

Water & Stone CAT Conference 2022 Schedule

In-Person and Online Workshops!

1 Clock Hour = 1 LCAT CE Contact Hour

If you want to register for some in-person workshops and some online in the same day, please make sure you have enough time between to get to where you need to be. 😊

We will not have room at the in-person venue for people to stay and take workshops online.

Friday June 10

IN-PERSON

9:00-12:00pm

Introduction to the Social Dream Matrix

Special Location: Ripley Grier Studios

3 CE Hours

Marianne Gunther, ATR-BC, LCAT

The Social Dream Matrix, pioneered by Gordon Lawrence in 1982, is a practice of listening to dreams within a social space. We will listen to each other's dreams, make an art response, followed by open discussion of the symbols, and themes which reflect this year's conference focus.

1. Participants will be able to describe 3 key components in conducting the SDM.
2. Participants will be able to compare and contrast 2 aspects of the SDM process to traditional didactic dream analysis
3. Participants will be able to identify 3 benefits of SDM during the current global pandemic
4. Participants will be able to list 3 clinical settings that could benefit from SDM.

9:15-10:45

Curiosity Mindset for Better Mental & Physical Health: Barbells

Special Location: Sara Carr Fitness

1.5 CE Hours

Emery Mikel, MA, LCAT, ATR-BC

Sara Carr (Special Guest!)

No experience with barbells necessary!

Learn something new about the connection between your mindset and physical fitness. In this 90-minute class, Sara, Emery's weightlifting coach, will lead us through warm ups and hands on experience with a barbell. You'll get to try something different and exciting while getting in some strength training! Emery will be doing the workout with you and will send out information beforehand about cultivating a mindset that supports your physical fitness and mental health. While no experience is necessary, we will be lifting weights, so use your best judgement (or ask your doctor) if you don't have at least an occasional practice that moves your body. It's your responsibility to judge your limits and ability to do this workshop. We are going to have a fun and be active time!

1. Participants will be able to list 2 benefits of cultivating a curious mind.
2. Participants will be able to define beginner's mind.
3. Participants will be able to describe 2 ways physical and mental health are connected.
4. Participants will be able to name 1 way they can bring what they learn about mindset or physical fitness into their work with clients.

11:00-12:00pm

Curiosity Mindset for Better Mental & Physical Health: Flexibility and Mobility

Special Location: Sara Carr Fitness

1 CE Hour

Emery Mikel, MA, LCAT, ATR-BC

Sara Carr (Special Guest!)

No experience necessary!

Great for everyone interested in ways to move your body and support physical fitness. In this 60-minute class, Sara, Emery's weightlifting coach, will lead us through warm ups and a workout that focuses on flexibility and mobility. You'll get to try something different and fun while getting your body moving! Emery will be doing the workout with you and will send out information beforehand about cultivating a mindset that supports your physical fitness and using curiosity to try something new or keep a practice going. While no experience is necessary, we will be engaging in a physical fitness class, so use your best judgement (or ask your doctor) if you don't have at least an occasional practice that moves your body. It's your responsibility to judge your limits and ability to do this workshop. We are going to have a fun and be active time!

1. Participants will be able to list 2 benefits of cultivating a curious mind.
2. Participants will be able to define beginner's mind.
3. Participants will be able to describe 2 ways physical and mental health are connected.
4. Participants will be able to name 1 way they can bring what they learn about mindset or physical fitness into their work with clients.

1:30-3:30pm

Soma/Role: Somatic Externalizing & Dramatic Form

2 CE Hours

Atara Vogelstein, MA, LCAT

This workshop seeks to invite you to create from within, by attuning to your bodily sensations and externalizing these into aesthetic, tangible, or interactive forms. Fusing drama therapy, somatic processing, and guided meditation, Atara intends to share a process that can be utilized in clinical interventions and somatic self-care.

1. Participants will be able to describe 1 application of somatic based interventions in therapy.
2. Participants will be able to identify 1 use of somatic attunement in processing counter-transference or within clinical supervision.
3. Participants will be able to define "externalizing" and its use in creative arts therapy or 1 clinical setting.
4. Participants will be able to create 1 ritual from the workshop (i.e. somatic attunement, movement exploration, artistic creation) for use in personal self-care or clinical practice.

