

Water & Stone  
2020 Schedule Details

1 Clock Hour = 1 LCAT CE Contact Hour

April 2 – April 25  
Early Bird Registration  
(\$30/hr.)  
2-hour workshop - \$60  
3-hour workshop - \$90

April 26 - May 16  
Regular Registration  
(\$40/hr.)  
2-hour workshop - \$80  
3-hour workshop - \$120

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FRIDAY WORKSHOPS

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

**The Quantum Correlations of Imagery**

*Ed Regensburg ATR-BC, CHt, LCAT*

Learn about the vibrational, energetic 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.

**1:00-3:00pm (2 CE Hours)**

**Love, Hope, Comfort: Pandemic Music Psychotherapy**

*Andrea Frisch-Hara, LCAT, MT-BC*

During remote private practice work, my clients and I simultaneously experienced profound disruptions. Amidst unanticipated changes, opportunities for mutual transformation and shared humanity arose. Meaningful connections were maintained and deepened by embracing what is most useful when offering help. Didactic presentation includes musical examples and highlights the therapist's evolutionary journey.

1. Participants will be able to identify 2 challenges when playing music over a remote platform for therapy.
2. Participants will be able to list 3 benefits of using a remote platform for therapy.
3. Participants will be able to compare and contrast 2 ways of using music remotely.
4. Participants will be able to recognize 3 ways that sudden societal change, due to a world-wide pandemic, can impact the therapeutic relationship

OR

**2:00pm-4:00pm (2 CE Hours)**

**COVID-19, Amabie, and Hate Crime Against Asians**

*Makiko Harada (Young), MA, MPS, ATR-BC, LCAT*

During Covid, violence against Asians is getting worse. In Japan, drawing a mystical figure called amabie did a comeback 400 years later. According to a legend, amabie told folks that if they draw him, they'll be protected from plague. Participants will create their own as a way to embrace cultures.

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1. Participants will be able to describe at least 3 descriptions of what amabie is.
2. Participants will be able to facilitate 1 small art therapy workshop on combatting racism.
3. Participants will be able to explain at least 1 explanation on the relationship between covid-19 and violence against Asians.

**4:30pm-6:30pm (2 CE Hours)**

**Creating Healing Spaces in a Virtual World**

*Jennifer Lepke, LCAT, CLAT, ATR-BC*

During the Pandemic clinicians rapidly responded to the acute needs of patients. Inherently we transitioned into the unknown of tele-health. We will explore the elements of healing spaces and how to creatively translate them into a virtual dynamic. Didactic material will be presented along with community discussion and brief experientials.

1. Participants will be able to outline 5 elements of healing spaces.
2. Participants will be able to state 5 tools to bring elements of healing into a virtual space.
3. Participants will be able to identify 5 guidelines for virtual spaces.
4. Participants will be able to describe 3 techniques to integrate creative art therapy virtually.

OR

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

**Exploring Change: Music and The Future Projection**

*Annalissa Vicencio, MA, LCAT, MT-BC*

Psychodrama's future projection and myriad music therapy techniques have great capacities for empowering change and transformation. Participants will experience the integration of these modalities for applications such as (but not limited to): individual and group psychotherapy, work with addiction, dual diagnosis, eating disorders, as well as health and wellness coaching.

1. Participants will be able to name 3 ways that the psychodramatic structure of a future projection can support change processes.
2. Participants will be able to recognize at least 2 warm-up techniques from sociometry and psychodrama.
3. Participants will be able to identify at least 2 ways to integrate music therapy techniques in a future projection to support change processes.
4. Participants will be able to identify at least 2 benefits of using imagery and music in guided meditation as a warm-up to a future projection.

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**SATURDAY WORKSHOPS**

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

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

*Dana Hillebrand Roebuck MPS, LCAT, ATR-BC*

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 and client/subject 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/personal relationship.

