

1 Clock Hour = 1 LCAT CE Hour

FRIDAY WORKSHOPS

6:00pm-9:00pm (3 CE Hours)

Intermodal Creative Arts Therapy Interventions with Geriatric Population

Martha Rados M.A., LCAT

As part of this three-hour experiential workshop participants will be able to learn how to integrate multiple therapeutic modalities as interventions with a geriatric population. Participants will be able to experience how to transition from intervention to another in order to empower clients to be heard and understood.

1. Participants will be able to state at least two definitions of empowerment
2. Participants will be able to name or identify at least two songs or type of music that inspires/empowers you.
3. Participants will be able to demonstrate how to transition from one modality to another and name at least two therapeutic interventions that they can use in their practice.
4. Participants will be able to identify at least two creative arts therapeutic interventions that work successfully with older adults.

Empowerment For Change in Child Psychiatry

Melanie Biscuiti ATR-BC, LCAT

Morgan Gaydos ATR-BC, LCAT

Explore Art Therapy interventions, providing children an opportunity to gain mastery over their illness and situation. Empowerment is connected to understanding one's own strength, towards self-esteem, self-worth, and self-awareness. Helping children find their voices, can allow them to better navigate the mental health system in a productive and empowering way.

1. Participants will be able to define the meaning of empowerment's it pertains to Art Therapy.
2. Participants will be able to identify 3 reasons why empowerment is beneficial in child psychiatry.
3. Participants will be able to develop 2 directives that implement empowerment with in Art Therapy.
4. Participants will be able to identify 3 age-appropriate materials for children to gain a sense of control/mastery.

6:30pm-8:30pm (2 CE Hours)

Character Cards

Megan O'Mealia MA, ATR-BC, LCAT

When we interact and meet new people we always come away with a sense of what that person's character is. Whether they were a music lover, liked to read love stories, or just liked to be near the beach with their feet in the sand. In this two hour workshop participants will use index cards to create their own character cards that they will then share with a peer in the group. Each participant will be able to get to know a bit about what their peer enjoys by just looking through their deck of character cards. This activity can be used as a ice breaker to get to know new staff members on your team at work, increase positive social interactions with patients in a group setting or 1:1.

1. Participants will be able to create at least three cards with images that describe/connect with them in some way.
2. Participants will be able to identify two benefits of character cards.
3. Participants will be able to make at least 1 connection with a peer through imagery.
4. Participants will be able to identify at least 1 way they can use this directive in their own practice.

SATURDAY WORKSHOPS

9:00am- 4:15pm (6 CE Hours)

Broken Pieces: Transforming Grief Through Pottery

Christa Brennan LCAT, ATR-BC, CASAC

Rebekah Near CAGS, LCAT

The creative process of art-making during a traumatic time of loss offers an opportunity for transformation and making connections. Individuals and communities lost in grieving, daunted by it, or blocked by the denial of it, can find their way back into the world through the arts.

1. Participants will identify at least 2 ways that expressive arts therapy is beneficial in working with individuals coping with grief and loss.
2. Participants will be able to identify at least 2 barriers commonly faced when dealing with the topic of grief and loss.
3. Participants will be able to define "kintsukuroi".
4. Participants will be able to discuss at least 1 aspect of Thanatology and making meaning of suffering.

9:00am-12:00pm (3 CE Hours)

Using the Body to Heal Chronic Stress

Jennifer Giuglianotti, BC-DMT, LCAT

Neha Reddy, BC-DMT, LCAT, SEP

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2019 Schedule Details

An introduction to chronic stress, understanding how it impacts the brain and the body, learning how using the mind and body connection is valuable in treating chronic stress, sharing case studies as examples of ways of working using dance/movement therapy tools and going over the importance of self care.

1. Participants will be able to define chronic stress and list 4 symptoms.
2. Participants will be able to identify 3 ways the body reacts when under stress.
3. Participants will be able to use 4 body based interventions when working with chronic stress.
4. Participants will be able to list 3 ways to prevent burn out.

Renewing the Caring-Self Through Response Art

Katherine Banks, MA, ATR-BC, LCAT

The Lens of The Senses: Renewing The Caring-Self Through Response Art

Managing the balance between other-care and self-care for those in the helping-caring-relationship-intense professions is vital to maintaining professional empowerment and vitality. Renewal of the caring-self requires ongoing focus on developing protective approaches, self-care strategies and focused attention to our emotional selves in order to maintain professional energy, purpose and wellness.