2:00-5:00pm

Holistic Art Therapy: Embracing Your Superpowers

3 CE Hours

Melanie Biscuiti LCAT, ATR-BC

Morgan Gaydos LCAT, ATR-BC

Participants will explore mind-body connections with an overview of scientific research linking healing effects of positive intentions and the brain. Workshop will focus on compassion, intentions and intuition as a Superpower. Reiki with visualizations will be offered to open a pathway towards inner wisdom bringing awareness to powerful intuition.

1. Participants will be able to Identify 2 benefits of mind and body wellness.
2. Participants will be able to Identify 2 centering and grounding techniques.
3. Participants will be able to List 2 reasons self-care as a facilitator is important.
4. Participants will be able to Identify the 2 benefits of art therapy and reiki.

4:00-7:00pm

SAORI Arts: Weaving Self-Compassion

3 CE Hours

Erin McSorley, LCAT

Ria Hawks, MS, CPNP

Jane Bloom

Learn the basics of using a SAORI loom and other weaving modalities, using simple household materials. This experience will illustrate how the SAORI method has opened pathways for weavers world-wide to practice and teach self-compassion through mindful expression, without any expertise or special abilities necessary.

1. Participants will be able to identify the 4 SAORI Principles.
2. Participants will be able to describe 3 ways that the SAORI methods parallel the tenets of mindfulness-based therapies.
3. Participants will be able to describe one way that the SAORI weaving methods may be adapted to make them more accessible to weavers with various types of disabilities.
4. Participants will be able to teach the SAORI circle weaving method to at least one other person.

ONLINE

9:00-11:00am

Sustainable Resilience Holistic Method Mid-Post COVID

2 CE Hours

Rand Chaaban LCAT

The workshop aims to present the concept of sustainable resilience in the Holistic Method (Play, Art and Creativity Therapy) and its effectiveness on mental health, especially in facing Covid-19 pandemic, during and post infection. A case study will be presented where I offered help by implementing some exercises for the Holistic Method; moreover, to show the importance of sustainable resilience and its effect on the physical & psychological immunity during the pandemic.

1. Participants will be able to state 1 way sustainable resilience helps people bounce back after adversity.
2. Participants will be able to name 2 ways Holistic Method exercises reduce the symptoms of Covid-19.
3. Participants will be able to describe at least 1 way sustainable resilience reinforces physical or psychological immunity
4. Participants will be able to define "sustainable resilience" as it relates to Covid-19 and the recovery process.

9:00-11:00am

The Art of Being Alone: Art in Response to COVID19

2 CE Hours

Julia Volonts LCAT, ATR-BC

This workshop will present on The Art of Being Alone project, a series of online art therapy workshops that explored collage as a creative approach to self-care during COVID-19. This project was developed in February 2021 in collaboration with Paris Collage Collective, a leading international online collage community.

1. Participants will be able to outline 3 strategies for facilitating art therapy groups within a virtual space.
2. Participants will be able to apply 1 art making experiential as tool to explore their response as clinicians to the pandemic.
3. Participants will be able to describe at least 1 way to acquire clients from around the world via collaboration with an outside affiliation.
4. Participants will be able to identify 2 areas of interest they have for working online and with a global community.

12:30-3:30pm

The Quantum Correlations of Healing Imagery

3 CE Hours

Edward A. Regensburg ATR-BC,CHt.,LCAT

Awaken to the sub-atomic level of vibrant health that is expressed through imagery and mindful intention. Learn to access, identify and direct this healing energy of creativity in your work helping others and yourself!

Now more than ever it is imperative to connect, heal and grow!

1. Participants will be able to identify the 4 universal definitions of art, therapy, healing and transformation through art.
2. Participants will be able to list at least 2 forces at work during the healing process
3. Participants will be able to recognize 3 mindful techniques to discriminate personal reaction from intuition
4. Participants will be able to explain 2 ways art can be used as an instrument for healing and transformation

12:30-3:30pm

Easy Stress Management Techniques for Wellbeing

3 CE Hours

Shoshana Averbach, LMSW, MA, MT-BC, LCAT, CDP, CCM, CECF

Distress and eustress challenge clients and clinicians to grow and seek help. Learn about physiological responses and the basics of 3 easy, user-friendly, and effective modalities that reduce emotional charge: EFT, Emotional Freedom Technique, and TAT, Tapas Acupressure Technique, and/or PSTEC, Percussive Suggestion Technique. Included also: research and creative expression.

