American Art Therapy Association’s 52nd Annual Conference

2021 Virtual

October 23 ■ October 24 ■ December 18 ■ December 19

www.arttherapy.org
Art Tools for Art Therapy
Faber-Castell supports the American Art Therapy Association
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**STAY CONNECTED**

Join the conference conversation on social media. Use this hashtag #AATA2021 and be sure to tag the AATA’s social media accounts.

[arttherapy.org](http://arttherapy.org) | [TheAmericanArtTherapyAssociation](https://www.theamericanarttherapyassociation.org) | [@ArtTherapyOrg](https://www.twitter.com/ArtTherapyOrg)

#AATA2021

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On behalf of the American Art Therapy Association’s Board of Directors and National Office Team, welcome to AATA’s 52nd Annual Conference, *Reconnecting + Visualizing Future Pathway for Art Therapy in a Diverse Society!*

When we began planning our 2021 Conference, we had hoped to meet in person, but as the Covid-19 variants caused travel, health, and safety concerns, we decided to move our event to an all-virtual format for the second year. We thank all of you who shared your concerns and ideas in the two surveys we conducted about your attendance plans. One thing we have learned over the past two years is that our members want flexibility and options for learning. So, while we are planning to have a traditional in-person conference in the fall of 2022 in Minneapolis, MN, we will continue to offer online and virtual opportunities too!

In 2021, as the pandemic persists, so do the “new norms” from 2020. As art therapists, we continue to transform our practices—and seek new methods to keep our patients and colleagues safe. As family members, many of us continue our new routines of homeschooling, educating, learning, and working online. Many therapists are continuing to see significant increases in their caseload, as millions of people experience new stresses, anxiety, and mental health concerns.

Our members continue to rely upon resources, tools, and services that AATA provides. MyAATA, our online community continues to thrive, and has become a mainstay for idea exchange, advice, and support. The Board and National Office Team produced a *2021-2023 Strategic Plan* with five pillars of focus, anchored with a new mission and vision. We thank all our members who provided feedback and guidance throughout the process.

AATA also continued its journey to make long-term, sustainable changes within our organization and culture towards a more diverse, equitable, and inclusive community—with the vision of demonstrating equity and belonging in all aspects of the Association and in the profession of art therapy. We conducted an All-Member Meeting followed by a webinar, a series of listening sessions and an online survey to gather input. We thank all participants and encourage you to review the findings.

Recognition of art therapy has continued to advance at the state and national levels. In collaboration with our chapters, the profession has achieved stand-alone licensure for art therapists most recently in Virginia and Washington, DC, and Tennessee—with ongoing art therapy legislative activity in more than 20 states! Continuing our advocacy for strong federal behavioral health policies and in support of the arts, we partnered with the National Council for Behavioral Health and Americans for the Arts for their first-ever virtual Hill days. In addition, 19 art therapy graduate programs have been approved for external accreditation (and counting!). My thanks to our volunteers and members whose time and efforts have helped us make these milestones possible.

Thank you to our Conference Committee and presenters for their flexibility and dedication as we transitioned to a virtual format. And finally, thank you to our sponsors, advertisers, and exhibitors who graciously maintained their support this year!

We look forward to interacting with each of you during the conference at networking times and the during sessions. We hope to see you in 2022 at our annual conference and online learning events!

Sincerely,

Margaret Carlock-Russo, EdD, LCAT (NY), ATR-BC, ATCS
President, AATA Board of Directors
Dear Colleagues,

On behalf of the Conference Committee, thank you for joining us at the 52nd Annual Conference, *Reconnecting + Visualizing Future Pathway for Art Therapy in a Diverse Society!* We know this year has continued to offer significant hardship for our members and conference attendees, and we hope that this conference will be enlightening and inspirational!

If this is your first AATA conference experience, we especially want to welcome you. In the two conference surveys we conducted this year, we learned that many of you prefer the virtual approach which provides flexibility, so AATA will continue to offer more options in the future for conferences and virtual events.

We have always taken pride in the quality of our conference educational sessions and our presenters. I hope you will agree that this year’s program offers topics and issues that are timely for our profession, yet still provides the core competency content that is evergreen. **We encourage you to participate as much as you can.** The sessions included in your registration package that don’t fit your schedule in real time will remain available via the on-demand library through December 31, 2022! **You can read more about how to access the on-demand library and acquire your continuing education certificates on page 8 of this Program Guide.**

We also invite you to participate in the optional morning opportunities such as Yoga, Artmaking, and the Mindfulness/Self-Care sessions. These sessions don’t provide continuing education, but they *do* offer an inviting way to start your day in camaraderie with other attendees. The evening networking events will offer you an opportunity to meet colleagues in an informal way while discussing a variety of relevant topics. All these events are included in the detailed schedule which begins on page 16 of this Program Guide.

I want to thank our presenters who have been incredibly flexible as we moved to a virtual format. The new format required presenters to prepare their presentations earlier than normal, and to make sure it wasformatted for a virtual format. **Please take a moment to read the Conference Conduct Policy on page 7.** **We are relying on each of you to adhere to policy.** Many presenters are joining us during the virtual conference to further the discussion and to answer questions using the online chat—so please engage in the conversation!

Finally, thank you to the Conference Committee and Proposal Reviewers for their outstanding commitment and support which allowed us to pivot our conference to the virtual format. A special welcome to LaToya Pegram, MA, ATR-BC, NCC, LAC, who joined our team this year as the new Special Sessions Chair. And I offer our gratitude to the Local Arrangements Committee Co-Chairs, Clarissa Greguska, MA, ATR-BC, LPCC, Lisa Falls MFA, MPS, LPCC, ATR-BC, and the entire volunteer team in Southern California, who were very helpful in our early planning. Lastly, thank you to Kathleen Fogel-Richmond, LMFT, ATR-BC, who created this year’s conference logo art. You can find the committee members on page 8 of this Program Guide.

**Now let’s get busy, have some fun and learn a lot!**

Sincerely,

Susan Boxer Kappel, MA, ATR-BC, LCAT, CGP
2021 Conference Chair, AATA
BOARD OF DIRECTORS

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1975-1977 Don L. Jones, ATR-BC, HLM*
1977-1979 Judith A. Rubin, PhD, ATR-BC, HLM*
1979-1981 Gwendolyn L. Gibson, ATR-BC, HLM*
1981-1983 Georgiana Jungels, ATR-BC*
1983-1985 Gladys Agell, PhD, ATR-BC, HLM*
1985-1987 Sandra L. Graves, PhD, ATR-BC*
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1993-1995 Bobbi Stoll, ATR-BC, HLM
1995-1997 Virginia M. Minar, ATR-BC, HLM*
1997-1999 Deborah A. Good, PhD, ATR-BC, ATCS, LPCC
1999-2001 Marcia L. Rosal, ATR-BC
2001-2003 Shaun McNiff, PhD, ATR, HLM
2003-2005 Lynn Kapitan, PhD, ATR-BC
2005-2007 Paula Howie, ATR-BC, LPC, HLM
2007-2009 Peg Dunn-Snow, PhD, ATR-BC
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2011-2013 Mercedes Baillbé ter Maat, PhD, ATR-BC, LPC
2013-2015 Sarah Deaver, PhD, ATR-BC
2015-2017 Donna Betts, PhD, ATR-BC
2017-2019 Christianne Strang, PhD, ATR-BC

