



For Immediate Release

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CALM's Christine Scott-Hudson Earns Clinical Art Therapist Credential

Santa Barbara, CA – **Child Abuse Listening & Mediation (CALM)** is pleased to announce that **Christine Scott - Hudson recently became a Clinical Art Therapist** after receiving her art therapist credential from the Art Therapy Credentialing Board. The art therapy credentialing process is an intensive one, requiring the completion of a master's level education and thousands of hours of post-education supervised clinical experience.

Art therapy is a modality of psychotherapy in which clients, facilitated by the art therapist, use art media, the creative process, and the resulting artwork to explore their feelings, reconcile emotional conflicts, foster self-awareness, manage behavior, develop social skills, improve reality orientation, reduce anxiety, and increase self-esteem.

"Art therapy practice is grounded in the knowledge of human development, psychological theories, and counseling techniques," explains Christine Scott-Hudson, CALM Clinical Art Therapist. **"Art therapy is an effective treatment for persons experiencing developmental, medical, educational, social or psychological impairment. My goal in art therapy is to improve or restore the client's functioning and sense of personal well-being."**

Prior to her work at CALM, Scott-Hudson served as an Art Specialist for Girls, Inc., and developed nationally recognized arts curriculum for girls K-8th grade while teaching art at the Goleta Valley Center. Her arts curriculum won a Girls, Inc. National Program Award in 2004. In addition, Scott-Hudson served as the Artist-in-Residence for the "Girls Beyond Borders" project at the UCSB Art Museum, which was a part of Lorraine Serena's international art movement "Women Beyond Borders." Scott-Hudson was previously an Arts & Recreation coordinator for Work Training Programs, Inc., teaching art to developmentally disabled adults in the residential program.

Scott-Hudson has also served as a Court Appointed Special Advocate (CASA) and as a Child Welfare Services Worker, both in Houston, Texas.

Scott-Hudson graduated from the University of Houston, Magna Cum Laude, with BA degrees in Psychology and Communications. She earned her Masters degree, Summa Cum Laude with honors, from Loyola Marymount University in Marital and Family Therapy and Clinical Art Therapy, and served her art therapy traineeship at Casa Esperanza Homeless Shelter on Cacique Street, where she provided art therapy groups to homeless men and women.

CALM, Child Abuse Listening and Mediation, was founded in 1970 to reach stressed parents before they hurt their children. CALM continues to be the only non-profit agency in Santa Barbara County focusing solely on preventing, assessing, and treating child abuse and family violence through comprehensive, cutting-edge programs. CALM offers children, families, and adults a safe, non-judgmental, caring and strength-based environment to heal and increase family well-being. For more information about all of CALM's services, please call 805-965-2376, or visit www.calm4kids.org.