1. Participants will be able to identify at least 2 stressors in their clients' lives.
2. Participants will be able to identify 1 benefit and 1 harmful effect of stress.
3. Participants will be able to evaluate the effect of using Emotional Freedom Technique for managing stress by rating themselves on a 10-point scale.
4. Participants will be able to evaluate the effect of using Tapas Acupressure Technique to manage stress by rating themselves on a 10-point scale.

4:30-6:30pm

De-Roling the Therapist

2 CE Hours

Cass Manalastas, LMHC

Participants will use drama therapy's role theory to examine the intersections of their role as therapist with their own mental health wellness. Participants will engage in dramatic techniques (oral and written) to gain insight into their self-care/community care practices and enrich their holistic self outside the work.

1. Participants will be able to identify 3 characteristics of their roles as therapists.
2. Participants will be able to list at least 2 systemic and personal barriers to their own mental health wellness through role theory.
3. Participants will create at least 1 monologue that will reflect their insights about their roles as therapists alongside their roles as human beings.
4. Participants will be able to identify 1 key aspect of their life that they want to hone and enhance for their own wellness.

4:30-6:30pm

Somatic Tools to Treat Chronic Stress

2 CE Hours

Jennifer Giuglianotti, LCAT, BC-DMT

Neha Reddy, LCAT, BC-DMT, SEP

Increase awareness about how chronic stress impacts the body, brain, and behavior. Learn the impact of somatic techniques in practice with clients and ourselves. Practice some of the somatic tools shared during the workshop for embodied learning, and learn about the importance of interoception in therapy.

1. Participants will be able to Identify 4 ways in which chronic stress affects your body, brain and behavior.
2. Participants will be able to identify 3 benefits of using somatic tools to treat chronic self with clients and for therapists to use with themselves.
3. Participants will be able to practice 3 somatic tools to treat chronic stress.
4. Participants will be able to define interoceptio.

Saturday 6/11

IN-PERSON

9:30-12:30pm

Remaining Centered in Chaos

3 CE Hours

Lisa Hope, LCAT, LADC, ATR-BC, MAC

The best self care is to remain centered and grounded. How do we do that when pulled apart through traumatic times and chaos? What do we need for ourselves to truly sustain what we need?

1. Participants will be able to identify at least 1 strategy to remain centered.
2. Participants will be able to identify at least 1 individualized countertransference conflict that creates conflict.
3. Participants will be able to identify at least 1 strategy to plan ahead of conflict.
4. Participants will be able to identify at least 1 strategy to return to center in moment

1:30-4:30pm

Creating art for spiritual self-reflection

3 CE Hours

Eunice Yu, LCAT, ATR-BC

When overwhelmed by life's demands, what drives you to show up for clients? What core values and beliefs inspire your work? Accessing our spiritual self might help ground thoughts, listen and connect to our heart and nurture the soul. Let's gather to reflect, write and create art for this topic.

1. Participants will be able to name 3 differences between core values and core beliefs.
2. Participants will be able to list 5 subjective qualities of lines.
3. Participants will be able to describe 3 ways mindfulness relates to spirituality.
4. Participants will be able to state 1 way the experiential helped inform their work.

5:00-7:00

Promoting Use of Digital Media in Creative Spaces

2 CE Hours

Shannon Halligan, LCAT

Nicole Pertelesj, LCAT

Samara Matityahu, LCAT-P

In this workshop, we will show you how to access and utilize digital media and images as a coping tool and for expression and self-care. We will be learning how one can create their own memes while combining Jungian Archetypes and pop culture archetypes as tools for personal expression.

1. Participants will be able to identify at least 2 ways people used digital media to cope with their mental health during the global pandemic.
2. Participants will be able to utilize 2-3 digital art techniques for working with their own clients.
3. Participants will be able to recognize 2-3 ways to adapt this approach to diverse backgrounds and populations.
4. Participants will be able to list at least 4 ideas for working with their own clients.

ONLINE

9:00-11:00am

Arts-Based Wellness Within a Healthcare Setting

2 CE Hours

Deborah Brass, MS, ATR-BC, LCAT

Karen Codd, MPS, ATR-BC, LCAT

Presenters will share their work developing an arts-based wellness support program for Healthcare workers within a hospital setting. Participants will learn about the emotional well-being needs of the population, the benefits of an Art Therapy-based Wellness approach, and how to apply principles of CAT within a medical model setting.

