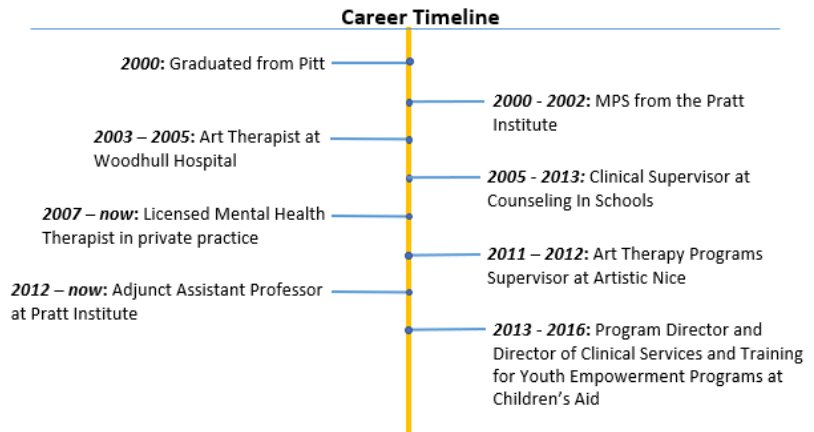




Deborah Rice

Interviewed by: Brooke Vulcano



Currently at: Pratt Institute; Private Practice

Position: Licensed Mental Health Counselor; Licensed Creative Arts Therapist

Graduated: 2000

Degrees: Psychology (B.A.); Studio Arts Minor

Graduate Studies: Master of Professional Studies (MPS) in Art Therapy and Creativity Development from the Pratt Institute

Website: www.deborahrice.com

Art therapy; Mindfulness; Motivational interviewing

What do you currently do?

I teach creative arts therapy at the Pratt Institute, and I have a private practice in Brooklyn. I also do motivational interviewing throughout the city.

How did you conduct your job search/find out about your job?

I came immediately into this job after graduating from Pratt. I had a teacher at Pratt who was insightful in my art and recognized the skills in me to pave the way for a field in art therapy.

What skills did you gain from completing a Psychology degree that helped in your career(s) after graduation?

What I think about all the time is the real concrete research I did with the graduate student. It was incredibly helpful knowing how to do quantitative and qualitative data research. It helped with my thesis and in terms of writing research papers. Now I actually teach thesis development at Pratt.

Did you participate in any clubs or extracurricular activities at Pitt?

I was in the environmental club, filing for a professor and had an internship working with a graduate student where I set up experiments for her. I had an internship my senior year through the Sunrise Program where I went to a patient's home with severe autism twice a week.



What advice would you give to undergraduates pursuing or graduating from Psychology?

Definitely have a minor to allow yourself to experience different opportunities. Also, know that the field is very expansive, so there are many options. Think about taking a year off before planning what the next step should be in regards to continuing schooling.

Any tips for undergrads who are interested in your career?

Make sure you complete the prerequisites needed in undergrad before going into a Masters program for art therapy. Also recognize that it is not just about the art –it is the process of art. Volunteer or shadow an art therapist if you can.

Check out more about Deborah's work at the following link:

<https://www.mskcc.org/blog/how-art-therapy-music-therapy-and-dance-therapy-help-people>

