

35th Annual IATA Conference

The Contemporary Landscape of Art Therapy

November 7, 2015, 9:00 AM-6:30 PM

National Mexican Museum of Art, 1852 W 19th St, Chicago, IL 60608

Keynotes

Opening Keynote: 9:40-10:40 West Wing

A Neuroscience Perspective on Trauma Work in Art Therapy: The Art is the Evidence
Gussie Klorer, ATR-BC, LCSW, LCPC



In this world of evidence-based practice and trauma informed work, what is often forgotten is the ultimate factor that has been identified in numerous meta-analytic studies of therapeutic success over the years: the connection between therapist and client is the most important factor in trauma treatment. This presentation will take a neuroscience perspective on how brain development is affected by severe trauma, and how changes in art created in therapy reflects the parts of the brain being activated during trauma recall. Tracking of the relational piece between therapist/client and client/other can be documented. The simple yet understated fact is that in evidence-based practice art therapy, the art is the evidence.

Participants will be able to:

- 1) Articulate an art therapy approach to evidence based practice.
- 2) Identify the ultimate indicator of therapeutic success identified in numerous meta-analytic studies.
- 3) Describe the impact of trauma on brain development.

Gussie Klorer is a clinician, artist, and a professor in the Graduate Art Therapy Program, Southern Illinois University at Edwardsville.

Closing Keynote: 3:30-4:30 West Wing

Embracing Difference: Culture and the Therapeutic Relationship in Art Therapy
Yasmine Awais, MAAT, ATR-BC, ATCS, LCAT, LPC



The field of art therapy is still in need of continuing discussions that problematize notions of race, ethnicity, and assumptions about difference despite recent attention to the need for cultural competency. Just as the United States is not a post-racial society because we have a Black president, our field is not ready to cease giving attention to its lack of diversity because we require a course on multiculturalism. As expressed in a 2013 call to action for increasing diversity in the field, art therapists of color can model inclusion for clients and potentially aid in the recruitment of ethnically and racially diverse art therapy students. Yasmine Awais will share expectations, challenges, and frustrations along with discoveries of identity and acceptance from the lens of a second generation Asian American of mixed ethnicities and as a student, clinician, supervisor, and professor working primarily with persons in urban communities in the United States (New York City, Chicago, Boston, Philadelphia) and internationally (Japan and Saudi Arabia).

Participants will be able to:

- 1) Describe five agent and/or target identities within themselves.
- 2) Name five agent and/or target identities in the population(s) they work with.
- 3) Identify one area of discomfort when working with cultural differences and explain one technique that will help mitigate discomfort.

Yasmine Awais is currently the Interim Director of Art Therapy Programs, Drexel University, Philadelphia and doctoral student at the Graduate Center, New York City.

Workshops

1:00-3:00 PM Board Room (attendees must pre-register and pay workshop fee)

Acting Out “acting out”: Storytelling and puppetry with in-patients with intellectual disabilities

Lisa D’Innocenzo, ATR, LPC

This workshop is based on the presenter’s work on an in-patient psychiatric unit for adults with intellectual disabilities and acute mental illness—patients who are typically “managed” primarily through behavioral interventions that do not address underlying issues of developmental trauma and attachment (van der Kolk, nd). In addition to providing practical tools for introducing puppetry to this unique population, the presenter will discuss the clinical applications and implications of studio art therapy as informed by play therapy and attachment theory. Participants will learn a simple puppet making process with minimal materials, and participate in a brief collaborative experiential.

Participants will be able to:

- 1) Define “developmental trauma” (van der Kolk, n.d.).
- 2) Identify 3 key areas of trauma-informed treatment (van der Kolk, 2005).
- 3) Make a puppet, using minimal materials.