*DECEASED

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1970 Margaret Naumburg, ATR, HLM*
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1972 Elinor Ulman, ATR, HLM*
1973 Hanna Yaxa Kwiatkowska, ATR, HLM*
1974 Myra F. Levick, PhD, ATR-BC, HLM*
1975 Helen Landgarten, ATR-BC, HLM*
1976 Elsie Muller, ATR-BC, HLM*
1977 Bernard Levy, ATR, HLM*
1980 Janie Rhyne, ATR, HLM*
1981 Judith A. Rubin, PhD, ATR-BC, HLM
1983 Rawley Silver, EdD, ATR-BC, HLM*
1986 Robert E. Ault, ATR-BC, HLM*
1987 Gladys Agell, PhD, ATR-BC, HLM*
1988 Don L. Jones, ATR-BC, HLM*
1989 Felice W. Cohen, ATR-BC, HLM*
1990 Frances E. Anderson, EdD, ATR-BC, HLM
1991 Catherine “Cay” M. Drachnik, PhD, ATR-BC, HLM*
1992 Harriet Wadeson, PhD, ATR-BC, HLM*
1993 Gwendolyn L. Gibson, ATR-BC, HLM*
1994 Linda M. Gantt, PhD, ATR-BC, HLM
1995 Vija B. Lusebrink, PhD, ATR-BC, HLM
1997 Shaun McNiff, PhD, ATR, HLM
1998 Arthur Robbins, ATR, HLM
1999 Bobbi Stoll, ATR-BC, HLM
2000 Shirley Riley, ATR, HLM*
2001 Mildred Lachman-Chapin, ATR, HLM*
2002 Cathy Malchiodi, PhD, ATR-BC, LPAT, LPCC, CPAT, HLM
2004 Virginia Minar, ATR-BC, HLM*
2007 Bruce Moon, PhD, ATR-BC, LPC, HLM
2008 Laurie Wilson, ATR-BC, HLM
2009 Pat Allen, PhD, ATR, HLM
2010 Doris Arrington, EdD, ATR-BC, HLM
2011 Marcia Rosal, PhD, ATR-BC, HLM
2012 Irene Rosner David, PhD, ATR-BC, LCAT, HLM
2013 Patricia Klorer, PhD, ATR-BC, LCSW, LCPC, HLM
2014 Paula Howie, ATR-BC, LPC, HLM
2015 Randy M. Vick, MS, ATR-BC, LCPC, HLM
2016 Lynn Kapitan, PhD, ATR-BC, HLM
2017 Sarah Deaver, PhD, ATR-BC
2018 Cheryly Doby-Copeland, PhD, ATR-BC, LPC, LMFT, HLM
2019 Barbara Fish, PhD, HLM, ATR-BC, ATCS, LCPC
2020 Deborah A. Good, PhD, ATR-BC, ATCS, LPCC
CONFERENCE CONDUCT POLICY

The American Art Therapy Association (AATA) enforces the following photography and videography policy for all its attendees to protect the confidentiality, privacy, and sensitive nature of information, artwork, and associated content presented, discussed, or showcased throughout its conference. As an attendee, you have been fully informed of your consent, waiver of liability and release before the event. All attendees are required to respect the below guidelines throughout the event. The AATA appreciates your cooperation to help ensure a safe environment for everybody.

The AATA believes that using photos of its members and conference attendees in our print and web publications fosters a greater sense of community. Images from the AATA Conference help highlight the engagement, diversity, and creativity of our community. By attending the conference, you enter an area where photography and videography by AATA’s representatives may occur for this purpose. As such, you consent to the release, publication, exhibition, or reproduction of non-educational content to be used by the AATA for promotional purposes, including on its websites, blog, social media platforms, printed and electronic materials, and/or any other purpose by the AATA. Photos taken by AATA representatives will be published under a Creative Commons license. You release the AATA, its organizers, employees, vendors, and each and all persons involved from any liability and waive all rights you may have to claims for payment or royalties connected with the taking, and/or publication of photographs or videos taken by the AATA or the person or entity designated to do so by the AATA.

Due to the confidential nature of our presenters’ work shared during educational sessions and throughout the conference all conference attendees agree NOT to photograph, video, audio record, live-stream, or publish online any formal conference sessions and educational events at the AATA conference to include plenary sessions, optional, and educational sessions. If an attendee does not abide by this policy, they may be asked to leave the conference.

Our conference provides a harassment-free conference experience for everyone, regardless of gender, gender identity and expression, age, sexual orientation, disability, physical appearance, body size, race, ethnicity, religion, political affiliation, or technology choices. We do not tolerate harassment of conference participants in any form. Inappropriate or harassing sexual language and imagery is unacceptable for any conference venue, including educational and optional sessions, Twitter, and other online media. Conference participants violating these rules may be sanctioned or expelled from the conference without a refund at the discretion of the conference organizers. If you are being harassed, notice that someone else is being harassed, or have any other concerns, please contact a member of AATA conference staff immediately.

Trash Landscape

Lesson Plan for Grades 3–12
Create a beautiful landscape built on trash!

In this lesson, students explore texture in painting while reflecting on how our waste impacts the environment. Found “trash” objects are collaged on canvas to create a landscape. Utrecht Black Artists’ Acrylic Gesso provides a dramatic background, highlighting colors and metallic effects.

DickBlick.com/lesson-plans/trash-landscape

CHECK OUT NEW lesson plans and video workshops at DickBlick.com/lesson-plans.
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CONTINUING EDUCATION

After each conference day, all participants will receive a post-conference e-mail with a link to the AATA's online Continuing Education Platform. The email will provide instructions for how to attain certificates for the sessions they attended during the live-stream, as well as how to access the sessions included in their on-demand library. Remember the only on-demand sessions will be those included on the day/s of your registration package/s. Continuing Education is awarded for “contact hours.”

All sessions for the AATA Virtual Conference are equal to one (1) Unit of Continuing Education unless otherwise noted in the session description. AATA is an approved continuing education provider with the following 3 bodies:

1. ART THERAPY CREDENTIALS BOARD (ATCB) All educational sessions sponsored by AATA are accepted for continuing education by the Art Therapy Credentials Board (ATCB).

2. NATIONAL BOARD FOR CERTIFIED COUNSELORS (NBCC) AATA is also a National Board for Certified Counselors (NBCC) Approved Continuing Education Provider (ACEP Provider #5670) and may offer NBCC-approved clock hours for courses that meet NBCC requirements. Programs that do not qualify for NBCC credit are clearly identified. The ACEP is solely responsible for all aspects of the program.

3. STATE OF NEW YORK for LCATs AATA is also approved by the State of New York as a provider of continuing education for Licensed Creative Arts Therapists (LCAT) in New York.

Please refer to the session descriptions that identify which type of continuing education is offered. Sessions are marked with the following codes: ATCB, NBCC and NY LCAT. Sessions with no CE identification are not eligible. It is each attendee’s responsibility to determine whether their licensing/credentialing body will accept continuing education earned at the AATA Conference.

ON-DEMAND ACCESS: Attendees will have on-demand access to the sessions included in their conference registration package until December 31, 2022.
CONTENT LEVEL & PROGRAM TRACKS

PROGRAM TRACKS: The conference is organized into seven main subject tracks to help participants find areas of interest. Each proposal submitter must select one category to best describe their session.

1. **Clinical Approaches** – Proposals that present information on therapeutic best practices, case studies, and art therapy techniques and methods. Proposal submitters will select one of the following from this category:
   - Addictions/Substance Abuse (AS)
   - Forensics (FS)
   - Psychiatric Settings (PS)
   - Child/Adolescents (CA)
   - Geriatrics (GE)
   - School Settings (SS)
   - Medical Settings (MS)

2. **Contemporary Issues/Current Trends** – Proposals that present information in one of the following areas of interest:
   - Activism (AC)
   - Autism (AU)
   - Ethics (ET)
   - Grief/Mourning (GM)
   - Technology (TE)
   - Professional Practice (PP)
   - Trauma (TR)

3. **Education & Supervision (ES)** – Proposals that present information on updates in art therapy training and education and the latest teaching methods. Or focus on supervision techniques, and educational developments.

4. **Multicultural (MC)** – Proposals that present information about how art therapy heals diverse people, and/or increases multicultural competency by learning about cross-cultural relationships.

5. **Research/Evaluation (RE)** – Proposals that present theory and practice of clinical evaluation, the use of standardized assessments, systematic case studies, outcome studies, and all forms of inquiry, using or exploring various research methodologies.

6. **Studio & Community (SC)** – Proposals that present art studio-based approach, and how artist-centered art therapy practice and community outreach programs are designed to improve our collective well-being.

7. **Theory & Assessment (TA)** – Proposals that present studies in art therapy assessments, current research, and theoretical models which should be presented by experienced researchers.
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LMU’s Marital and Family Therapy with specialized training in Art Therapy program offers students an innovative master’s degree, integrating visual arts and psychotherapeutic skills preparing them to become marital and family therapists. Our program fosters learning as a lifelong process in which students are committed to social justice and to honoring cultural diversity. Through research and community outreach, faculty advocate for the community and the profession.