1. Participants will be able to identify 3-4 keys to maintaining professional resilience.
2. Participants will be able to identify 2 ways to use writing and response art as a tool/process for exploring visceral resonance to sensory responses.
3. Participants will be able to identify at least 2 ways to combine mindful compassion meditation and the response art process to aid in shifting cognitive and affective perspectives and problem solving with relational issues in their clinical and supervisory practices.
4. Participants will be able to identify 2 ways to use focused attention (meditation) on the emotional self, writing and response art.

1:15pm-4:15pm (3 CE Hours)

Compassion and Creativity

Judy Swallow MA, CRS, TEP, LCAT

The action modalities of psychodrama and playback theatre can help clients share their life experiences in a co-creative way. Groups can collaborate with structures from playback theatre and individual sessions can expand with techniques from psychodrama. Find ways you can enliven both your practice and the lives of others.

1. Participants will be able to design 1 action warmup.
2. Participants will be able to differentiate between playback theatre and psychodrama.
3. Participants will be able to identify 3 playback forms.
4. Participants will be able to identify 2 psychodramatic techniques.

The Quantum Correlations Of Imagery

Edward A. Regensburg MA, ATR-BC, CHT, LCAT

Come learn about the vibrational connection and how it is expressed through imagery. Once expressed, practice mindful intuition to learn new skills to read and direct the energy, as you build authentic spiritual connection and embrace infinite multidimensional dialogue.

1. Participants will be able to list 2 benefits of mindful art making.
2. Participants will be able to identify 2 forces that are present during art making.
3. Participants will be able to list 3 components of a human being.
4. Participants will be able to describe 2 techniques to read imagery and list them.

4:30pm-7:30pm (3 CE Hours)

Art Therapy in the Healing Process

Emery H. Mikel MA, ATR-BC, LCPAT, LCAT

Zoë Lintzeris – artist, photographer, and more!

Spend an afternoon learning about how art and art therapy can help a person through a tumultuous time in life. Emery will lead participants through a combination of self-exploration and processing while Zoë shares about her personal experience and how art helped her through a tough time in her life. See an individual's use of art as container/support/outlet/etc. through her own art and words. Learn how to guide art making outside of sessions to further support your clients and yourself.

1. Participants will be able to identify at least 2 ways art was used in a self-directed therapeutic process.
2. Participants will learn at least 2 ways to implement art into a client's time outside of therapy.
3. Participants will be able to identify 1 way to implement an element of self-directed art making into your work to help with client coping skills.
4. Participants will be able to identify 2 ways art can be used to contain emotions such as grief.

Art Therapy for Creating Boundaries for Caregivers

Jodi Wattel ATR-BC, LCAT

The purpose of this workshop is to help caregivers of mentally ill or mentally disabled family members define their roles and boundaries within a family unit. Through lecture as well as an art experiential, participants will be able to understand the different roles they play inside and outside of their family unit. Using this knowledge will encourage safe spaces, containment and boundaries to support the overall mental health and stability of the caregiver.

1. Participants will be able to identify at least 1 issue as a loved one or caretaker of someone with a mental illness or mental disability.
2. Participants will be able to identify 1 technique used to define the role of caretaker within the family unit.

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3. Participants will be able to describe at least one art therapy directive which will help a caregiver to visually define their role within the family unit.
4. Participants will identify at least 1 open ended question to create a dialogue between the therapist and client to reinforce the client's roles and boundaries as a caregiver.

Collage: Creating a Dialogue through Found Images

Julia Volonts MPS, LCAT, ATR-BC

This workshop explores collage as a therapeutic tool and its application in art therapy. Through hands-on art experiential(s), participants will develop insight on how to use collage materials in order to create a dialogue between the therapist and client.

1. Participants will be able to facilitate two collage art experientials.
2. Participants will be able to list three uses of collage material as a therapeutic tool.
3. Participants will be able to identify three populations/clients where collage is beneficial.
4. Participants will be able to state three ways collage can be integrated into their clinical practice.

SUNDAY WORKSHOPS

9:00am-12:00pm (3 CE Hours)

Big Apple Playback Theater

Mizuho Kanazawa, LCAT Big Apple Playback Theater

Experience Playback Theater and its powerful therapeutic potential. Playback Theater is the spontaneous reenactment of personal stories using drama, music, metaphor, and movement. This workshop will introduce you to Playback Theater and explore its connection and relationship to cross-modal attunement, balanced by theory, practice and performance by Big Apple Playback.

