



PUPIL SERVICES IN SCHOOLS

The National Alliance of Pupil Services Organizations (NAPSO) is a coalition of national professional organizations whose members provide and support a variety of school-based prevention and intervention services to assist students in becoming effective learners and productive citizens. NAPSO organizations represent over a million members, including school counselors, school nurses, psychologists, school psychologists, social workers and school social workers; occupational therapists, physical therapists, art therapists, dance/movement therapists, and music therapists; speech-language pathologists and audiologists; teachers, students, parents, and administrators. NAPSO promotes interdisciplinary practice and collaboration, and advocates for ensuring access to quality pupil services for all students.

Art Therapy Services

In the school setting, art therapy provides opportunities for positive experiences that translate into enhanced classroom functioning and increased ability to benefit from educational services. Art therapy can be tailored to support academic and social/emotional requirements. School art therapists work with teachers, parents, school counselors, and school psychologists to coordinate art therapy referral, assessment, and treatment. When a student assessed for art therapy services is deemed appropriate for treatment, the art therapist establishes individual goals and objectives in the Individualized Education Program (IEP). Students in individual art therapy may work toward improved cognitive growth, emotional control, the mastery of sensory-motor skills, and positive adjustment to the classroom experience. Group art therapy allows students to safely express confusing and overwhelming feelings while building a sense of cooperation, community, and interpersonal relatedness. For example, students with disruptive behaviors can contain impulses through art therapy activities. Students with self-esteem problems can establish a positive self-concept through the mastery of art skills. The primary goal is always to help each student reach his or her fullest potential. Consultation with parents, teachers, and other pupil service personnel continues throughout the treatment process. School art therapy services have been successfully used to facilitate students' ability to function as effectively as possible within the academic environment. Providers of art therapy services include credentialed masters or doctoral level art therapists who are trained in art therapy, psychology, and art. *For more information contact: Donna Betts, MA, ATR-BC, at DonnaBettsATR@aol.com, or the American Art Therapy Association at arttherapy@ntr.net. Visit the AATA website at www.arttherapy.org.*

Dance/Movement Therapy Services

Dance/movement therapy utilizes nonverbal communication, making it an ideal treatment choice for children and adolescents in school settings. Because children and adolescents experience the world through a rapidly changing body, they often communicate their physical, emotional, and cognitive needs on a nonverbal level. As part of an interdisciplinary team, the master's level dance/movement therapist develops appropriate therapeutic goals to support each child's academic success. Common treatment goals include improving impulse control, expressing feelings through positive outlets, increasing self-esteem, and improving body image. To address these goals, a dance/movement therapist uses a variety of techniques within the safe and playful environment of a therapy session. These techniques may include rhythmic dance, role-play, body coordination, symbolic movement, and kinesthetic empathy.

Individual and group dance/movement therapy services help students cope with physical impairments, learning disabilities, and behavioral issues that can lead to classroom disruption and create tension within family relationships. The dance/movement therapist collaborates with school staff and parents to transfer therapeutic skills to the classroom and home, in order to improve the child's overall functioning. *For more information contact: Dianne Dulicai at dianne.dulicai@cox.net or Pat Gardner, Office Manager, The American Dance Therapy Association at 410-997-4040. Visit the ADTA website at www.adta.org.*