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We thank our sponsors, advertisers, and exhibitors who graciously maintained their support when we moved our conference to an all-virtual format.

THANK YOU TO OUR SPONSORS

**Sponsor Presentation by Faber-Castell**
Join Franz Spohn, a Representative from Faber-Castell, one of our conference Sponsors for a dynamic demonstration of adaptive art materials. The featured products are non-toxic and especially suitable for ease of use with a minimum of mess for a maximum of color and expression. Franz is an industry expert, a Professor of Illustration, Host and Co-Producer of Television series for PBS, Amazon Prime, and the Food & Game Channels.

**Sponsor Presentation by Blick Art Materials.** Join representatives from conference sponsor Blick Art Materials for an inspirational and fun coloring game inspired by postmodern artist Sol LeWitt, entitled “The Conceptual Art Game.” LeWitt produced approximately 1,350 “Wall Drawings,” but rarely painted one himself. He provided the concept, then collaborated with others to produce the work. In this simple game, participants receive the exact same set of instructions and materials, but they execute them according to their own interpretations.

THANK YOU TO OUR EXHIBITORS & ADVERTISERS

Visit the Virtual Exhibit Hall During These Hours to Meet Our Exhibitors and Sponsors

**Saturday, October 23**
1:10 to 1:50 pm EDT
3:35 to 3:50 pm EDT

**Sunday, October 24**
1:10 to 1:50 pm EDT
3:35 to 3:50 pm EDT

**Saturday, December 18**
1:10 to 1:50 pm EDT
3:35 to 3:50 pm EDT

**Sunday, December 19**
1:10 to 1:50 pm EDT
3:35 to 3:50 pm EDT
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SCHEDULE-AT-A-GLANCE

All program times are in U.S. Eastern Time

SATURDAY, OCTOBER 23

9:00 to 9:50 am  Optional Events - Start your day with an optional session. (Artmaking, and Reflective Mindfulness)
10:00 to 10:05 am  Welcome: Margaret Carlock-Russo, EdD, LCAT, ATR-BC, ATCS, President, AATA
10:05 to 11:05 am  Plenary Session: Overcoming Unconscious Bias presented by Yassmin Abdel-Magied
11:15 to 12:05 pm  Educational Concurrent Breakouts
12:05 to 12:20 pm  BREAK: Special Sponsor Presentation by Faber-Castell
12:20 to 1:10 pm  Educational Concurrent Breakouts
1:10 to 1:50 pm  LUNCH BREAK (Featuring the Virtual Exhibit Hall)
1:50 to 2:40 pm  Educational Concurrent Breakouts
2:45 to 3:35 pm  Educational Concurrent Breakouts
3:35 to 3:50 pm  BREAK (Featuring the Virtual Exhibit Hall)
3:50 to 4:40 pm  Educational Concurrent Breakouts
4:45 to 5:35 pm  Educational Concurrent Breakouts
5:35 to 6:35 pm  Networking Hour Sessions

SUNDAY, OCTOBER 24

9:00 to 9:50 am  Optional Events - Start your day with an optional session. (Artmaking and Yoga)
10:00 to 10:05 am  Welcome: Margaret Carlock-Russo, EdD, LCAT, ATR-BC, ATCS. President, AATA
10:05 to 11:05 am  Plenary Session: Multicultural Committee Exchange: It’s Poetic: Community and Healing in a Virtual World with David Bianchi and Lindsey Vance, ATR-BC, LPC
11:15 to 12:05 pm  Educational Concurrent Breakouts
12:05 to 12:20 pm  BREAK: Special Sponsor Presentation by Blick Art Materials
12:20 to 1:10 pm  Educational Concurrent Breakouts
1:10 to 1:50 pm  LUNCH BREAK (Featuring the Virtual Exhibit Hall)
1:50 to 2:40 pm  Educational Concurrent Breakouts
2:45 to 3:35 pm  Educational Concurrent Breakouts
3:35 to 3:50 pm  BREAK (Featuring the Virtual Exhibit Hall)
3:50 to 4:40 pm  Educational Concurrent Breakouts
4:45 to 5:35 pm  Educational Concurrent Breakouts
5:35 to 6:35 pm  Networking Sessions

WEDNESDAY, NOVEMBER 10

7:00 to 8:30 pm  Annual Scholarship, Awards and Honors Presentation and the Annual Memorial Service. Join at 6:45 pm for a special art directive with Blick Art Materials.

WEDNESDAY, NOVEMBER 17

7:00 to 8:30 pm  MC-157 | On the DEI Journey with Cultural Humility in the Art Therapy Profession| ATCB, NBCC, NY LCAT, Presented by Louvenia Jackson, PhD, MFT, ATR-BC, and Tamela Blalock, MBA, CAE, CMP, DES.

SATURDAY, DECEMBER 18

9:00 to 9:50 am  Optional Events - Start your day with an optional session. (International Shared Interest Group, Yoga and Artmaking)
10:00 to 10:05 am  Welcome: Margaret Carlock-Russo, EdD, LCAT, ATR-BC, ATCS, President, AATA
10:05 to 11:05 am  Plenary Session: Turning Up the Bullhorn: Challenging the Expected Outcomes of Art Therapists on Social Justice Issues in the Community with Berenice Badillo PhD, LMFT, ATR-BC, Jennifer Clay PhD, LMFT, ATR-BC, & Makeda “Dread” Cheatom
11:15 to 12:05 pm  Educational Concurrent Breakouts
12:05 to 12:20 pm  BREAK: Special Sponsor Presentation by Blick Art Materials
12:20 to 1:10 pm  Educational Concurrent Breakouts
1:10 to 1:50 pm  LUNCH BREAK (Featuring the Virtual Exhibit Hall)
1:50 to 2:40 pm  Educational Concurrent Breakouts
2:45 to 3:35 pm  Educational Concurrent Breakouts
3:35 to 3:50 pm  BREAK (Featuring the Virtual Exhibit Hall)
3:50 to 4:40 pm  Educational Concurrent Breakouts
4:45 to 5:35 pm  Educational Concurrent Breakouts
5:35 to 6:35 pm  Networking Sessions

SUNDAY, DECEMBER 19
9:00 to 9:50 am  Educational Concurrent Breakouts
10:00 to 10:05 am  Welcome: Margaret Carlock-Russo, EdD, LCAT, ATR-BC, ATCS, President, AATA
10:05 to 11:05 am  Plenary Session: The Covid-19 Pandemic and its Impact on Therapists and the Therapeutic Experience
12:05 to 12:20 pm  BREAK: Special Sponsor Presentation by Faber-Castell
12:20 to 1:10 pm  Educational Concurrent Breakouts
1:10 to 1:50 pm  LUNCH BREAK (Featuring the Virtual Exhibit Hall & 2 Optional Networking Rooms)
1:50 to 2:40 pm  Educational Concurrent Breakouts
2:45 to 3:35 pm  Educational Concurrent Breakouts
3:35 to 3:50 pm  BREAK (Featuring the Virtual Exhibit Hall)
3:50 to 4:40 pm  Educational Concurrent Breakouts
4:45 to 5:35 pm  Educational Concurrent Breakouts
5:35 to 6:35 pm  Networking Sessions

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Dominican University of California
Announces Masters, Post-Masters and PhD Programs in Art Therapy

Dominican University of California has become the new home for the Art Therapy Graduate Programs from Notre Dame de Namur. Located 12 miles north of the Golden Gate Bridge in San Rafael, Dominican has expanded its Graduate Program offerings with the addition of Art Therapy. Both faculty chairs, Amy Backos and Richard Carolan, have continued with the program at the new location.

The Art Therapy Department is the only one of its kind in Northern California. Dominican offers master’s level programs that qualify students for licensure as an LPCC or MFT. A Post Master’s option is also available.