1. Participants will be able to define cross-modal attunement.
2. Participants will be able to share 1 story of challenge, struggle, or accomplishment as a therapist with another participant.
3. Participants will be able to demonstrate 2 short forms of playback theater as a therapeutic tool.
4. Participants will be able to identify one way to use playback theater form in their work setting.

Doll Making as a Method of Self Reflection

Dana Hillebrand MPS, LCAT

This workshop will outline a case study and experiential of how doll making is used to process countertransference within the empathetic treatment relationship. This response art process allows the creator to create a wrap doll of the client and use the product to inform the symbiotic experience within the relationship.

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1. Participants will be able to identify 3 clinical applications of wrap doll directive.
2. Participants will be able to form 3 questions/statements about the relational dynamics between self doll and client doll.
3. Participants will be able to list 5 intrapersonal body language qualities.
4. Participants will be able to discuss 1 way the experiential helped inform their treatment relationship.

Optimizing the Energy in Your Work Space

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

Even before a therapy session begins, the energy in the work space influences the quality of the therapist:client relationship and the therapist's wellbeing. In this workshop, participants will become aware of metaphysical aspects of their work space and maintaining energetic boundaries with their clients. Participants will also learn several techniques to maintain optimal energy and energy flow. They will also conceptualize a mission statement to direct that flow of energy.

1. Participants will be able to list 5 nontangible and metaphysical aspects of the client:therapist relationship.
2. Participants will be able to use 8 techniques to maintain clean energy in their aura as part of self-care.
3. Participants will be able to demonstrate 10 techniques to clear and clean the energy in their work space for optimal healing and client:therapist relationship.
4. Participants will be able to write at least a 2 sentence mission statement to manifest their optimal work space and clients, utilizing the principle that energy follows intention.

Guitar Improvisation for Creative Arts Therapists

David Herman LCAT, MT-BC, NRMT

We will be focusing on the use of modes as well as a new technique called 'Shape-Shifting'.

1. Participants will be able to define 3 modes such as Dorian, Phrygian and Whole Tone.
2. Participants will be able to improvise for 2 minutes each using Dorian, Phrygian and Whole Tone scales.
3. Participants will be able to use 'Shape-Shifting' techniques to improvise on the guitar for 2 minutes each for 2 different shapes.
4. Participants will be able to create a 2 bar melody using individual notes and/or their voice while teacher or student improvises using 'Shape-Shifting'.

12:15pm-2:15pm (2 CE Hours)

Tackling Immigration Trauma

Neha Reddy, LCAT, BC-DMT, SEP

An introduction to trauma, understanding how it impacts the brain and the body, learning about immigration trauma and clinician's cultural countertransference that can arise in the therapeutic space, exploring therapeutic goals and practicing creative art therapy interventions to heal trauma.

1. Participants will be able to define trauma and list 4 symptoms.
2. Participants will be able to list 4 ways provider's cultural countertransference can manifest when working with immigrants.
3. Participants will be able to identify 6 therapeutic goals when working with trauma.
4. Participants will be able to put into practice at least 3 creative art therapy interventions when working with trauma.

Nurturing the Nurturer with Creative Interventions

Sharon Itkoff Nacache, LCAT ATR BC

New mothers are an underserved clinical population despite experiencing an overwhelming amount of biopsychosocial challenges. This is a look at how an art therapist, a first-time mother herself, supports a young mother with a trauma history using creative interventions to work toward a more integrated and compassionate sense of self.

1. Participants will be able to define at least one aspect of "matrescence."
2. Participants will be able to identify 2 types of perinatal mood and anxiety disorders.
3. Participants will be able to list 3 clinical challenges new mothers face.
4. Participants will be able to name 2 benefits of using creative clinical interventions with this population.

How Do We Connect in the Mental Health Community?

Meghan Lyons, MPS, ATR-BC

Nicole Lee, LCAT, ATR-BC, RYT

Presenters will lead a Q&A with group to explore and troubleshoot ways to promote connection and build community for clinicians who work within various settings and with differing populations. Participants will be asked to actively engage in discussion and partake in a collaborative group art directive which will foster grounding and explore professional barriers within the mental health field. Empowerment will be the foundation of this workshop in order to promote a sense of unity and cohesion.

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1. Participants will be able to identify one barrier an art therapist faces in and out of the workplace.
2. Participants will be able to identify at least two symptoms of a work system that is managing vicarious trauma.
3. Participants will be able to identify two methods for building understanding and community with professionals of other fields.
4. Participants will be able to identify at least two ways to evolve professionally in mental health as a creative arts therapist ,