

Art Therapist Spotlight



[Kate King MA LPC ATR-BC](#)

Kate King is a master's level Board Certified Art Therapist and Licensed Professional Counselor. Kate's private practice is located in the Ken Caryl Business District of Littleton, Colorado. Working with children, teens, adults, and couples, Kate provides support to her clients in their process of cultivating optimal mental, physical, and spiritual health.

Kate works with individuals and couples experiencing difficult transitions, eating disorders, pregnancy and new-parent issues, depression and anxiety, trauma treatment, developing coping skills and emotional outlets, relationship strengthening, and therapeutic creative expression.

The Interview

What originally drew you to the field of art therapy?

I was always deeply interested in the combination of Psyche, Science, and Spirituality. I did not know that Art Therapy existed until I was almost finished with College and wasn't sure what my next direction would be with my Art/Psychology double major. During a soul-searching moment I actually plugged into Google "What should I do with my Art and Psychology degrees?" and Naropa's Art Therapy program popped up. I was thrilled to see a Master's Degree program that incorporated the passions I had been searching for all in the same program and I applied immediately.

Can you talk about the power of art therapy in your life and your work?

I believe I was practicing Art Therapy on myself long before I knew what to call it. Since I was a little girl I was drawn to expression through art. I would often create elaborate and meaningful creative projects for myself to explore, investigate, and express my inner world. I have felt extremely grateful and honored to offer Art Therapy work to my clients. It is an incredible pleasure to witness others as they strengthen and broaden their personal wellness journey with the use of creative media. Many of my clients come to Art Therapy as experienced artists, and many experience art for the first time while in my office. Having the opportunity to witness each client as they integrate art into their healing process and psychological toolbox is always so exciting! I love getting to hear comments from my clients like: "Art used to be so scary to me, but now I can't imagine my life without it." Or "I can't believe how much closer to myself I feel after exploring my inner layers in Art Therapy." Creating art is a natural and intuitive process that has been an important aspect of life since the birth of humans. The layers of personal insight, soulful exploration, and meaningful expression that come from a creative process never ceases to amaze me.

Do you see transpersonal elements manifest in your professional work?

I believe that Art Therapy is inherently transpersonal because it accesses intuitive layers within the psyche and collective unconscious in a way that feels personalized and safe for each individual. Specifically, though, my nature as a therapist (and personally) is deeply spiritual and transpersonal. Many of my clients come to work with me because they are willing and ready to take a deep-dive into themselves. I see my therapist role as providing guiding support for my clients to uncover long forgotten, hidden, or unconscious aspects of their suffering that keep them from living the BIG life they came here to live. My clients will often discover their own unique spiritual path and deepen into the sacred elements of their very existence and interconnectedness with all things.

From your point of view, what is the most important thing to keep in mind when working as an art therapist?

I think it is crucial to see each client as an individual with their unique blend of memories, experiences, hopes, triggers, and needs. It is important to tailor each unique relationship to the specific needs of the client in the room rather than adopting a one-size-fits-all approach. When thoughtful consideration can be made to the particular strengths, struggles, and needs of a specific client, immense and unbelievable

connection and healing can occur. In my opinion, the resonance of the client/therapist relationship is of the utmost importance because the most authentic healing can occur when a person feels deeply seen, accepted, supported, and cared for in a meaningful relationship.

What are some important self-care practices you recommend or practice?

It is my opinion that self-care is crucial to being an effective healer. It's the old "put the oxygen mask on yourself before helping others" thing. I have worked hard to build a large menu of self-care tools over the years varying in their activity, accessibility, and intensity so that I have many choices to align with the day's specific needs. Some of my favorites are: Taking long walks, external processing with trusted friends/colleagues, reading, drawing or other creative expression, meditation, dance, journaling, stretching, deep personal work with one of my trusted teachers individually and on retreat, and incorporating herbs and teas into my daily life, to name a few.

Are you working on anything now that you're really excited about?

The state of our world at this time is profoundly intense and provocative. My present awareness is mostly related to offering my healing gifts and showing up in both my practice and my personal life as the best Self I can be. It is my hope that we will experience collective healing and transformation through these difficult times, and I know I have a role to play in helping this shift, even if it seems small at times. It is my intention to continue in my private practice to the greatest extent possible at this time and moving forward, offering my services to those who need my support.

How have your professional collaborations benefited your career?

Professional collaboration and networking has been a really strong support for me over the years. It has provided a great deal of insightful sharing, learning, and resourcing to know both like-minded practitioners as well as those who differ strongly from me in personality and practice. I appreciate the wide variety of therapists and healers in our Colorado community and beyond. It is wonderful to share referrals and resources with one another, and to have a community to share ideas and questions with.

How would you like to see the field of art therapy evolve in the coming years?

I think the growth and progression in the field of Art Therapy since its beginning has been amazing. It is exciting and encouraging to see the way this alternative therapy has gained traction and provided healing for humanity and the world in so many ways. It is my hope that the trend toward growth and progress in the field continues, and that it becomes accessible to all who are interested in sourcing from its gifts.

How is/can art therapy or art be used for social justice?

Art Therapy can be an amazing forum for community building, teaching, and learning. Art can also be a powerful inclusive activator, bridging communities and minds alike. When I witness firsthand or hear about the ways art has been used to bring people together, to unite, to share, to disarm and embrace—It warms my heart deeply. The universal language of art has the power to transcend all barriers and blocks if only we, as a collective, are brave enough to participate.

Is there anything additional you would like to share about yourself or your experience as an art therapist?

Becoming an Art Therapist has been a wonderful gift in my life. I am deeply grateful to have had the opportunity over the past 13 years to work in a field that ignites so many of my passions together with the larger needs for healing in our world. Working with the brave, fierce, tender clients in my private practice, as well as seeing my book, "The Authentic Mother: Creative Art Engagement for the New Parent," join the other wonderful publications on the bookshelf contributes to my love of this work and my excitement about using art as a conduit for healing and expression.

Previous Art Therapist Interviews

- [Lara K. Rutledge, MA Art Therapy Candidate \(Spring 2020\)](#)
- [Nissa Jackman, LMFT, ATR-BC \(Winter 2020\)](#)
- [Jessica Whitesel, LPC, ATR-BC \(Fall 2019\)](#)
- [Amy K. Leiter, MA, LPC, ATR-BC \(Summer 2019\)](#)
- [Shauna Perry, MA, LPC, ATR \(Fall 2016\)](#)
- [Lola Clark, MA Candidate in Art Therapy \(Spring 2016\)](#)
- [Tisha Adams, Ed, LPC, ATR -BC \(Winter 2015\)](#)
- [Michael Franklin, PhD, ATR-BC \(Fall 2015\)](#)
- [Mimi Farrelly-Hansen, LPC, ATR-BC \(Spring 2015\)](#)