CREATING POSSIBILITIES:

Art Therapy & Resilience in Contemporary Practice

THE 32ND ANNUAL ILLINOIS ART THERAPY ASSOCIATION CONFERENCE
Saturday, October 27th, 2012 | 7:30 am – 7:00 pm
The 32nd Annual Illinois Art Therapy Association Conference

We are pleased to announce this year’s 32nd annual Illinois Art Therapy Conference: “Creating Possibilities: Art Therapy and Resilience in Contemporary Practice”. The festivities will begin with a kick-off potluck and networking event at the Fulton Street Collective located at 2000 W. Fulton Street on Friday, October 26th, 2012. The conference itself will be held on October 27th from 7:30am to 4:30pm at the School of the Art Institute, Columbus Drive Auditorium at 280 S. Columbus Drive in downtown Chicago, with a closing reception from 5pm-7pm at the School’s Sullivan Galleries located at 33 S. State Street.

We have all faced challenges in our personal and professional lives. From natural disasters and economic hardships to the struggles we witness our clients face, we have all depended on our own resilience or have been testimony to someone else’s fortitude at one time or another. Join us as we explore art therapy’s role in helping people emerge from challenging times and celebrate the resilience we witness every day.

This year’s conference hosts over 30 presenters, including art therapists, dance movement and music therapists, counselors and educators, with a total of 6.5 Continuing Education Units available. Presentations, panels and workshops offered throughout the day will focus on how resilience transcends struggle and hardship, with topics such as social justice, grief and bereavement, economic struggles and contemporary art therapy practices.

With compelling presentations, workshops and panels, increased time for networking, and a location in the heart of Chicago, you do not want to miss this year’s conference.

We’re looking forward to seeing you in October!

Sincerely,

JOANNA ZAKHEM, ATR, LPC
IATA President-Elect

HEATHER LEIGH, ATR-BC, LCPC
IATA Conference Chair

IATA Conference Committee: Kelly Baza, Jackie Boulez, Therese Dewey, Katherine Houpst, Shuan Ju Lin, Andrea Kosh, Sonmeet Talwar, and Kristina Yagost

Student Volunteering Positions Available

For Directions & Hotel Information

VISIT THE IATA WEBSITE: WWW.ILLINOISARTTHERAPY.ORG

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This year’s conference theme, **CREATING POSSIBILITIES: ART THERAPY AND RESILIENCE IN CONTEMPORARY PRACTICE**, aims to focus on art therapy and its role in helping people emerge from challenging times. Regardless of the cause, we have all depended on our own resilience or have been testimony to someone else’s fortitude at one time or another. For our keynote presentation, we bring A Long Walk Home’s award winning, multimedia performance, *Story of a Rape Survivor* (SOARS). SOARS educates the community about the healing process and resiliency of sexual assault survivors. Featuring the music of Billie Holiday, Nina Simone, and Sade, sexually assaulted.\footnote{SOARS uses art and art therapy to tell one woman’s story about how she reclaimed her body, sexuality, and self-esteem after being sexually assaulted.}

In 1997, the therapist, Scheherazade Tillet learned that her older sister, Salamishah, was a rape survivor. Seeking to help Salamishah heal from sexual violence, Scheherazade turned to photography and began documenting the various stages of Salamishah’s recovery. At the end of the project, Salamishah and Scheherazade decided to team up to write and direct Story of a Rape Survivor (SOARS). SOARS is a cutting-edge theatrical experience that stars a diverse cast of women, combining photographs, video projection, dance, drama, and music, which bring Scheherazade’s photographs and Salamishah’s story to life. SOARS multimedia performance has been performed for thousands of survivors, allies, and advocates throughout the country and has become one of the most successful programs on sexual assault awareness. In 2003, the Tillet sisters co-founded A Long Walk Home, Inc., the only organization in the country that uses art therapy and the visual and performing arts to end violence against women and girls. Through national and local programs, multimedia performances, summer and afterschool youth мати, campus trainings and workshops, A Long Walk Home, Inc. has educated over 100,000 survivors and their allies to build safe communities and end gender violence.

**Closing Reception: Meet and Mingle**

The 32nd Annual IATA Conference will culminate at the Sullivan Gallery where guests will have the opportunity to connect with other professionals in the field, all while enjoying delicious refreshments and of course, artwork.

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The presentation will review basic tenets of art therapy practice and the needs of non-profit agencies can benefit from grant projects that incorporate the therapeutic arts. Current and past art therapy grant endeavors will be reviewed to illustrate the concepts presented.

**4A: In Search of Bullets and Holy Grail: Art Therapy looking in all the Wrong Places**

BRUCE I. MOON, PhD, AT-R-BC

For too long the art therapy profession has looked outside itself for validation and affirmation of its collective work. This presentation will examine observable outcomes based in the phenomena of art therapy practice in an attempt to help therapists claim evidence of their worth that is indigenous to clinical practice.

