

IT'S MAGIC MONDAY!: MARCH 1, 2021!

This month we honor a Woman of Mercy who exemplifies that a Mercy Girl is committed to service to others, justice in the world and who is proud of her school. Cathy Krastel Goucher, LCPC '90 says she is "proud to be a Mercy Girl, striving every day toward these lofty ideals with strength and courage."

Name: Cathy Krastel Goucher, LCPC '90

Post Mercy Education:

- B.A., Psychology and Fine Art, Studio, College of Notre Dame of Maryland, 1994
- M.A., Art Therapy, The George Washington University, 1996

Personal and Professional Achievements:

I have worked professionally as a nationally credentialed, Maryland licensed clinical art therapist for over 20 years in special education settings, including Kennedy Krieger Schools, St. Elizabeth School, and Baltimore County Public Schools. It was while a student in **Ms. Jeanne Blakeslee's** *Introduction to Psychology* class that I discovered the field of art therapy, a perfect blending of my creative interests and my then growing love of psychology and the brain.

In 2010 I helped co-found and continue to co-administrate [Make Studio](#), a professional studio space in Hampden for adults with disabilities to work, exhibit, and earn income as professional artists. Being involved in this organization is incredibly rewarding as we work tirelessly as a community to provide workshops, events, and other accessible opportunities through which the broader community can co-create, socialize, and work together with us to build a more inclusive Baltimore. Make Studio manifests my broad belief in the power of art, and in both process and product, to be transformative in lives.

My belief that art powerfully and directly connects individuals to internal experiences and provides a potent point of connection to others further directs and nourishes my concurrent work at Notre Dame of Maryland University, where I founded the Art Therapy B.A. and M.A. Programs in 2018. The programs have now become Art Therapy Department, where I teach, serve as department chair, undergraduate program director, and the field instruction coordinator. Our department's programs are the only offered in Maryland. To date, we have graduated three Women's College students (B.A. in Art Therapy), four Graduate Students (M.A. in Art Therapy), and have grown in only two years' time to an enrollment of 33 in the department! Proudly, our M.A. graduates, having passed their national board credentials exams, are now in the process of receiving their LGPAT, Maryland's Graduate Professional Art Therapist licenses, beginning professional practice in our state.

I continue to be a Baltimore City resident, happily residing in Charles Village for many years. My husband, Jason, a Baltimore City firefighter, and I have been married for 23 years and are raising two creative teens, both musically talented, and one with an eye on theater like her successful actor-Aunt, **Karen Krastel Peakes, '93**. When blessed with down time, I enjoy gardening, both at home and in a Baltimore City Farms community garden, tinkering in the kitchen, and canning.

Were there any Mercy faculty members who especially impacted your life? Why?

Ms. Cindy Magruder was the BEST advisor of them all and I continue to be grateful for her support! **Ms. Amy Gibson** pushed me as a writer and thinker. **Ms. Jeanne Blakeslee** introduced me to psychology and neuroscience. **Senor Gerardo Gómez** consistently provided a welcoming, yet challenging studio environment. And I still think surprisingly frequently of **Sr. Marie Foley, RSM (RIP)** and her *Future Studies* class.

What is your favorite Mercy memory?

I have so many favorite Mercy memories!

Learning to type (!) in the incredible heat and tight quarters of the typewriter lab.

I benefited from having an incredibly helpful mentorship with **Sr. Mary Jacque Benner, RSM (RIP)**, through which I discovered that I did not want to be a studio artist outright or a children's book illustrator.



I loved being a Field Day Costume Captain—kernels of art therapy training to be sure- embracing found materials, working with lots of friends and different ideas, and making the impossible out of paper, cardboard, and fabric scrap materials! Triumphant through the year of the disastrous yellow brick road was also formative!

And I loved wearing the distinctive beer bottle brown skirt and saddles... carefully rolling my skirt to the desired length...and having pastel colored, often decorated/wrapped, lockers.

Were there any classes you took at Mercy that stand out to you? Why?

Having an opportunity to take *Latin*, what I recall now as a remarkably culturally inclusive *Women in Literature* course, the *Mentor Program*, *Future Studies*, and *Introduction to Psychology* all stand out in my memory and continue to inform me personally and professionally.