Learn more: dominican.edu | graduate@dominican.edu
SATURDAY, OCTOBER 23

9:00 – 9:50 am | Optional Sessions
Start your day with an optional session before the conference day officially begins. (Not eligible for continuing education)

Option 1: Creative ‘Me-search’: Advancing your Focus on Personal and Professional Growth at the AATA 2021 Conference (Not eligible for continuing education)
Barbara Davis, PhD
The AATA virtual conference is an opportunity for art therapists to gather, learn, try new methods and bond over shared interests. With so much to offer at the click of a mouse, a little ‘me-search’ coupled with mindful art-based tasks are designed to help participants streamline their conference attendance. Handout.

Option 2: Flock Together While Apart: Birds as a Metaphor for Connecting Safely (Not eligible for continuing education)
Vickie Morgan, ATR, CMHC, Lisa Hassler Thomas, ATR, LPC, Julie Ludwick, ATR-BC, LCPC
Attendees will take part in Flock Together While Apart, a community art project Vickie Morgan designed and implemented at UNI: University of Utah Hospitals in response to the COVID-19 pandemic. Participants will have the opportunity to create their own birds and connect to the #AATA2021, #FlockTogetherWhileApart, #arttherapyorg flock. The Flock Together birds are envisioned as an embodiment of hope, connection, a wish, solidarity, and support. Click here to download the bird template for this project. Suggested Art Materials: Cardstock, Markers, Pre-printed templates, Downloadable PDF’s, all material/media welcome, none REQUIRED. Feel free to create your bird however it feels best to you.

10:00 -10:05 am | Welcome: Margaret Carlock-Russo, EdD, LCAT, ATR-BC, ATCS, President, AATA

10:05 – 11:05 am | Opening Plenary
MC-154 | Overcoming Unconscious Bias | ATCB, NBCC, NY LCAT
Yassmin Abdel-Magied
We’ve all heard about the concept of “unconscious bias,” but what does it mean? In this engaging and informative talk, Yassmin Abdel-Magied will use personal experience backed up by research to illustrate the impact of bias. She will also share what we can all do about it, so that we create a safer, fairer, and more just world for all.

11:15 am – 12:05 | Educational Concurrent Breakouts
MC-124 | Reclaiming Our Space | Intermediate to Advanced | ATCB, NY-LCAT
Kimberly Nguyen, MS, ATR-P, APCC, NCC and Vivian Mosier, MS, LPC, NCC
This workshop is for art therapists of color and allies to share anti-racist perspectives and resources for surviving racism and discrimination in the workplace. It will be a space of empathy to work creatively together and build social connections. Participants will use an artmaking process to candidly explore their own personal experiences and discuss implications and shortcomings within their professional settings and the art therapy profession. This process will help attendees dealing with racial bias fatigue to find new coping skills and support systems. Suggested Art Materials: Plastic needle, Yarn, scissors, and a Cardboard loom. Read Instructions to creating a cardboard loom.

MC-141 | Multicultural Art Therapy: Lessons Learned from a School-Based Art Therapist | Basic | ATCB, NBCC, NY LCAT
Alison Kearley, MS, ATR, LMHC, LPC
Exploration of multicultural art therapy from a school-based art therapist, including ideas for group art therapy, collaboration with school staff, and navigating cultural differences amongst therapist, school staff, and clients.

PP-108 | Creative Change Agent: Therapist as Entrepreneur | Intermediate to Advanced | ATCB, NBCC, NY LCAT
Jennifer DeLucia, DAT, ATR-BC, LCAT, Mary Andrus, DAT, ATR-BC, LPC, ATCS, Lisa Lounsbury, MA, LMFT, ATR-BC, Jessica Stallings, DAT, ATR-BC, LMHP and Rochele Royster, PhD, ATR
As collaborative leaders, social entrepreneurs generate alternative solutions, extend beyond boundaries, bridge resources and partnerships, and build on a collective desire to promote change. This panel examines social entrepreneurship through the experiences of four therapists using innovative and collaborative approaches to increase access to services and impact social change. Handout
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12:05 – 12:20 pm BREAK | Sponsor Presentation

Join Franz Spohn, a Representative from Faber-Castell, one of our conference Sponsors for a dynamic demonstration of adaptive art materials. The featured products are non-toxic and especially suitable for ease of use with a minimum of mess for a maximum of color and expression.

12:20 – 1:10 pm | Educational Concurrent Breakouts

SC-121 | Blooming Names | Intermediate to Advanced | ATCB, NY LCAT
Elia Khalaf, MA, RMHC, ATR and Deanna Barton, MA, ATR-BC
A hands-on workshop integrating floral design, poetry, and typography to honor BIPOC lives lost to gun violence, police brutality, and COVID. Together, we create a mindful space to express collective grief, explore allyship, and prioritize compassion and cultural humility using therapeutic, interdisciplinary arts practices and eco-art therapy. Suggested Art Materials: Click here for the list.

TR-35 | PTSD & Art Therapy: Clinical Approaches & Cultural Humility for Trauma Recovery | Intermediate to Advanced | ATCB, NY LCAT
Amy Backos, PhD, ATR-BC
PTSD requires specialized strategies and art therapy approaches to support healing from interpersonal violence, microaggressions and transgenerational traumas. Participants will explore stages of trauma recovery: safety, mourning/remembering, and meaning-making/post-traumatic growth. Three trauma-focused art therapy protocols will be described as well as practical applications of cultural humility in trauma-focused art therapy.

ES-20 | Art Therapy Undergraduates: Strategies for Equitable Learning Using Real Time Learning Assessment | Intermediate to Advanced | ATCB, NY LCAT
Mary Ellen Hluska, PhD, ATR-BC, CLAT
Undergraduate coursework in art therapy is geared towards majors and non-majors, who may have little exposure to arts-based experiences as a mechanism of learning. Real-Time-Learning-Assessment methods were incorporated into these experiences, resulting in the learners developing a phenomenological understanding of the content, increasing the equitable transfer of knowledge.

AC-47 | Art Therapy, Arts, and Social Movements | Intermediate to Advanced | ATCB, NBCC, NY LCAT
Jordan Potash, PhD, ATR-BC, LCPAT and Debra Kalmanowitz, PhD
Surveying how the arts are used in current social movements offers approaches for art therapy rooted in social justice. These include visualizing injustices, representing voices, bringing people together, and imagining solutions. The presenters will note where art therapy overlaps, diverges, contradicts, and complements with protest and activist art.

1:10 – 1:50 pm | LUNCH BREAK

We invite you to visit the virtual Exhibit Hall

1:50 – 2:40 pm | Educational Concurrent Breakouts

PP-101 | Mindful Art Therapy: Covid and Beyond | Intermediate to Advanced | ATCB, NY LCAT
Barbara Davis, PhD
The experiential nature of this workshop invites participants to engage in a mindful art-based activity for reducing stress and foster healthy coping. Following the exercise, participants will be invited to reflect on their experience and the practical implications of the method during the Covid-19 pandemic and beyond. Reflections can be emailed to the presenter for feedback at artandsoulconnections@gmail.com. Suggested Art Materials: Paper: Sheets of 9 x 12 or 12 x 18 white drawing paper; Pencils, Markers and Pastels: Colored Pencils; No. 2 Pencils; Thick and Thin Colored Markers (assorted colors); Chalk Pastels and Oil Pastels (assorted colors). Handout

MC-119 | Refugee and Immigrant Experiences: Eight Young Women Share Their Stories Through Photovoice | Intermediate to Advanced | ATCB, NY LCAT
Holly Feen-Calligan, PhD, ATR-BC, ATCS, Lana Ruvolo Grasser, Sara Nasser, and David Sniderman
A university-museum photovoice collaboration transitions from a focus on resettlement challenges and triumphs to an online format reflecting on lived experience during COVID-19. Participating teens demonstrated an increase in expressive skills and new perspectives, suggesting the potential of photovoice to aid the transition of other immigrants and refugees.
TE-128 | What Should We Know About Working Remotely with Clients? | Basic | ATCB, NBCC, NY LCAT
Mercedes Ballbé ter Maat, PhD, ATR-BC, LPC
This presentation intends to raise participants’ awareness on the ethical and legal responsibilities of working remotely with clients. Topics like telehealth, boundaries, self-care, and practicing within our area of expertise. HIPAA security and privacy laws will be discussed with emphasis on working remotely with clients.