**5A: The Power of Words: Bullying, Resiliency, and Art Therapy, A Panel Discussion**

MARGARET M. McCUTCHEON, MED, AT-R-BC; KATHY J. SCHURER, MED, AT-R-BC; and KAREIN SINGELIS, MED, AT-R-BC

This panel presentation explores aggression and bullying in relation to a child’s ability to be resilient. Utilizing personal experiences, local situations, and active audience participation, the role of art therapy will be discussed in promoting resiliency.

**6B: The Wandering Uterus and the War on Women**

Art Therapy, Social Justice, and the Public Schools

SAYWEE TALMA, PhD, AT-R-BC

This workshop will introduce participants to a brief history of Hypocrisies’ myth of the “wandering uterus,” which has linked female biology to abnormality and hypersexuality and the “wandering uterus,” which first linked female biology to abnormality and hypersexuality and the effects of that may be seen in the current political discourse on the “war on women.” In this workshop, participants will explore this issue and learn about the therapeutic possibilities of this concept.

**7A: Healing Through Life Review: Music and Art Therapy Approaches in Hospice and Palliative Care**

MEG ROBB, MA, AT-R-BC, LCP; NCC and ASHLEA GERNAND, BA

In hospice work, life review can be an essential tool to help lower anxiety, elevate mood, promote communication and expression and help in the dying process. Dr. Mary Richardson Morrison (art therapist) will discuss how they each use expressive therapies to work towards these therapeutic goals with people at end of life or receiving palliative care services. Examples will be given to illustrate how patients and their families can receive therapeutic benefits by engaging in life review through art and music therapy interventions.

**7B: Discovering Resilience through Art: Art Therapy and the Family (ACT) Recovery Model**

NICHOLE BANDIT, MAAT, AT-R-BC, LCP and ELIZABETH GARDNER, MAAT, LPC

In this workshop, participants will learn how to apply the ACT therapy model in tandem with the Family Recovery Model. The workshop will focus on the importance of understanding and valued responses. Participants will explore the links between ACT therapy models and the Family Recovery Model.

**8B: Making Meaning Visible: An Experiential Approach to Helping Clients Recover Resilience**

G. ROBERT IFFY, MD, TCC-CT

This workshop will focus on the understanding of human movement potential by discussing and exploring Rudolf Laban’s work in the human body. The participants will then apply the concepts learned to their own movement potential and inner attitude toward the movement factors of flow, space, weight, and time. Application of this theory provides us with an opportunity to expand our own movement potential, thus increasing our awareness and enabling a healthier balance between exertion and recuperation, supporting our wellbeing and effective interpersonal and interpersonal connection.

**9B: Use the Art Therapy in Acceptance and Commitment Therapy (ACT)**

ASHLEY JAMISON, MAAT, AT-R-BC

Both Acceptance and Commitment Therapy (ACT) and art therapy use metaphors, experiential and mindfulness and art therapy increases ACT’s strength in helping to clarify concepts that may otherwise be difficult for the group. This workshop will explore the application of ACT and the use of art therapy as a tool to enhance understanding of the group.
Session 1: 10:45-1:15
Morning PRESENTATIONS (1A-3A)
10:45-11:45 Morning PRESENTATIONS (4A6A)
12:00-1:15 Morning WORKSHOPS (1B-3B)

1A: The Speakpeace Journey and the Art of Reconciliation
SUELLEN SEMEDEKO, MFA, ART-BC, LPC
Speak Peace American Voices Respond to Vietnamese Children’s Paintings is a collaborative project between the Peace Poets and Writers Poetry Center, the School of Art Galleries and Solidarity’s Heart, a veterans return and healing exhibition organization. This exhibit features 34 artworks on themes of peace and war paired with response poems written by American children, veterans and established artists. This exhibit provides the initial inspiration for engaging engaged community arts practices within the Northern Ireland and collaborative projects such as “Elevate” and “Lament”, which address reconciliation and remembrance and provide alternatives to the neurologically worn trauma narratives of the social body.

2A: “Small Moments”: A Relational Approach to Empowering Resilience
MICHÈLLE STINGER, MAAT, AND ABBY BLASK WILSON, MFA
This theoretically based presentation will provide attendees with a relational lens to use “small moments” to define and emphasize resilience. The presenters will conceptualize “small moments” in an attempt to connect to nonverbal communication, psychosocial aspects, and hum. An impact of the therapeutic relationship on the therapist will be discussed in the context of vicarious trauma and vicarious resilience. Utilizing this framework, presenters will explore the art therapy niche capturing on art’s ability to inspire and challenge stigma associated with trauma.

