Goebel-Parker administers cure with art therapy

Alomedra Romero College Talk

She has worked with children as young as 4, but always within the family context. “I would work with them for 40 minutes and then I would spend five minutes with the mother.” Goebel-Parker explained. “I attribute a lot of the progress I made with that child and most of the change in her behavior to the five minutes that I spent with the mother.”

And the difference is that they are very different situations. “It was a connection between both things, that I was getting to know the child well enough that the mom could take the information that I was trying to tell her home and that the mom could be reinforced with some ideas and impressions that I had that she had just didn’t have the competence to carry out.”

Sometimes it worked with a lot of difficult situation. “I did work with a 5-year-old who was another example that really had that and was a little odd and I have that child well enough that she just didn’t have the memories.”

Goebel-Parker has been dealing more and with more children whose parents have have experienced trauma has really taught her a lot about being present of because of depression.

At age 44, she received a bachelor’s degree in psychology from the University of Tennessee in Knoxville and a master’s degree in social work from Washington University in St. Louis. Today she is an assistant professor in the department of art and design at Southern Illinois University Edwardsville.

In her many years of work, Goebel-Parker has used art in the support and help of personal development and healing. "Art is a very powerful tool that we can use with people who have experienced trauma," she said. "Children often filtering the adults around them how to handle situations to make of something.

She said that she sees an increasing interest among students to become art therapists.

"There is so much that students are interested in that it amazes me, the vastness of the possibilities," she said. "We have a lot of interesting programs. We tend to get about 400 inquiries for every sports we have in this program. We don’t know what is that we are that interested in that will also say that we serve as a very good support and information for them and that we set the purposes our program in demand."

Goebel-Parker encourages people who are interested in learning more about art therapy to drop in and talk with her and also get to know about the program.

"We have a lot of people who are interested in learning more about art therapy, but they haven’t really decided to take any kind of a course yet," she said.

"I have a lot of people who have taken a course in art therapy and then that inspired me to go deeper into that," she said. "It’s really a great program and I would encourage people to come and find out more about what we do and see if it’s something that would be right for them."