MC-88 | Post-COVID-19: Virtual Art Therapy for Self-Care Using Korean Pattern of “Saekdong” | Intermediate to Advanced | ATCB, NY LCAT
Anna Seo, MEd, Nahyun Park, MEd, and KyeongA Han, PhD
This workshop utilizes the concept of balance and harmony of Korean traditional pattern “Saekdong” for art therapists' self-care during COVID19. This workshop will enhance self-awareness and balance of art therapists experiencing challenges. We will discuss practical measures that Korean philosophy as a therapeutic media in clinical implication in multicultural contexts. Suggested Art Materials: Drawing materials (pencils, colored pencils, markers, oil pastels), White paper (about letter size), 3D Materials (Fabrics, tape Red, Blue, Yellow, White colors are suggested) and Painting materials (watercolor, acrylics). Handout.

ES-130 | Perceived Barriers for Gender and Racial Minority Undergraduate Art Therapy Students | Intermediate to Advanced | ATCB, NY LCAT
Michael Jesson, MA and Ann Marie Yali, PhD
Substantial racial and gender disparities exist in the art therapy field. This study examined the perceived barriers to the field in a sample of undergraduate students studying art therapy or related fields. Both differences and similarities in these barriers were observed between underrepresented and majority students.

RE-60 | Understanding Use of Collage with Clients | Basic | ATCB, NBCC, NY LCAT
Emilie Bradley, MS, ATR-P, LPC-R, Mary Roberts, PhD, ATR-BC, ATCS, LPC-ACS, Eileen Douglas, PhD, LPC, ATR-BC and Matthew Bernier, MCAT, ATR-BC
This presentation explores what factors and considerations therapists make when deciding to use collage with clients. These factors may include topics of the Expressive Therapies Continuum, the population they are working with, what type of setting they are working in, the collage type they use, and more.

TR-38 | Trauma, Feminism, and Childbearing: Practical Applications to Contemporary Practice | Intermediate to Advanced | ATCB, NBCC, NY LCAT
Alison Silver, MPS, ATR-BC, CFTP, Nora Swan-Foster, MA, ATR-BC, Mary Kathryn Kometiani, MA, ATR-BC, LPCC and Denise Wolf, MA, ATR-BC, ATCS, LPC
Incongruencies in identity, common within the journey into motherhood/childbearing, are further impacted by trauma. This often leaves women feeling isolated during the pre, peri, and postpartum periods. These traumatic experiences are those of embodiment, where creativity becomes a resourceful healer, and traumatic hindrance can become an opportunity for change. Handout

ES-143 | So You Want to Become an Art Therapist? | Intermediate to Advanced | ATCB, NY LCAT
Joseph Scarce, PhD, ATR-BC, Michelle Pate, DAT, LCMHC, ATR-BC, Meera Rastogi, PhD, MAAT, ATR and Rachel Feldwisch, PhD, MAAT, LMHC, ATR-BC
Panel discusses the state of Undergraduate Education for art therapy and ways to integrate diversity and expanded programming in a post pandemic world.

CA-41 | Translating the Framework of Child Art Therapy for Telehealth: Paving Future Pathways | Intermediate to Advanced | ATCB, NBCC, NY LCAT
Kathryn Snyder, ATR-BC, LPC, PhD Candidate
Pandemic shutdowns necessitated shifting child/adolescent art therapy to telehealth. Case vignettes show how making the leap worked (or did not) for two children in a private practice. Theory and practice parameters are outlined, digital artmaking tools are discussed, and consideration is given to the sensory-motor aspects of art therapy.

SC-104 | A Canvas for the Community: Understanding What Matters to the Members | Basic | ATCB, NY LCAT
Danielle Moss, DAT, ATR-BC, LPC, ATCS, NCC, and Sarah Baker, MA
This presentation describes a student-completed participatory action research and arts based research mural project in a community-based setting. The purpose of the mural project was to develop a design for a public
AATA’s 52nd Annual Conference

DETAILED PROGRAM SCHEDULE

All program times are in U.S. Eastern Time

park revitalization initiative that captured an intergenerational and inclusive celebration of the community’s residents, history, and possibilities. **Handout**

4:45 – 5:35 pm | Educational Concurrent Breakouts

**PP-136 | Fostering the Male Therapist Identity through Artmaking | Basic | ATCB, NY LCAT**

Robert Belgrod, LPAT, LCAT, ATR-BC and Michael Galarraga, MS, LPC, ATR-BC, CSAC, CSOTP

Past male-centered focus groups have seen recurrent themes surrounding limiting male membership in the field and the need to promote community outreach. This revamped space is one for male art therapists to share, create, and foster sustainable professional development lenses while advocating for the male mental health professional identity. **Suggested Art Materials:** Glass bottle/jar with a lid, Paint (at least four colors), Scissors, Paintbrushes, Paint palette, Mod podge, Printmaking materials: i.e., stamps, fruits, sponges, stencils (store-bought or homemade), linoleum and linoleum cutting tools.

**MC-107 | Beneath the Surface: Visual Conversations About Race | Intermediate to Advanced | ATCB, NY LCAT**

Eileen Douglas, PhD, ATR-BC, LPC and Mary Roberts, PhD, ATR-BC, ATCS, LPC-ACS

This session will share a series of art-based workshops facilitated by an art therapist aimed at connecting community members with the history of ethnic disparity within a community. Presenters will describe the development and facilitation of workshops and discuss initial community feedback.

**TE-145 | Art Therapy After COVID-19: 2021 and Beyond | Basic | ATCB, NY LCAT**

Joshua Blair Brancheau, MPS, ATR-BC, LCAT

Art therapy will never be the same after COVID-19. As we continue to adapt to the ever-changing social norms dictated by the pandemic, we will continue to do what is necessary, to meet our clients’ needs safely and ethically. But what comes next? Art therapy after COVID-19, 2021 and beyond!

**FS-26 | Navigating New Pathways in an Evolving Statewide Art Therapy in Prisons Program | Basic | ATCB, NBCC, NY LCAT**

David Gussak, PhD, ATR-BC, Casey Barlow, MS, ATR, Evie Soape, MA, ATR, LMHC, and Anna Schubarth

This panel will provide an overview of an ongoing Art Therapy in Prisons Program and its research outcomes, demonstrating its effectiveness in overcoming systemic and situational limitations. It will also serve as an example for other states in navigating future pathways in these diverse, anti-therapeutic and marginalizing environments.
SUNDAY, OCTOBER 24

9:00 – 9:50 am | Optional Sessions
Start your day with an optional session before the conference day officially begins. (Not eligible for continuing education)

**Option 1: Creating a Calm Place (Not eligible for continuing education)**
Bethany Kepler, BS (MA in December)
As mental health professionals, the stress of our job can take a toll on our physical, mental, and spiritual health. This artmaking session will help us reflect on a place that we can be calm in. **Suggested Art Materials:** 2-D and/or 3-D materials of any variety, collage materials, paper, glue, markers, oil pastels, leaves, box, etc. I will be using encaustic on wood in the presentation and will provide different examples to spark inspiration.

**Option 2: Yoga Instructed by Catherine M. Harris, MA, ATR-BC, RYT 200 (Not eligible for continuing education).**
Catherine has been in the art therapy profession since 2007, and currently runs her own private practice HeartSpace Wellness Studio LLC. For just as long, Catherine has been practicing yoga and experiencing the benefits of meditation. As a result of this personal experience, Catherine has sought out trainings in mindfulness, yoga, and mindful self-compassion to bring these same tools into her work with clients.

10:00 -10:05 am | Welcome: Margaret Carlock-Russo, EdD, LCAT, ATR-BC, ATCS, President, AATA
10:05 – 11:05 am |MC-155 |Multicultural Committee Exchange: It’s Poetic: Community and Healing in a Virtual World | ATCB, NBCC, NY LCAT
David Bianchi and Lindsey Vance, MA, ATR-BC, LPC
This session will feature “multi-hyphenate quintessential artist” David Bianchi. Bianchi is an artist, poet, actor, and visionary. Through his spoken word he has tackled issues of race and injustice, shedding light on impactful events of our times in creative and unconventional ways. In this session art therapist Lindsey Vance will dialogue with David Bianchi to understand his healing journey as an opportunity to imagine a therapeutic sacred space that can reside in a digital world.