1. Participants will be able to identify and name 3 emotional well-being needs commonly experienced by healthcare workers.
2. Participants will be able to recognize and compare 3 similarities and differences between the medical model and creative arts therapy approach to well-being.
3. Participants will be able to design/plan 1 arts-based wellness session for healthcare workers
4. Participants will be able to identify and name 3 professional benefits of running arts-based wellness sessions in a healthcare setting.

9:00-11:00am

Music and Imagery for Self-Care

2 CE Hours

Makaria Psiliteli LCAT, MA, MT-BC

Matina Karastatira MA, HCPC

As therapists, it is vital to take care of ourselves. Music and Imagery (CM-GIM) uses both music and drawing to help us connect with our inner self/resources and strengthen the connection to ourselves as a whole. In this workshop, we will explore and experience CM-GIM as a way of self-care.

1. Participants will be able to identify 2 benefits of using Music and Imagery for Self-Care
2. Participants will be able to lead 2-minute Guided Relaxation.
3. Participants will be able to identify 2-3 musical elements that can help them find music for Music and Imagery from their own music library.
4. Participants will be able to use at least 2-3 pieces of music in combination with drawing for Self-Care.

12:00-2:00pm

The Therapist as "Sandwich Caregiver"

2 CE Hours

Lisa Mirabile LCAT ATR-BC

There are all types of Caregiver relationships: Spousal, Parental, Sibling, Family, Friend, Professional, etc. This workshop will focus on Professional, coupled with your individualized caregiving relationships aside from work. Caregiver wellness is paramount to the wellness of the individual(s) that therapists care for, both in their professional and personal life.

1. Participants will be able to define "Caregiver" both formally and informally.
2. Participants will be able to identify what Caregiver "burden" is.
3. Participants will be able to list at least 2 ways the comorbidity in physical/mental health conditions impacts care offered and Caregiver resilience.
4. Participants will be able to name 1 way Art Therapy can assist people in the role of Caregiver.

2:30-5:30pm

Extension of Self: Exploring Somatic Art Therapy

3 CE Hours

Jennifer Lepke, CLAT, LCAT, ATR-BC

The inherent role of movement and the body in art therapy invokes somatic content. Through lecture, discussion and experientials we will explore techniques of integrating movement and body awareness into art therapy. By embracing the dialogue of mind, body, and artwork we will deepen our understanding of the therapeutic relationship.

1. Participants will be able to define 3 elements of somatization.
2. Participants will be able to integrate 3 body-based art therapy techniques.
3. Participants will be able to identify 3 benefits of body-focusing techniques.
4. Participants will be able to list 5 art forms that highly utilize the movement/body.

Sunday 6/12

IN-PERSON

9:30-11:00am

Curiosity Mindset for Better Mental & Physical Health: AcroYoga A

1.5 CE Hours

Emery Mikel, MA, LCAT, ATR-BC

Emily Lesinski (Special Guest!)

No experiences necessary!

Learn something new about the connection between your mindset and physical fitness. In this 90-minute class Sara, Emery's weightlifting coach, will lead us through warm ups and hands on experience with a barbell. You'll get to try something different and exciting while not

1. Participants will be able to list 2 benefits of cultivating a curious mind.
2. Participants will be able to define beginner's mind.
3. Participants will be able to describe 2 ways physical and mental health are connected.
4. Participants will be able to name 1 way they can bring what they learn about mindset or physical wellness into their work with clients.

11:30-1:00pm

Curiosity Mindset for Better Mental & Physical Health: AcroYoga B

1 CE Hour

Emery Mikel, MA, LCAT, ATR-BC

Emily Lesinski (Special Guest!)

No experiences necessary!

Learn something new about the connection between your mindset and physical fitness. In this 90-minute class Sara, Emery's weightlifting coach, will lead us through warm ups and hands on experience with a barbell. You'll get to try something different and exciting while not

1. Participants will be able to list 2 benefits of cultivating a curious mind.
2. Participants will be able to define beginner's mind.
3. Participants will be able to describe 2 ways physical and mental health are connected.
4. Participants will be able to name 1 way they can bring what they learn about mindset or physical wellness into their work with clients.

