

The background consists of a yellow border on the left and right sides, and a blue rectangular area in the center. A white rectangular box is centered within the blue area, containing the title and subtitle. Below the white box is a black horizontal bar containing the author's name and affiliation.

**Cultivating an Academic Culture  
in the Arts Therapies:  
Research on the Link Between Training and Research**

**Nisha Sajnani, PhD, RDT-BCT, Lesley University**

# Lesley University

Teaching University (1974)

MA Program in Clinical Mental Health Counseling: Expressive Therapies

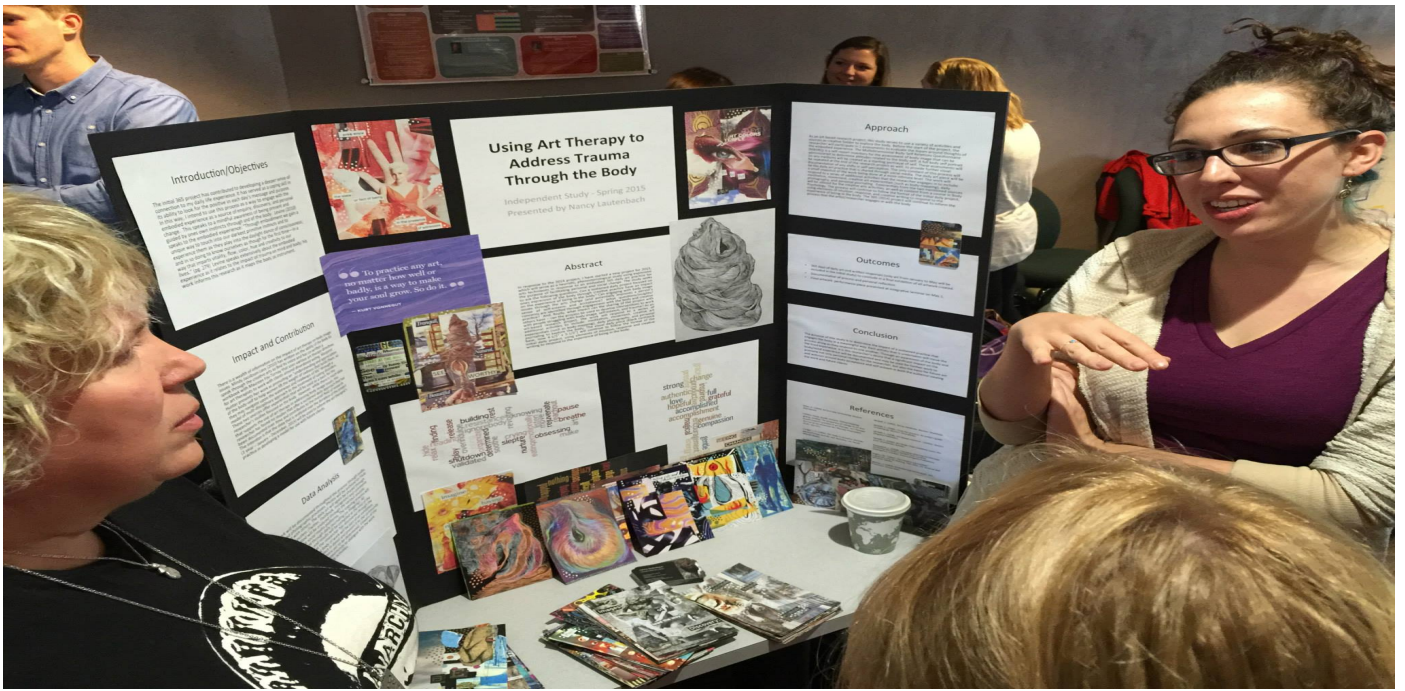
- Expressive arts therapies
- Dance Movement Therapy
- Drama Therapy
- Art Therapy
- Music Therapy