OR

**10:00am-12:00pm (2 CE Hours)**

**Holistic Method/Aggressive Behavior**

*Randa Chaaban*

This workshop aims to investigate the effectiveness of the Holistic Method (Play-Art and Creativity Therapy) in reducing aggressive behavior among adolescents which deals with issues related to peers, hostility, shyness and the opening of talents. It relies on several pillars in which the main role is given to the body.

1. Participants will be able to recognize some the main concepts of the Holistic Method.
2. Participants will be able to compare the importance of playing and creativity in the Holistic Method.
3. Participants will be able to explain the goals of implementing the Holistic Method program.
4. Participants will be able to identify the effectiveness of Holistic Method in reducing the aggressive behavior.

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

**Hope-Centered Therapy for Lasting Change**

*Neha Reddy, LCAT, BC-DMT, SEP*

*Jennifer Giuglianotti, LCAT, BC-DMT*

Learn how a hope-focused model of Creative Arts Therapy reduces collective trauma. Therapists can use a hope-focused lens to increase immunity and maximize therapeutic progress in reducing trauma symptoms. We will embody hope through movement, art, and sound techniques to obtain its maximum benefits.

1. Participants will be able to identify 2 benefits of using a hope-focused framework in therapy.
2. Participants will be able to list 3 hope-based interventions that can be used with clients.
3. Participants will be able to identify 3 somatic signs of trauma, and recognize how hope is a useful tool to use in sessions.
4. Participants will embody/practice 2 hope-based interventions that they can use with current clients.

OR

**Holding the At Risk Child**

*Jillian Kulka LCAT, ATR-BC, CPS*

*Shannon Pearce, LCAT*

Participants will learn about the drug and alcohol prevention framework including the risk and protective factor model. Benefits of using a substance use prevention lens when working with youth will be explored. The workshop will include hands-on art experientials to process the information and connect the content to clinical applications.

1. Participants will be able to list 2 current trends in underage substance use.
2. Participants will be able to name 5 protective factors to substance use.
3. Participants will be able to name 5 risk factors to substance use.
4. Participants will be able to describe one art therapy directive and how it relates to prevention of substance use.

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**4:30pm-6:30pm (2 CE Hours)**

**The Use of Songs in a Trauma-Informed Framework**

*Maya Benattar, MA, MT-BC, LCAT*

Working with songs can help provide rich opportunities for safety, remembrance and reconnection - key needs of all trauma survivors. This workshop will begin with a brief overview of foundational trauma concepts and interactive discussion about different types of songs. Participants will then experience a multi-modal, multi-part song listening experiential.

1. Participants will be able to identify at least 3 components of a trauma-informed framework
2. Participants will be able to name at least 5 types of songs, per Levitin's framework.
3. Participants will be able to list 3 benefits to the use of songs in therapy.
4. Apply 3 methods to use/adapt songs within a trauma-informed therapy framework.

OR

**Beyond Video: Virtual Reality Remote Sessions**

*Jeff Lohrius, MA*

Move beyond flat screen video sessions and take your body and senses with you with virtual reality art therapy. This workshop will demonstrate how both therapist and client can inhabit avatars, enter into an immersive imaginal space, and make art together.

1. Participants will be able to name three challenges of using virtual reality art therapy.
2. Participants will be able to recognize how three tools within the VR art making app work.
3. Participants will be able to explain the process of setting up a VR art therapy session.

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SUNDAY WORKSHOPS

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

**Creative Arts for Resilience and Self-Nurturing**

*Shoshana Averbach, LMSW, MA, LCAT, MT-BC, CDP, Accredited Healer*

After one year since Covid19 spiked, clinicians and clients have been challenged to invent new perspectives about life, how they work, and dealing with stress. This workshop explores the deleterious effects of stress and toxic energy, fostering resilience, and using the resilient powers of creative arts to nurture and reclaim our human spirit in the face of one of the greatest challenges people have ever known.

1. Participants will be able to identify 3+ causes for burnout.(s) of creative arts they resonate the most based on their sensitivity (e.g., kinetic, aural, visual, tactile).
2. Participants will be able to utilize 5+ interventions appropriate for their particular type in #1 above for self-care as clinicians and for clients.
3. Participants will be able to define resilience and its role in healing.,identify 3+ healing aspects of creativity.