1:00-3:00 PM Small Conference Room (attendees must pre-register and pay workshop fee)

“Beyond the Veil”: The Effects of Energy on the Wellness of the Therapist
Wendy Lauter, ATR-BC, LCPC

With education and respect for unseen energy exchange between the therapist and a client, and with a spiritual framework, the therapist will be less vulnerable to burnout, compassion fatigue and empathetic strain. In this workshop we will explore what founding theorists say about energy exchange, Melanie Klein, Carl Jung, and Carl Rogers, and look at how modern energy healers address it. Examples will be given to reframe clinical interventions in terms of their energetic effects. Finally “playing with energy” and art making will be used to help build new skills to increase wellness and self care.

Participants will be able to:

- 1) List 5 important things that contribute to the wellness of a therapist to help avoid compassion fatigue and burnout and empathetic strain.
- 2) Describe one techniques to add to their toolbox to deal with burnout, compassion fatigue and empathetic strain.
- 3) State the difference between empathy and characteristics of being an empath.

Panel

1:00-2:00 West Wing

Exploring the Scope of Community-Based Art Therapy Practice

Shelly Goebel-Parker MSW, LCSW, ATR-BC

Judy McGrath MA, PLPC

Erin McAllister

This panel seeks to generate conversation around the scope of practice when art therapists work within the landscape of community settings. Some questions we will discuss are:

- How can we best articulate the landscape and practice of art therapy when a community is the focus of our efforts? (Cleveland, 2002; Knight & Schwarzman, 2006; Timm-Bottos, 2011)
- What roles, responsibilities and competencies do art therapists need to have within this scope of practice? (Nauert, 2009; Talwar, Kapitan, Moon, & Timm-Bottos, 2015).
- What type of ethical parameters and shifts can and/or must be made when engaging in this work? (Elmendorf, 2010)
- We will share some of the learning we have obtained from research and practice in community-based settings. Our current inquiry leads us to conceptualize this less-articulated scope of practice as rich and complex. We will contextualize our own experiences, experiments and learning as we draw upon knowledge from artists, community workers and community based art therapists.

Participants will be able to:

- 1) Describe three aspects of community-based art therapy practice that distinguishes it from work in a clinical context or under a specified therapeutic relational contract.
- 2) List three competencies necessary for community-based practitioners.
- 3) Identify three ethical issues related to community- based practice.

Lectures

10:50-11:50 West Wing

Comfort in Order: Art Therapy and Autism
Holly DeRosa Walejeski, LCPC, ATR

Individuals with autism, among other neurological developmental disorders, seem to find comfort in predictability. Order, planning, and ritual prove to create a calming environment in this milieu. Art therapists have the unique opportunity to help clients create and maintain a type of visual order to their work, which may have less to do with unbridled creative expression and more to do with certainty and control.

Participants will be able to:

- 1) Identify three ways in which to set up the art therapy environment to best suit the organizational needs of people with autism.
- 2) Learn three strategies to show how visual communication can replace or augment a verbal exchange.
- 3) Identify three different visual planning frameworks in preparation for an art therapy session.

10:50-11:50 Courtyard

Anti-Memoir: Alternate Nursing Home Narratives Through Zine Making
Katharine Houpt, MAAT, ATR, LCPC
Allen Roth, BA, MA
Rubye Broom, MA
Selma Lamkin, PhD
Ariella Balkin, PsyD

An art therapist and community members of a skilled nursing facility will present their 'zine' (self-published magazine), Anti-Memoir: Perspectives from the Literary Shipyard. This presentation seeks to broaden the traditional scope of art therapy in both art material/process and intention. By using the accessible practice of combining words, images, and self-publication, our zine is a social action tool, fighting against the stigma of living in a nursing home, ageism, and the concept of "us" vs. "them."

Participants will be able to:

- 1) Learn three therapeutic benefits of creative writing as a form of self-expression.
- 2) Learn the definition, history, and purpose of a 'zine' as a social action tool, and its application for culture change in a nursing home.

3) See an example of a zine entitled “Anti- Memoir, Perspectives from the Literary Shipyard” created by nursing home residents in an art therapy group, and learn three recommendations for implementing a similar project.

10:50-11:50 Board Room

Art Therapist as a Dual Role on an Inpatient Psychiatric Unit.

