

## **Road Artwork Project, Treatment Plan, & Reflection Summary**

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## **Zoë Shulman's Road Art Treatment Plan**

### **Barriers that could get in the way of my professional life after graduation:**

1. Feeling overwhelmed by moving to Denver, Colorado.
2. Being unemployed and feeling unsafe and isolated as a neurodivergent Jewish lesbian in Denver, Colorado.
3. Being professionally stunted by licensing bureaucracy and laws that prohibit advancement and practice in psychedelic medicine.

### **SMART Goals:**

- 1a) I will practice belly breathing and make to-do lists to manage my moving tasks once per day.
- 1b) I will reach out to my parents as needed for guidance on how to plan and execute a successful move.
- 2a) I will use the NCE Prep application to study for the National Counselor Examination once per day.
- 2b) I will use online services such as LinkedIn, Glassdoor, and Indeed to apply for jobs at local mental health clinics once per week.
- 2c) I will use the Meet Up and HER cellphone applications once per week to discover and connect with the Jewish, LGBT+, and fine arts communities.
- 2d) I will establish a connection with a local synagogue.
- 3a) I will connect with the Synthesis Institute and consider enrolling in their online psychedelic facilitator licensing program.
- 3b) I will stay connected with Southwestern College's monthly Psychedelic Studies virtual groups for updates about new advancements and opportunities within the field.
- 3c) I will attend the annual Psychedelic Summit in Denver to learn more about advancements and opportunities within the field.

## **Road Artwork & Treatment Plan Project Reflection Summary**

In the spirit of my Capstone B Creative Self Inquiry, I decided to use the video game, Animal Crossing: New Horizons (ACNH), to represent, process, and integrate my Road Artwork project. ACNH was a perfect medium for this project, because it functions like a virtual sand tray. ACNH allowed me to use my personal avatar to display emotional reactions while paving a brick road and decorating it with a wide variety of items. Over the course of four hours, I utilized a vertical strip of land on the east side of my island to pave a winding brick road around two small waterfalls. To start, I took one in-game screenshot of my starting point, and then I took screenshots of each of my three barriers and resources, totaling to seven screenshots. These seven screenshots are included in sequential order in my Road Artwork project file submission and will now be described in this reflection summary.

My first screenshot introduces my avatar, which I dressed in a flashy cardigan and moccasins to represent myself in the role of an art therapist. My avatar stands beneath an azumaya gazebo and daydreams about the future after having crossed the zen bridge of graduation. The gazebo represents my apartment in Santa Fe, New Mexico as a temporary dwelling from which I will soon be moving to Denver, Colorado. The custom-designed bricks on the ground dissolve into a new road as I move towards the start of my art therapy career. I decided to create my Road Artwork project during nighttime, because it feels like my career is starting in the dark and has a lot of unknowns. I also chose to pave a brick road, because I feel like Dorothy in The Wizard of Oz, undergoing this challenging journey with the intention of making it to the Emerald City and meeting my career goals.

My second screenshot depicts my avatar reacting with distress to stacks of cardboard boxes obstructing the brick road. My first barrier is my upcoming move to Denver, which feels very

overwhelming, because packing all of my furniture and belongings will be tedious, delicate, and costly. My third screenshot depicts my avatar sitting on a cardboard chair with an excited reaction amidst my first list of resources and SMART goals. On either side of my avatar are two little statues called “Gyroids”, that represent my first resource, which are my mom and dad. The mom and dad Gyroids reassure me that I can reach out to my parents as needed for guidance on how to plan and execute a successful move. A tea cozy and metronome are my second resources, which remind me to practice belly breathing and make to-do lists to manage my moving tasks one day at a time. The cardboard box in a caged cart shows that by using these first two SMART goals, I can contain and effectively manage my moving overwhelm.

My fourth screenshot depicts my avatar reacting with sorrow before a safety barrier at the foot of an erupting volcano. My second barrier is being unemployed and feeling unsafe and isolated as a neurodivergent Jewish lesbian in Denver. The erupting volcano is a representation of the Rocky Mountains becoming a threatening environment due to antisemitism, neuroableism, homophobia, and sexism. My fifth screenshot depicts my avatar sitting on a natural garden chair with a joyful reaction amidst my second list of resources and SMART goals. The ensemble of the menorah, sewing project, office materials, and custom-designed rainbow pride painting represents me leaning into my gifts of Judaism, arts, crafts, art therapy skills, and queerness for support and connection. I have faith that HaShem will help me discover belonging through sharing my joyful gifts with empathic people who are accepting of my unique needs. To achieve this belonging, I plan to use these four SMART goals to find a good job and connect with the Denver Jewish, LGBT+, and fine arts communities: 1) I will use the NCE Prep application to study for the National Counselor Examination once per day, 2) I will use online services such as LinkedIn, Glassdoor, and Indeed to apply for jobs at local mental health



clinics once per week; 3) I will use Meetup and lesbian dating applications once per week, and 4) I will establish a connection with a local synagogue.

My sixth screenshot depicts my avatar reacting with aggravation at a safety barrier, a composer's wig on a podium, and a traffic cone that are blocking off a mushroom lamp situated between an hourglass and a piggy bank. My third barrier is being professionally stunted by licensing bureaucracy and laws that prohibit advancement and practice in psychedelic medicine. This ensemble represents conservative bigwigs impeding my ultimate dream of using art therapy as a non-verbal integrative tool for clients undergoing psychedelic-assisted psychotherapy. Such a barrier would not only cause me existential suffering, but would also cost me crucial time and money.

Finally, my seventh screenshot depicts my avatar passing the stone arch threshold and using the flourish reaction while sitting in a rattan armchair amidst my third list of resources and SMART goals. On top of the project table sits a first-aid kit and a document stack. Beside the project table is another mushroom lamp and an easel displaying a custom-designed painting of my business sign. Altogether, this ensemble represents me reaching the Emerald City and fulfilling my dream of opening my own business as a licensed art therapist and psychedelic facilitator. To begin achieving this dream, I plan to use these three SMART goals: 1) I will connect with the Synthesis Institute and consider enrolling in their online psychedelic facilitator licensing program, 2) I will stay connected with Southwestern College's monthly Psychedelic Studies virtual groups for updates about new advancements and opportunities within the field, and 3) I will attend the annual Psychedelic Summit in Denver to learn more about advancements and opportunities within the field.