PhD in Expressive Therapies

Expressive Therapies Research Center

# MA Level Training in Research

- 1) **Theories Course:** Annotated Bibliography and Initial Research Paper
- 2) **Research and Evaluation**
  - Critical Inquiry: How to assess studies
  - Introduction to methodologies and examples
    - Quantitative: single subject design, survey
    - Qualitative: case study, interview, arts based research
    - Artistic Inquiry
    - collaborative action research
  - Mentorship concerning possible avenues for replication
  - Development of research proposal and thesis
- 3) **Thesis and Presentation**



Expressive Therapies Research Symposium 2015

# PhD Expressive Therapies

## Year One

Philosophical Foundations

Research 1

Arts Based Research

Critical Inquiry

## Year Two

Literature Review

Research 2

Interdisciplinary Inquiry

Multiculturalism in Research

Pilot Research/ Qualifying Exam

## Year Three

Professional Seminar

Dissertation Proposal

Dissertation »

## Are we training effective researchers in the arts therapies?

- Assigned coordinator to each course including Research and Evaluation who can provide oversight of the course and consult with other programs
- Focus groups with faculty teaching sections of R&E » identified areas for PD.
- Review of studies conducted over the past 5 years
- “Impact Factor” - alumni relations and what is getting published?
- Development of Expressive Therapies Research Center to support coordinated research agenda in a teaching university and to invite collaboration.

## Expressive Therapies Research Center at Lesley

The Expressive Therapies Research Center is a collaborative effort amongst faculty, students, and practitioners aimed at expanding research on how the arts promote health and healing.

Home > Academic Programs > Expressive Therapies Programs

### EXPRESSIVE THERAPIES

#### Master's Programs

- Expressive Arts Therapy
- Art Therapy
- Dance Therapy
- Drama Therapy
- Music Therapy
- Low-Residency Options

#### Doctoral Program

- Ph.D. in Expressive Therapies

#### Certificates

- Graduate Certificate in Expressive Therapies
- Graduate Certificate in the Arts in Health
- Certificate of Advanced Graduate Study in Expressive Therapies

#### Learn More

- Faculty

### A Place for Research, Collaboration, and Inquiry

Research in the Expressive Therapies is vital to our understanding of how the arts promote health and healing. The Expressive Therapies Research Center at Lesley promotes creative, scientific inquiry undertaken by faculty and students. In the context of the Expressive Therapies Research Center, scholarship is defined using the Boyer model and therefore includes: scholarship of discovery, integration, application, and teaching (Boyer, 1990). By sharing research interests and current projects, the Center aims to promote collaboration and generate new knowledge for our field and for society.

### Project Spotlight



*Feders' The Art and Science of Evaluation in the Arts Therapies: How Do You Know What's Working* (2013, Charles C Thomas)

by Expressive Therapies Associate Professor [Robyn Flaum Cruz, Ph.D.](#) & Bernard Feder, Ph.D.

This second edition follows the tradition of the first edition as both an introductory text and a handbook in evaluation and assessment in the creative arts therapies. It was written to be useful both for graduate students in the arts therapies training programs, doctoral programs, and for

# Current Research and Related Work

- **Survey Research:** Drama therapists attitudes and actions regarding LGBTQ and Gender non-conforming communities

Whitehead- Pleaux, A., Donnenwerth, A.M., Robinson, B., Hardy, S., Oswanski, L.G., Forinash, M., Hearn, M.C., Anderson, N., & Tan, X. (in press). Music therapists' attitudes and actions regarding the LGBTQ community: A preliminary report. *The Arts in Psychotherapy*.

- **Critical Research:** Critical Perspectives in the Arts Therapies
- **Qualitative Research:** Teaching cultural response/ability in the arts therapies
- **Theoretical Research:** Situating embodied improvisation as an approach to inquiry (Living Inquiry)
- **Platforms for Research:** Drama Therapy Review
- **Book:** Trauma-Informed Drama Therapy (Sajnani, N & Johnson, D.R, 2014- Charles, C. Thomas)