11:15 am – 12:05 | Educational Concurrent Breakouts
MC-16 | Revisiting Self-Narratives with Sand Play Figurines in Multicultural Intervention | Intermediate to Advanced | ATCB, NY LCAT
Vera Heller, PhD, ATR, Psychotherapist and Maria Riccardi, MA, ATR-BC
In this workshop, the participants will experience the symbolic value of sand play figurines. After choosing their representative amongst the available miniatures, they will create its imaginary journey by using geographic maps of the world as metaphors of displacement and acculturation. The resulting narrative will be shared with another person. **Suggested Art Materials:** Collage materials (glue or mat medium; scissors, magazines or and maps), Drawing materials (pencils, pens, markers, pastels), Assorted papers, and Painting materials (acrylics and brushes).

TR-132 | Art Therapy Response to Disasters With Communities in Crisis| Intermediate to Advanced | ATCB, NBCC, NY LCAT
Joseph Scarce, PhD, ATR-BC
A review of the effects of exposure to natural, and manmade disasters. A review of how to respond and provide to the needs of communities exposed to trauma, utilizing art therapy to heal, while working in communities exposed to disaster and maintaining self-care.

RE-51 | A Sustainable Art Therapy Research Strategic Plan: Insights for Next Steps | Intermediate to Advanced | ATCB, NY LCAT
Nancy Gerber, PhD, ATR-BC, Theresa Van Lith, MA, PhD and Madeline Centracchio
This presentation focuses on the next steps of a multi-phasic proposal to formalize a sustaining research strategic plan for art therapy. We will share our findings drawn from collecting, analyzing, and synthesizing data from multiple critical sources involving past and current art therapy research perspectives and practices.

12:05 – 12:20 pm BREAK | Sponsor Presentation
Join Julie Davis, a representative from conference sponsor Blick Art Materials for an inspirational and fun coloring experience.
A game inspired by postmodern artist Sol LeWitt, entitled “The Conceptual Art Game.” LeWitt produced approximately 1,350 “Wall Drawings,” but rarely painted one himself. He provided the concept, then collaborated with others to produce the work. In this simple game, participants receive the exact same set of instructions and materials, but they execute them according to their own interpretations.

12:20 – 1:10 pm | Educational Concurrent Breakouts

**PP-59 | Compassionate and Creative Practices for Self-Care | Intermediate to Advanced | ATCB, NBCC, NY LCAT**

*Barbara Parker-Bell, PsyD, ATR-BC and Patricia Isis, PhD, ATR-BC, ATCS, LMHC*

Helping professionals face challenges in balancing and sustaining care for others and themselves. When therapist care is neglected, reduced therapeutic effectiveness and therapist quality of life may result. In this workshop, participants will be provided means for exploring and supporting compassionate self-care via achievable creative strategies and mindfulness-based practices. **Suggested Art Materials:** Bring preferred media and a prepared space to support engagement in a 15-minute art process. A Padlet page, which holds images that can be used for inspiration or computer printing will be provided during session.

**AC-46 | Black Lives Matter Protest Art: Revealing Emotions | Intermediate to Advanced | ATCB, NBCC, NY LCAT**

*Jordan Potash, PhD, ATR-BC, LCPAT and Lindsey Vance, MA, ATR-BC, LPC*

A qualitative analysis of Black Lives Matter protest messages adhered to the White House in Washington DC reveal explicit expressions of anger and pride but that the protest art reflects grief. Therapists can address these different emotions in either public or private support spaces.

**SC-70 | REcreate/REcrear Community Art Studio Response to Alameda Fire and Community Trauma | Basic | ATCB, NY LCAT**

*Delaine Due, MA, ATR-BC, LAT, LPC, and Lacey Renee*

After the Alameda Fire destroyed homes and disrupted lives in September 2020, REcreate/REcrear was founded to respond to the community’s trauma. This paper outlines ideas for fellow artists, counselors, and community organizers to facilitate their own artmaking studios in response to community trauma: fundraising, art activities, logistics, and challenges. **Handout**

**MS-85 | Art Therapy And Living with Type 1 Diabetes: Alleviating Psychological Burden | Intermediate to Advanced | ATCB, NBCC, NY LCAT**

*Cara Lampron, MPS, ATR-BC*

As a pilot study we administered a questionnaire to patients living with type 1 diabetes who had engaged in one or more art therapy sessions. We found that art therapy alleviates some of the psychological burden of the disease and may have an additional benefit of improved glucose control.

1:10 – 1:50 pm | LUNCH BREAK

We invite you to visit the virtual Exhibit Hall

1:50 – 2:40 pm | Educational Concurrent Breakouts

**ET-69 | Language Is Power: Ethical Practice of Bias-Free Language to Counteract Violence/Oppression (*Part 2) | Intermediate to Advanced | ATCB, NBCC, NY LCAT**

*Lynn Kapitan, PhD, ATR-BC and Alex Kapitan*

*This session builds upon the one presented at the 2020 conference, but will still be applicable to new attendees. Because language is power, how we use language to describe, represent, and “construct” others is a pressing concern in counteracting violence and oppression. This workshop examines language reflexively within relational ethics and care. Attendees will explore bias in language on race/ethnicity, gender, and disability, and construct alternatives that serve liberation. Suggested Art Materials:** Choose paper and materials you prefer to use for self-reflection, such as drawing (pencils, pens, markers, pastels), collage (magazine/digital images, various papers, glue, scissors), painting (watercolor, acrylics), and/or sculpture (sculpey clay, found objects). **Handout**

**GE-64 | The Interviews of Geriatric Group: Therapists in Long-Term Care Facilities | Intermediate to Advanced | ATCB, NBCC, NY LCAT**

*You-Jhih Tsao MA, TRAT (Taiwan Registered Art Therapist)*

Through semi-structured interviews, this study integrates seven art therapists’ experiences and perspectives of facilitating groups for elders in long-term care facilities. Research outcomes including challenges of facilitating groups for elders, possible therapeutic factors, effects of change, and various therapists working experiences in the organization setting will be presented.
MC-2 | COVID-19 Experiences in Mexico, Israel, and U.S. through Cross-cultural Art Therapy Program | Intermediate to Advanced | ATCB, NY LCAT
Einat Metzl, PhD, LMFT, ATR-BC, RPT-S, Joyce Yip Green, PhD, LMFT, ATR-BC, Ana Laura Treviño
Three Art Therapy directors of a collaborative international summer program discuss how art therapy students were brought together to reflect on their Covid-19 experiences, explore cultural consideration of the pandemic and its aftermath, and work to serve communities through zoom supported art therapy paradigms in the US, Mexico, and Israel.

PP-92 | Knitting as Coping: Fiber Arts and Shared Trauma | Basic | ATCB, NBCC, NY LCAT
Bethany Altschwager, DAT, ATR-BC, LCAT
When therapists live and work in a community experiencing a shared community disaster (e.g. pandemic, earthquake, mass shooting) the personal, interpersonal, and vicarious impacts of the event can adversely affect their work with clients. This presentation reviews creative coping strategies, including fiber arts, to support clinicians restore grounding and self-regulation.

MS-77 | Gold Foiling Benefits with Heme/Oncology Pediatrics | Intermediate to Advanced | ATCB, NY LCAT
Leara Glinzak, MSAT, ATR-BC, LCAT
This workshop will explain the benefits of using foiling with patients, families, and staff in a medical setting specifically focused on pediatrics in hematology and oncology. Participants will learn goals achieved through case examples, the final art outcome, and be invited to engage in a foiling experiential. **Suggested Art Materials:** White drawing paper, and a black marker will be used during the session. **Optional Materials** for completing the art process after the demo in this presentation: Access to a laser ink copy machine, Either an Iron, hair straightener, or laminator, 2 pieces of computer paper, Scissors and **Minc gold foil**.

