, first-served basis. The auditorium doors will open 30 minutes before the start of the program.