3A: Sustaining Therapeutic Arts Through Collaboration and Fundraising
KATE LUIX, MA AND LARAEE FENNHER, MS, ART-BC, HCC
Currently, financial challenges affect agencies and the people they serve. In order to sustain programs in the face of dwindling resources, art therapists may seek solutions through grant writing. This presentation will review basic tenets of grant writing while focusing on community needs and the needs of non-profit agencies can benefit from grant projects that incorporate the therapeutic arts. Current and past art therapy grant endeavors will be reviewed to illustrate the concepts presented.

1B: Art-based Supervision: A Workshop for SoR
BARBARA FUG, PhD, ART-BC, LPC
As supervisors, we ensure quality care for clients and guide art therapist’s professional development. Art-based supervision offers unique opportunities for in-depth exploration of supervisory issues. Response art used in supervision can be an effective way to give feedback to others and sustain our equilibrium and clarity. This workshop will give participants an opportunity to explore supervision issues through response art.

2B: Redefining Our Work through Artful Attention
VALKREMA NEWTON, ART-BC, LPC, AND RACHEL PRENDEESTRA, ART-BC
Balancing economic realities with those of life, workplace and family requires an art of life skillfully adapted in our field. Participants will form intentions and create a mosaic to modify their current practice of model and how to realign their work moving forward. In this interactive workshop you will use art making and dialogue to explore the changing economy, how we can contribute to an evolving field of art therapy, and ways to re invent your practice while gaining economic success.

3B: The Wandering Uterus and the “War on Women”
Art Therapy, Social Justice, and the Public School
SAWNEET SAINUAR, PhD, ART-BC
This workshop will introduce participants to a brief history of Hypocrisies’ myth of the “wandering uterus,” which first linked female anatomy to hysteria, linking sexual desire to abnormality and hypersexuality and the current political discourse on the “war on women” with a discussion on the role of art (DIY) movement, participants will create a uterus to send to their congress person to raise awareness of reproductive injustice and women’s rights, creating a critical space to address issues of violence, stigma, or discrimination, in this way creating public therapeutic cultures.

Lunch: 11:50-1:20
A catered lunch will be provided.

Session 2: 2:00-4:30
Afternoon PRESENTATIONS (7A-9A)
2:00-3:00 Afternoon PRESENTATIONS (10A-12A)
2:00-4:30 Afternoon WORKSHOPS (4B-6B)

7A: The Multicultural Truth: Do Multicultural Courses Increase Students’ Multicultural Competence
MEGAN ROBB, MA, ART-BC, LPC, NCC AND ASHREA GERMANI, BS
This presentation will present 1) a definition of the importance of practicing cultural competence in order to address ethical principles, and responsibility of the art therapy profession to provide programs to train students in this content area. The research presented seeks to answer 2) Does the required multicultural course increase student competence in awareness of social justice, knowledge and skills?

8A: Healing Through Life Review: Music and Art Therapy Approaches in Hospice and Palliative Care
MEGAN MORRISON, MAAT AND ELIZABETH BRIGGS, RM, BC
In hospice work, life review can be an essential tool to help lower anxiety, elevate mood, promote communication and express feelings. Music and art therapy were given to conduct the project with at-risk teens attending a school in a residential treatment environment. The presentation will share anecdotal stories and emotional evidence about this methodology as a form of art therapy. Participants will learn techniques to apply in life review of art and music therapy interventions.

9A: Strengths-Based Art Therapy in Schools: An Adlerian Approach to Enhancing Resilience in High-Risk Youth
NICHOLE SANDBY, MA, ART-BC, LPC AND LEALONNA GARMER, MA, LPC
Adlerian “encouragement” is used as the foundation of a strengths-based art therapy program to promote resilience in high school youth in an alternative school program. The presenters will discuss the need, process, and outcome of innovative and creative programming in an alternative school setting utilizing the American School Counselor Association (ASCA) National Model for guidance.

10A: Contemporary Art Therapy Practices: Envisioning the Future
PRESENTERS: LARIEA FENNHER, MS, ART-NC; ELIZABETH (SHELLEY) GOEBLE-PARKER, MEd, ART-BC, LCPC; JENNER RYDHO, ART-BC, LPC; SARA MILLER, MA, ART-LCPC; CATHY MOON, MA, ART-BC; KRISTINA VIEIRA, MA, LPC
MODERATOR: SAWNEET SAINUAR, PhD, ART-BC
We live in an increasingly diverse society where art therapy is being practiced in many different ways. There is no one single way to define art therapy practice. In this panel, art therapy educators and practitioners will dialogue about the diverse ways in which art therapy is being practiced in contemporary society, the challenges facing art therapy and our vision for the future of art therapy education and practice.