ES-106 | Using Film in Art Therapy Education and Supervision | Intermediate to Advanced | ATCB, NY LCAT
Judith Rubin, PhD, ATR-BC, HLM and Zachary Van Den Berg
Presenters will discuss how educators and supervisors can use film in teaching to demonstrate subtleties of nonverbal communication that cannot be adequately described in words alone. Participants will learn ways of using film to help students and supervisees offer art in therapy more effectively by showing practice in action.

TA-63 | The Art of Memory Reconsolidation | Intermediate to Advanced | ATCB, NBCC, NY LCAT
Noah Hass-Cohen, PsyD, ATR-BC
This presentation reviews the neuroscience of memory-based systems, while highlighting the potential of expressive arts practices for positive memory change and fear reduction. Arts protocols and interventions that demonstrate these principles focus on the role of art media. Case studies and empirically supported qualitative research examples will be provided.

Handout. **Suggested Art Materials:** Participants should have a 12" square of fabric, scraps, notions, etc., needle and thread and Elmer’s Glue. Each participant will make a quilt square that expresses something about themselves or their life. Participants are invited to mail their actual squares to the address listed, and it will be made into a group quilt. **Mail to:** The Sewing Labs, Attention: Robert Lackie, 526 Campbell, Kansas City, MO 64106. After the directive is completed, participants will decide what to do with the finished quilt.

MC-138 | Homeless Humbly Help Hospitals: The Intersection of Cultures in Treatment through Sewing | Intermediate to Advanced | ATCB, NBCC, NY LCAT
Beth Gonzalez-Dolginko, EdD, ATR-BC, NYS LCAT and Robert Lackie, MS, ATR-BC, LPC
The history of sewing and fabric arts as related to culture is presented, including research on clinical applications of sewing in the literature. The authors will present their own data-based research concerning therapeutic programming incorporating sewing into the treatment. **Handout. Suggested Art Materials:** Participants should have a 12" square of fabric, scraps, notions, etc., needle and thread and Elmer’s Glue. Each participant will make a quilt square that expresses something about themselves or their life. Participants are invited to mail their actual squares to the address listed, and it will be made into a group quilt. **Mail to:** The Sewing Labs, Attention: Robert Lackie, 526 Campbell, Kansas City, MO 64106. After the directive is completed, participants will decide what to do with the finished quilt.

MC-53 | Working with Left-Behind Children in China: The Power of Art and Storytelling | Basic | ATCB, NY LCAT
Ziyi Su, MA, ATR-BC
In China, more than 68 million left-behind children (LBC) face long-term separation with their migrant parents. In a virtual, art-based, social-emotional learning program, LBC from a rural elementary school creatively communicated difficult emotions through art and storytelling. This paper
highlights the phenomenological findings and presents useful facilitating strategies.

**RE-61 | Artmaking During a Global Pandemic: A Collaborative Autoethnography** | Basic | ATCB, NY LCAT
Joyce Yip Green, PhD, LMFT, ATR-BC, Sarah Heller, MA, AMFT, Parisa Frost, MA, AMFT, and Eva Wang, MA, AMFT
Artmaking during pandemic could increase personal wellness, self-understanding, and emotional health. Themes explored through a collaborative autoethnography reveals the effects of the art process, materials on personal wellness. This dynamic ethnographic exploration reveals the power of artmaking during crisis. A virtual art gallery will be featured.

**Handout**

**4:45 – 5:35 pm | Educational Concurrent Breakouts**

**SS-44 | Exploring Therapeutic Art Making in School Psychology: A Single Case Study** | Basic | ATCB, NBCC, NY LCAT
Alexandra Manion, MA, Cynthia Hazel, PhD, MA, Louise Pietruszewski, EdS, NCSP
Is there potential to integrate art therapy into school-based mental health? School psychologists’ attitudes and perceptions around integrating art therapy into their practice are explored, as well as their involvement in a training on art therapy with the school-aged population. Researchers and participants will share their viewpoints and experiences.

**AU-140 | Cultivating Authenticity in Relationships: An Art Therapy Program for Autistic Young Adults** | Basic | ATCB, NBCC, NY LCAT
Sarah Fine, MPS, LCAT-LP
Relational trauma due to chronic dismissal is an often overlooked and critical obstacle for autistic young adults developing close relationships. Comic book creation offers the opportunity to fulfill a gap in care by harnessing the benefits of art therapy for trauma informed care and safe exploration of relationship skills.

**SC-74 | Conflict Resolution through Public Art: Arab and Jewish Youth in Israel** | Basic | ATCB, NY LCAT
Sharon Boaz, MA
The present study examined the ability to establish an art-based community project, for mediating between two groups in conflict through change of stereotypes, prejudice, and negative viewpoints towards the other group, in a process of collaborative creativity in the public space.

5:35 – 6:35 pm | Optional Networking Sessions (Not eligible for continuing education).

**Option 1: LGBTQ+ Focus Group: Fostering Community with Pride**
Zachary Van Den Berg and Lyrah Wallace, MA, LCAT-P
This networking group is for LGBTQ+ student and professional conference attendees interested in networking and collaborating with their fellow LGBTQ+ peers. This offering is for attendees to identify and share the impacts of minority stress as working or emerging professionals in the field and share the coping strategies they implement in response to those stressors. We hope this will be a helpful resource for participants to find community and support from the conference and beyond.

**Option 2: Reconnecting and Re-Charging**
Susan Boxer Kappel, MA, ATR-BC, LCAT, CGP
Join us in this relaxed space to decompress after a busy conference weekend. This past year has provided plenty of challenges and stress. So, let’s share some ideas—a few laughs, and help each other re-charge and reconnect!

**Option 3: La sobremesa: Networking Session for Latinx and/or Spanish Speaking Art Therapists**
Nadia Paredes, MA, LMFT, ATR and Eugenia Bravo, MA
After a nice nourishing meal in most Spanish speaking countries comes a nice sobremesa, a space to socialize while sharing our experiences with one another. So why not do the same after ending a nice conference day and take the opportunity to sit back and simply focus on connecting meaningfully with one another? Bring your favorite art supplies and join us for a set of Round Tables where we’ll get to connect over our victories, our setbacks but most importantly, our historias!

**Option 4: New or Want to Get Reacquainted? Let’s Talk about AATA Membership!**
Mary Ellen Ruff, PhD, LPC, ATR-BC, ACS, BC-TMH and Erin Partridge, PhD, ATR-BC
We want to welcome you or help you get reacquainted with the AATA. We hope that you’ll join us for this opportunity to connect with members of the committee and fellow new members, learn something new about the organization and your membership, and take some time to do some artmaking together!
All program times are in U.S. Eastern Time

**WEDNESDAY, NOVEMBER 10 | 7:00 TO 8:30 PM (Not eligible for continuing education)**

All are invited to celebrate AATA’s 2021 Scholarship, Awards, and Honors recipients as they are presented their awards. We will also honor art therapists who have passed away since our conference in 2020. Register Here. Please join us prior to this event at 6:45 pm for an inspirational and fun coloring game inspired by postmodern artist Sol LeWitt, entitled “The Conceptual Art Game” and hosted by Julie Davis of Blick Art Materials, conference sponsor. (Download the directive.)

**WEDNESDAY, NOVEMBER 17 | 7:00 TO 8:30 PM**

MC-157 | On the DEI Journey with Cultural Humility in the Art Therapy Profession | ATCB, NBCC, NY LCAT
Louvenia Jackson, PhD, MFT, ATR-BC, and Tamela Blalock, MBA, CAE, CMP, DES. All are invited to attend this session.

Register Here.

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**AATA’S 53RD ANNUAL CONFERENCE IS GOING BACK TO MINNEAPOLIS!**

**SAVE THE DATE**

**NOVEMBER 9-13, 2022**

We know you've missed seeing your art therapy colleagues in person, and we've missed seeing you too! So while AATA will continue to offer virtual learning options in 2022, we hope you'll rejoin us in person!

