

Water & Stone  
2019 Schedule Details

1 Clock Hour = 1 LCAT CE Hour

Online workshops require that you have an internet connection and both audio and video capabilities.

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FRIDAY WORKSHOP

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**7:30pm-8:30pm (1 CE Hours)**

**Mandala Hugs: Working with Layers and Validation**

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

Many people use mandalas in various ways with clients. I learned about Mandala Hugs years ago in grad school from one of my favorite teachers and have since used them in many ways to support clients, end groups, and as closing projects for graduate students. Spend an hour exploring several ways to use mandala hugs in your practice.

1. Participants will be able to define “mandala hug”.
2. Participants will be able to identify 2 benefits when using this intervention with clients.
3. Participants will be able to list at least 2 ways to incorporate this into a session.
4. Participants will be able to identify at least 1 challenge, issue, or population this could be beneficial for.

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SATURDAY WORKSHOPS

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**9:30am- 11:30pm (2 CE Hours)**

**Meditation and Art Therapy**

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

Incorporating meditation into sessions offers clients new tools to use during and between sessions. Learn how to offer various meditation techniques to clients experiencing anxiety, burnout, overwhelm, etc. We will explore a combination of meditation and art interventions that can be used in conjunction in sessions.

1. Participants will be able to identify at least 2 goals in meditation.
2. Participants will be able to meditate for 1 minute or more.
3. Participants will be able to describe 1 benefit when using mediation in art therapy.
4. Participants will be able to identify 1 challenge when using meditation in art therapy.

**1:30am-3:30pm (2 CE Hours)**

**Open Studio Model: Individuals within a Community**

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

Learn more about the structure of an open studio and how it can benefit many populations. Some of the time will be spent discussing how to adapt the model for various situations or settings and there will be

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plenty of time for art making. This type of approach can give individuals a voice while still creating a community setting to work within.

1. Participants will be able to list 2 benefits of an open studio approach.
2. Participants will be able to list 2 challenges clients might have in an open studio.
3. Participants will be able to describe how they can implement 1 aspect of the open studio in their work.
4. Participants will be able to name at least 2 key elements employed by the therapist during the open studio process.

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SUNDAY WORKSHOP

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**9:30am-10:30am (1 CE Hours)**

**The Meaning of Words**

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

Words come into session verbally and visually in many ways. Have you ever really thought about the depth of meaning that can be held by even a single word? Together we will explore the nuances of a few words used often in therapy (relief, grounded, growth) and how various perceptions of those words look through art or verbal description.

1. Participants will be able to describe 2 perspectives for 1 word.
2. Participants will be able to show two versions of 1 word through art.
3. Participants will be able to describe at least 2 benefits to finding out what is behind a client's use of certain words.
4. Participants will be able to identify 2 ways to explore the meaning behind words with clients.

**10:45am-11:45am (1 CE Hours)**

**Bringing Blackout Poetry into Session: Clinical Applications**

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

Spend the workshop exploring progressively more complex ways of creating blackout poetry and learn how to incorporate these techniques into your practice. We will have plenty of art/poetry creating time as well as a chance to discuss populations and specific issues that benefit from this approach.

1. Participants will be able to explain at least 2 benefits of blackout poetry.
2. Participants will be able to describe 3 ways to use the written word in therapy.
3. Participants will be able to list 2 issues that can be addressed with poetry and image creation.
4. Participants will be able to name 2 ways they can use these approaches to find balance in their lives.