11A: Project Limelight: Digital Media and Creativity
G. ROBERT LYLES, III, JD, TLC-CTS
This self-published children’s author created Project Limelight, a pilot study based on his interactive book-making programs. After working successfully with children in various settings, the author added a video component to the process. In 2012, IBF apparel was given to conduct the project with at-risk teens attending a school in a residential treatment environment. The presentation will share anecdotal stories and emotional evidence about this methodology as a form of art therapy. Participants will learn techniques to apply in life review of art and music therapy interventions.

12A: Moving Beyond Grief to Growth: Art Therapy Bereavement Support Groups within a Children’s Hospital
DANIELLE EICHNER, MAAT, STACEY JUTILA BCC
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4B: Making Meaning Visible: An Existential Approach to Helping Clients Recover Resilience
USA D’INNOCENZO, JFA, MAAT
This session reviews the theme of “finding meaning” as making meaning. Informed by Recovery Model values and the presenter’s existential approach to art therapy, this directive utilizes art and poetry to help clients recover their sense of meaning and thereby strengthen resilience. Discussion will include creating an optimal environment for the directive, how it reinforces Recovery Model values, the specific qualities that are revealed and enhanced by this process, and how they support resilience in recovering people.

5B: Discovering Resilience through Exertion and Recuperation: A Process of Somatic Creativity
KRIS EIRC JORDEN, BC-DDR, LCPC, GL-CMA AND JESSICA YOUNG, BC-DDR, LCPC, GL-CMA
This workshop will focus on the understanding of human movement potential by discussing and exploring Rudolf Laban’s theory of Humane Effort, which addresses the dynamic relationship between the human nervous system and inner attitude towards the motion factors of flow, space, weight, and time. Application of this theory provides us with an opportunity to expand our movement potential, thus making us more aware of our abilities and enabling a healthy balance between exertion and recuperation, supporting our wellbeing and effective interpersonal and interprofessional connection.

6B: The Use of Art Therapy in Acceptance and Commitment Therapy
ASHLEY SANBORN, MAAT, ART-BC
Both Acceptance and Commitment Therapy (ACT) and art therapy use metaphors, experiential and mindfulness and art therapy increases ACT’s effectiveness by helping to clarify concepts that may otherwise be difficult for patient to understand. This workshop will explore the concepts of ACCEPT and how to combine them with the use of art therapy to emphasize and deliver the flexibility to groups and individuals in a therapeutic setting.
EARLY REGISTRATION ENDS OCTOBER 1

REGISTER ONLINE AT WWW.ILLINOISARTTHERAPY.ORG TODAY!
ABOUT THE PRESENTERS

JENNIFER KORDRIO, ART, LCP, currently works as a faculty member of the Adler School of Professional Psychology. She is a family therapist at Chicago’s Family Therapy Center, and an adjunct faculty member at Benedictine University. She is a certified art therapist and has been working with children and adolescents in private practice in Chicago since 2009. She has a master’s degree in psychology with an emphasis in art therapy and a Bachelor of Arts in art history from the University of Notre Dame. Ms. Kordrio is a member of the American Art Therapy Association and the Illinois Art Therapy Association. She is the author of several publications on art therapy and is a frequent speaker at conferences and workshops. She has been a contributor to the Journal of Art Therapy and has presented at many national and international conferences on topics related to art therapy and mental health.

SARA M. MILLER, ART, LCP, graduated from Northern Illinois University in 2006 with a master’s degree in Art Therapy and Counseling. After moving to Chicago in 2007, she began working in the field of art therapy, specializing in the use of creative expression to help clients achieve personal growth and well-being. She has been affiliated with Hope Children’s Hospital and the Adler School of Professional Psychology, where she has worked with a diverse range of clients, including children and families. She is a member of the American Art Therapy Association and the Illinois Art Therapy Association. She is the author of several publications on art therapy and is a frequent speaker at conferences and workshops. She has been a contributor to the Journal of Art Therapy and has presented at many national and international conferences on topics related to art therapy and mental health.

MEGAN ROBB, BA, ART-BC, LCC, is a master’s degree graduate of the Institute of Fine Arts at the University of Illinois at Chicago. She is a licensed art therapist and has been working with children and families at Hope Children’s Hospital since 2013. She has been working in the field of art therapy since 2006 and has been actively involved in many professional organizations, including the American Art Therapy Association, the Illinois Art Therapy Association, and the Institute of Fine Arts at the University of Illinois at Chicago. She is a member of the American Art Therapy Association and the Illinois Art Therapy Association. She is the author of several publications on art therapy and is a frequent speaker at conferences and workshops. She has been a contributor to the Journal of Art Therapy and has presented at many national and international conferences on topics related to art therapy and mental health.

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