

Water & Stone  
2020 Schedule Details

1 Clock Hour = 1 LCAT CE Contact Hour

April 6 - May 3  
Early Bird Registration  
(\$30/hr)  
2-hour workshop - \$60  
3-hour workshop - \$90

May 4 - May 24  
Regular Registration  
(\$38/hr)  
2-hour workshop - \$74  
3-hour workshop - \$114

Bonus Support Options  
(\$25/hr) - No CE Hours

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3 BONUS OFFERINGS – NO CE HOURS

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**Thursday 6:00pm-7:00pm**

**Professional Support Group**

*Emery Mikel, ATR-BC, LCAT*

Join us for a moment to be in community and get support around challenges in professional life. For this hour we will explore ways to combat anxiety, overwhelm and burnout. This will be a great taste of what the weekly support groups are like with Emery and you will come away being able to breathe a little easier. (While this will be a bit more focused on the topics mentioned, in the weekly groups everything is personalized to the group members).

**Friday 12:15pm-1:15pm**

**Private Practice Group**

*Emery Mikel, ATR-BC, LCAT*

Welcome! This is a community for those in private practice, no matter the form it takes. Whether you just want 1 client or are building your own small business, you are welcome to bring questions, challenges, and celebrations here. Learn from Emery's 10+ years of experience, exchange ideas, and learn ways to stay grounded, calm, and moving forward in a way that feels good to you.

**Friday 1:30pm-2:15pm**

**Meditation and Grounding for Professionals**

*Emery Mikel, ATR-BC, LCAT*

As people who constantly hold space for others, often while they go through the toughest times in their lives, we carry a lot with us that can throw our own lives off balance. For our time together, we will use meditation and other practices to learn to ground yourself (and your clients!) in and outside of session.

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FRIDAY WORKSHOPS

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

**Fostering a Cross Cultural Connection Through Art**

*Julia Volonts*

Through lecture, art-making, and discussion, participants will develop insight into the application of art therapy research and practice on an international level. They will learn the stages of cultural adaptation and the importance of exploring one's own culture to work effectively and ethically as an art therapist abroad.

1. Participants will be able to list the five stages of cultural shock and adaptation.
2. Participants will be able to identify at least 1 art making experiential focused on exploring their own culture.
3. Participants will be able to name three strategies to bridge cross-cultural challenges.
4. Participants will be able to identify at least 2 steps in developing a project idea for a research proposal.

**2:30am-5:30pm (3 CE Hours)**

**Discover Your Wisdom with Soul Collage**

*Carla Rose*

SoulCollage® is a simple intuitive process using images, scissors and glue to create a personal deck of cards, one card at a time. After creating cards, you learn how to "read" them to access your own wisdom. SoulCollage® is best done in groups, creating a sense of community and inclusion.

1. Participants will be able to create at least 1 SoulCollage® card(s).
2. Participants will be able to identify 2 methods for "reading" their cards.
3. Participants will be able to name 3 roles of the group process.
4. Participants will be able to identify at least 1 way SoulCollage® can bring insight into aspects of self.

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

**Making Time for Feelings: Creatively Confronting a Traumatized System**

*Anna Dziechowski*

*Hesper Juhnke*

*Jennae Phillippe*

This workshop moves away from an individualized understanding of workplace challenges into how this information can empower clinicians to become agents of change. We will creatively and playfully

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address the system itself in art and drama to shift from individual responsibility for burnout towards community-supported self-care.

1. Participants will be able to identify 3 primary causes of burnout in settings.
2. Participants will be able to address 3 ways that agencies reflect the trauma of the clients served.
3. Participants will be able to name the four components of the S.E.L.F. model of trauma recovery.
4. Participants will be able to use the S.E.L.F model to identify 3 ways participants can move toward a supported self-care model of burnout prevention.

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SATURDAY WORKSHOPS

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**9:30am-12:30pm (3 CE Hours)**

**The Quantum Correlations of Imagery**

*Ed Regensburg*

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 learn 2 techniques to read imagery and list them.

**1:00pm-4:00pm (3 CE Hours)**

**Embodied Group Therapy to Treat Chronic Stress**

*Jennifer Giuglianotti*

*Neha Reddy*

An introduction to chronic stress & its link to social justice, understanding how it impacts us, learning how using the mind and body connection and the support of group therapy is valuable in treating chronic stress, and ending with the importance of self care while identifying safe spaces of belonging.

1. Participants will be able to identify 3 effects of chronic stress.
2. Participants will be able to list 3 types of stress and their properties.
3. Participants will be able to identify 3 stress reduction techniques using the body.
4. Participants will be able to state 5 benefits of group therapy in treating chronic stress.

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

**Holding a Safe Space in a Psychiatric Facility**

*Jennifer Russo*

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*Erika Obara*  
*Danielle Blackwell*

How do we in the mental health field hold and contain a safe therapeutic space within the medical model? How we offer support and advocate within a system that marginalizes the population? How do we become the container without causing burnout? Explore an open studio approach that highlights strengths and resiliences within this context.

1. Participants will be able to identify 2 benefits to using an open studio approach in a hospital setting.
2. Participants will be able to list 2 strength-based approaches to develop trust in the therapeutic relationship.
3. Participants will be able to identify 2 ways to prevent burnout.
4. Participants will be able to describe 2 tactics to create or guard a therapeutic safe space.

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SUNDAY WORKSHOPS

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**9:30am-12:30pm (3 CE Hours)**

**Metaphysics Matter! How Energy Impacts Your Work**

*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 identify 8 techniques to maintain clean energy in their aura.
3. Participants will be able to name 10 techniques to clear and clean the energy in their work space.
4. Participants will be able to write at least a 2 sentence mission statement.

**1:00pm-4:00pm (3 CE Hours)**

**Doll Making as a Method for Self Reflection**

*Dana H. Roebuck 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 write 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 state 1 way the experiential helped inform their treatment relationship.

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

**Improvisation on the Guitar for Creative Arts Therapists**

*David Herman LCAT, MT-BC, NRMT*

This program will cover the basics of guitar improvisation based on the technique of 'Shape-Shifting'. Shape shifting is a technique I've been devising over the last few years which allows guitarists to more easily improvise on the guitar using familiar shapes, finger positions as well as chords.

1. Participants will be able to play 3 different shapes on the guitar.
2. Participants will be able to play 2 different variations of each shape on the guitar.
3. Participants will be able to play 3 different modes on the guitar (ex. Aeolian, Middle-Eastern and Japanese Pentatonic).
4. Participants will be able to describe applying techniques to at least 3 different clinical situations.