2:00-5:00pm

Activating the Life Force

3 CE Hours

XiaoChuan Xie, LCAT, BC-DMT

Nature archetypes such as water, rock, and fire connect modern lives to our ancestral and existential selves. By embodying basic nature elements in various arts forms, clinicians will learn how to help their clients to access the natural force that transcends mere physical existence, connecting them with higher energies.

1. Participants will be able to list 3 benefits of using nature archetypes in clinical practice.
2. Participants will be able to name 3 or more nature archetypes and its clinical implication.
3. Participants will be able to identify 3 or more intermodal expressive arts interventions inspired by nature archetypes.
4. Participants will be able to use at least 2 interventions learned from workshop in clinical practice.

ONLINE

9:00-11:00am

The Concrete Jungle: A Journey with Teens

2 CE Hours

Jessica Fox, MSED, MA, LCAT, ATR-BC

Working with teenagers through a Pandemic and beyond. Discussing the increased feelings of melancholy, isolation, low self-confidence, lack of motivation and unhealthy thinking among teenagers during and after the height of the Pandemic. Utilizing images, visualizations, videos, art making and psychotherapy to create an increase in awareness, self-actualization and healing.

1. Participants will be able to name 3 benefits of utilizing these tools in your practice.
2. Participants will be able to identify 3 tools to use with teenagers in their practice.
3. Participants will be able to identify 2 feelings they experienced.
4. Participants will be able to outline 1 tool that can be used directly with self or others.

9:00-11:00am

Tackling Compassion Fatigue

2 CE Hours

Christine Atkinson LCAT, ATR-BC

Kiri Lester-Hodges, Interning Creative Arts Therapist

Compassion fatigue occurs when caregivers experience exhaustion from supporting others through traumatic and distressing times, often resulting in depression and insufficient boundaries. In this workshop, we will be going over strategies like self-care, play, and practicing presence to aid attendees in identifying and addressing compassion fatigue in themselves and others.

1. Participants will be able to identify at least 2 symptoms of compassion fatigue.
2. Participants will be able to identify at least 2 differences between self-care and self-soothing.
3. Participants will be able to list/state at least 1 benefit of practicing presence to decrease compassion fatigue.
4. Participants will be able to state at least 1 benefit of adding play into their daily routine.

11:30-1:30pm

The Art Theory of Virtual Connection

2 CE Hours

Rana Abdallah, MPS, LCAT

Javere Pinnock, MPS, LCAT

2020 challenged LCATs to embrace the virtual world. It's been around since 1997. It's become an intimate journal for some and a cross-national community for others. The virtual world is here to stay, and we will explore ways therapists can adapt these virtual tools into their toolbox.

1. Participants will be able to identify 2 virtual art therapy methods to use in order to connect with themselves and others virtually.
2. Participants will be able to compare the online therapeutic alliance with the in-person relationship.
3. Participants will be able to list 2 benefits of using virtual art platforms.
4. Participants will be able to list 2 challenges in using the virtual art platforms.

2:30-4:30pm

Bite-Sized Self-Care: Moments of Creativity & Calm

2 CE Hours

Bethany Anne Altschwager, DAT, ATR-BC, ATCS, LCAT

There is growing concern among mental health professionals about the real risks of burnout, yet there are many obstacles to practicing self-care. In this workshop, we will explore and practice bite-sized, brief art interventions for expression, relaxation, and stress reduction that can fit into our increasingly busy schedules.

1. Participants will be able to state at least 1 barrier that currently interferes with practicing self-care.
2. Participants will be able to list 3 factors that put a clinician at risk for burnout.
3. Participants will be able to name at least 2 brief interventions for self-care.
4. Participants will be able to outline a plan that includes at least 1 creative intervention to support self-care.

2:30-4:30pm

COVID MH care: Creating your own amulet

2 CE Hours

Makiko Young, MA, MPS, ATR-BC, LCAT

In this lecture/experiential, we learn an ancient way of coping w/ COVID in Japan and we will create our own amulet to cope with the on going pandemic.

1. Participants will be able to describe at least 1 way the Japanese are coping with the pandemic.
2. Participants will be able to give 1 example of the rise of Asian hate during the pandemic.
3. Participants will be able to identify at least 1 way to cope with the pandemic.
4. Participants will be able to list 3 mental health issues that the pandemic has brought.