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**10:00am-12:00pm (2 CE Hours)**

**Defining the Therapeutic Relationship from Afar**

*Julia Volonts, LCAT, ATR-BC*

This workshop explores the art therapists transition from in person to distance art therapy and what that means for the therapeutic relationship. This is an opportunity to recognize the benefits and limitations of distance art therapy. Through hands-on art experientials, case examples, and discussion, participants will explore how providing distance art therapy has redefined their professional life and building a rapport with clients.

1. Participants will be able to compare changes in their work/life balance when providing distance art therapy vs. in person.
2. Participants will be able to recognize the ways transitioning to distance therapy impacts the therapeutic relationship (ie. body language, building rapport, and making the art.)
3. Participants will be able to outline two project examples of how to effectively provide distance therapy and the safety factors to consider.
4. Participants will be able to describe three benefits and limitations to distance art therapy when building the therapeutic relationship.

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

**Recognizing Your Path**

*Jessica Fox ATR-BC, LCAT*

Most things in life do not happen by chance. We are in control of many of our decisions and choices. If we do not want to do something, we will find an excuse to not do it. If we really want to do something, we will make it happen. This workshop asks you to focus on your wants. Participants will use their past mistakes as stepping stones to look at what goals they have set next. The workshop asks you to be optimistic, determined, positive and open to get ready to go on a journey of your true authentic self.

1. Participants will be able to recognize 3 things about their authentic self.
2. Participants will be able to identify 3 tools to use with clients in therapeutic setting.
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.

OR

**H.E.R.O. Unmasking: A Drama Therapy Protocol**

*Amanda Rothman*

*Elena Offerman*

*Dana George Trottier, MA, LCAT, RDT/BCT*

H.E.R.O. Unmasking is a virtual drama therapy protocol designed to support healthcare professionals in unpacking their experiences of working during COVID-19. Participants will be introduced to the theory that grounds the protocol, as well as participate in the full 90-minute workshop to experientially learn how to deliver the intervention.

1. Participants will be able to identify at least 2 ways COVID has changed the caregiving landscape.
2. Participants will be able to explain the 7 steps to facilitate the H.E.R.O. Unmasking Workshop protocol.
3. Participants will be able to describe at least 1 experience they have as a participant in the protocol demonstrating embodied empathy for how their participants may feel in receiving the intervention.
4. Participants will be able to name the 2 benefits of virtual delivery of creative arts interventions.

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**4:30pm-6:30pm (2 CE Hours)**

**Handmade Journals for Stressed Out Therapists**

*Liz Verna ATR, LCAT*

These stressful times are heavy on therapists who must address the anxiety of clients while still maintaining their own center within the chaos. This workshop includes creating a homemade journal to confide, express and de-stress using calming art journal techniques and sharing ways to keep work and life balanced.

1. Participants will be able to create a handmade journal.
2. Participants will be able to list two techniques for setting meaningful intention for art making.
3. Participants will be able to identify two personal stressors in their work as therapists.
4. Participants will be able to utilize two calming art journaling techniques.

OR

**Developing Identity and Community with Creativity**

*Dina Palma, LCAT, ATR-BC*

*Lindsay Reynolds, LP-CAT*

The creative arts will be used to highlight individual and collective voices within communities and examine experiences that shape identity, relationships with others and self-efficacy.

1. Participants will be able to identify 1 role they play in their community.
2. Participants will be able to describe 2 different personal, creative projects that can be adapted for art therapy directives clinical practice. Example 10 minutes Introductions 20 minutes Mandala Art Experiential Check-in/Say 1 word about art 30 minutes What is Grief? Clinical Applications
3. Participants will be able to identify 1 interpersonal relationship that either assisted or impeded their self-efficacy.
4. Participants will be able to identify 1 example of how they can adapt this "It" project for themselves or within their community.