Danielle Beardsley, MA, LPC, CADC, ATR

Chelsea Vilinskas, MA, PsyD Candidate

The benefits and demand of art therapy throughout the week within the inpatient hospital demonstrated a need for weekend programming. The inclusion of art therapists as regular weekend staff provides more opportunities for patient and staff rapport, progression toward personalized treatment goals, and a means to learn and process coping skills. Art therapy groups on multiple units create increased structured weekend programming and consistency and continuity of care.

Participants will be able to:

- 1) Identify the two professional roles of art therapists at Linden Oaks Behavioral Hospital.
- 2) Learn three benefits the dual role has on overall treatment of patient care and hospital programming.
- 3) Learn three recommendations to recognize the need, and opportunity to implement, the dual art therapist role in your own community.

10:50-11:50 Small Conference Room

The Supervisory Relationship: Exploring the Use of Video as an Adjunctive Tool in Art Therapy Supervision

Sze-Chin Lee, MAAT (please note this presentation may not be available for IL state ceu's)

This presentation details a graduate thesis that examines video as a tool for self-inquiry and for providing insight in art therapy supervision. The heuristic study sought to determine how the researcher-developed video journaling aids in art therapy supervision, and in developing the graduate student's emerging artist-art therapist identity.

Participants will be able to:

- 1) Define response art and name three ways in which it supports the art therapy supervisee.
- 2) Distinguish between the developmental and psychotherapy-based models, and traditional and contemporary methods of supervision.
- 3) Identify three ways in which video can be used in the supervisory relationship.

1:00-2:00 Courtyard

**Existential Art Therapy: What's Love Got To Do With It?
Bruce L. Moon, Ph.D., ATR-BC, HLM**

Tenets of existential art therapy are, 1) Being Open, 2) Doing With, and 3) Honoring Suffering. Moon (2009) argued an underlying element of each of these is love, but love seldom appears in our literature. This presentation explores art making, and by association art therapy, as an act of love.

Participants will be able to:

- 1) Describe three tenets of existential art therapy.
- 2) Discuss five attributes of love in relation to art therapy practice.
- 3) Articulate two ethical questions related to the topic.

2:15-3:15 West Wing

**“Martín Ramírez—Between Worlds”
Randy M. Vick, MS, ATR-BC, LCPC, HLM**

Although he was born 120 years earlier, 2015 was a banner year for Martín Ramírez with a commemorative stamp unveiled in the spring and the definitive book on his life becoming available in the fall. Despite the fact that he died during the early days of art therapy, his story continues to offer intriguing insights into very contemporary themes in our profession. This presentation will introduce attendees to the life and work of Martín Ramírez through a chronology that traces developments in art therapy and psychiatry that parallel his lifespan and track key milestones in the artistic legacy he left behind. The presenter will explore the artistic, cultural, historical, and clinical dimensions of the story of this fascinating artist.

Participants will be able to:

- 1) Recount four key events in the life of Martín Ramírez.
- 2) Describe at least one clinical or ethical aspect of the story presented.
- 3) Take some aspect shared from the art historical or psychiatric materials presented and relate this back to their professional practice.

2:15-3:15 Courtyard

Handmade Legacies: Using Art Therapy to Create Final Memories with Hospice Families

Katherine Gilbert, MA (please note this presentation may not be available for IL state ceu's)

With end-of-life comes the developmental task of generativity and a yearning to leave something of value behind for the next generation(s). While these legacies may take various forms, the use of art therapy to assist families with this task brings added benefits to both the patient facing death, and the family members anticipating their loss. Legacy projects facilitated by an art therapist lead to objects of

permanence, which first help the terminal patient achieve a sense of peace and then serve as transitional objects for the mourning loved ones after death.

Participants will be able to:

- 1) Identify three benefits of doing legacy work with clients.
- 2) Explain two advantages of art therapy and how it can enhance the legacy experience.
- 3) List five examples of art-based legacy projects.