THE CALL FOR PROPOSALS WILL OPEN IN JANUARY 2022
SATURDAY, DECEMBER 18

9:00 – 9:50 am | Optional Sessions
Start your day with an optional session before the conference day officially begins. (Not eligible for continuing education)

Option 1: International Shared Interest Group (Not eligible for continuing education)
Bani Malhotra, MA, ATR-BC and Susan Ainlay Anand, ATR-BC, ATCS, LPAT
This meeting is for International conference attendees or for members who live and work in more than one country. Come to network and unwind with artmaking. In our second virtual International meet-up, we will share and discuss the ongoing impact of the pandemic on our current work, travel, or global collaborations. Let’s bring as much connection as we can during our virtual time together!

Option 2: Yoga with Catherine M. Harris, MA, ATR-BC, RYT 200 (Not eligible for continuing education).
Catherine has been in the art therapy profession since 2007, and currently runs her own private practice HeartSpace Wellness Studio LLC. For just as long, Catherine has been practicing yoga and experiencing the benefits of meditation. As a result of this personal experience, Catherine has sought out trainings in mindfulness, yoga, and mindful self-compassion to bring these same tools into her work with clients.

Option 3: Natural Connections Workshop
Elizabeth Bryan-Jacobs, Artist, Author, Emerging Art Therapist and Leslie Robertson, MAAT, ATR-BC, LPC (Not eligible for continuing education)
From ancient to modern times, nature has supported wellness through art, ritual, and ceremony. In this interactive workshop, we will combine artmaking, experiences in nature, and an intentional focus on well-being. Come to the workshop with your own collected natural materials and we will lead you through a mediation and artmaking session where you are encouraged to engage with the senses and to explore identity and metaphor through creative imagination.

Suggested Art Materials: Your own collected materials. Click here for a detailed suggested list. Click here for a pre-session handout.

10:00 -10:05 am | Welcome: Margaret Carlock-Russo, EdD, LCAT, ATR-BC, ATCS, President, AATA

10:05 – 11:05 am | Plenary
MC-153 | Turning Up the Bullhorn: Challenging the Expected Outcomes of Art Therapists on Social Justice Issues in the Community | Intermediate to Advanced | ATCB, NBCC, NY LCAT
Berenice Badillo, PhD, LMFT, ATR-BC, Jennifer Clay, PhD, LMFT, ATR-BC, & Makeda “Dread” Cheatom

This panel challenges how art therapists and arts activists collaborate with community entities to create spaces that amplify the voices of BIPOC. The panelists will discuss projects in alternative spaces in the community that include site specific art in bi-national regions, contemporary art museums, community colleges, and multicultural arts programming.

RESOURCES PROVIDED BY THE PLENARY RESENTERS
- Intercollegiate (San Diego State University and University California San Diego) Virtual PowWow, May, 2021, https://youtu.be/wvsYlc7qQW0
- San Diego State University Native Resource Center https://sacd.sdsu.edu/native-resource
- World Beat Center, https://www.worldbeatcenter.org/

Am I Blue or Am I Green
Azul o verde. ¿Cuál soy yo?

A bilingual (English and Spanish) children’s book that explores, through the eyes of a child, the differences between the Red, White and Blue of the American flag and the Green, White and Red of the Mexican flag.
### 11:15 am – 12:05 | Educational Concurrent Breakouts

**SC-103 | Open Art Therapy Studio: Meeting The Needs of People Experiencing Homelessness | Basic | ATCB, NBCC, NY LCAT**

**Jenelle Hallaert, MS, MA, ATR-P, P-LMHP**

An open art therapy studio has given adults experiencing homelessness and substance abuse recovery at an emergency shelter opportunities to creatively meet their physiological, safety, love and belonging, esteem, cognitive, aesthetic, self-actualization, and transcendence needs through artist-centered art therapy. Practical applications are discussed.

**MC-129 | Drop of Paint in the Bucket: Humanitarian Crisis in Kenya and Lebanon | Intermediate to Advanced | ATCB, NBCC, NY LCAT**

**Heidi Bardot, MA, ATR-BC, LCPAT, Nadine Abi Jaber, Sarah Vollmann, MPS, ATR-BC, LICSW and Kim Bryan**

In response to humanitarian crises in Kenya and Lebanon, an international NGO partnered with local organizations to provide online trauma and self-care training to frontline workers and mental health support to children and families. Panel will introduce unique programs, explore cultural approaches, present outcomes discovered, and convey lessons learned.

**RE-102 | An Arts-based Empowerment Program for Special Education Needs Children and Their Teachers | Basic | ATCB, NBCC, NY LCAT**

**Mimi Tung MA, ATR-BC, MFT and Rainbow Ho, PhD, DMT-BC, REAT, AThR, CMA, CGP**

The paper will present research findings of the three-year arts-based empowerment program for children with special educational needs and their teachers on its efficacy to emotional, social, conduct, behavioral improvement, competence, and self-worth. The findings carry significant implications and discussion of its application in education settings in the future.

### 12:05 – 12:20 pm BREAK | Sponsor Presentation

Join Whitney Meredith, a representative from conference sponsor Blick Art Materials for an inspirational and fun coloring game inspired by postmodern artist Sol LeWitt, entitled “The Conceptual Art Game.” LeWitt produced approximately 1,350 “Wall Drawings,” but rarely painted one himself. He provided the concept, then collaborated with others to produce the work. In this simple game, participants receive the exact same set of instructions and materials, but they execute them according to their own interpretations.

### 12:20 – 1:10 pm | Educational Concurrent Breakouts

**SC-71 | Art for Peace: In Person and Online | Basic | ATCB, NY LCAT**

**Barbara Fish, PhD, ATR-BC, ATCS, LCPC, Jill McNutt, PhD, ATR-BC, ATCS, ATRL, LPC, Caroline Heller, MA, ATR-BC, LCPC and Elizabeth Bryan Jacobs, Graduate Student**

The Art for Peace Group was inspired by the events of September 11th, 2001. Since Covid-19, participants engage in artmaking online, supporting our ability to respond mindfully to personal and world events. This workshop offers the group through video conference and in person to support our intentional participation.

**Suggested Art Materials:** Drawing materials (pencils, pens, markers, pastels), Assorted paper for collage and construction, 3D materials (fabrics, newspapers, tape, clay) and Painting materials (watercolor, acrylics) or any material that feels comfortable to use while online.

**ET-73 | The Dilemma of an Unethical Research Student | Intermediate to Advanced | ATCB, NBCC, NY LCAT**

**Patricia St John, EdD, ATR-BC, LCAT**

What are your options when a student researcher breaches academic integrity and honesty policies and procedures? How do you resolve the infraction objectively and without bias or discrimination? Hauck and Ling’s (2018) five-step DO ART method was implemented. Creating artwork at each step was intrinsic to resolving the dilemma.

**RE-21 | Arts-based Program Evaluation with Artists Labeled/with Intellectual and Developmental Disabilities | Intermediate to Advanced | ATCB, NBCC, NY LCAT**

**Sara Miller, PhD, LCPC, ATCS**

This presentation describes the results of an art-based program evaluation with artists labeled/with intellectual and developmental disabilities in studio practice. The artists identified what they value about their studio today and what they want for the future of their studio. Findings have implications for future therapeutic practice in studios.

### 1:10 – 1:50 pm | LUNCH BREAK

We invite you to visit the virtual Exhibit Hall or join a general Networking Session.

### 1:50 – 2:40 pm | Educational Concurrent Breakouts
PP-65 | Defining and Reimagining Our Professional Selves: Creative Professional Development | Basic | ATCB, NY LCAT
Erin Partridge, PhD, ATR-BC
Over the course of our careers, we will have opportunities to redefine and reimagine our place in the world. This workshop explores the role of creativity in professional development. Participants will engage in the art process to explore core values and to set professional goals. Suggested Art Materials: Drawing materials (pencils, pens, markers, pastels), Paper of various sizes and types, Collage materials (including scissors and adhesive), and Painting materials (watercolor, acrylics) Digital art tools may also be used and will be discussed.

MS-55 | Origin Stories: Art Therapy in Medicine from Pioneers to Contemporary Practice | Basic | ATCB, NY LCAT
Tracy Councill, MA, ATR-BC, LCPA, Susan Anand, MA, ATBC, ATCS, LPAT
Art therapy in medicine harks back to the origins of our field, and the expanding field of medicine itself offers the possibility of creating new programs. Two art therapists with decades of practice will share the inspirations, evolution, and adaptations on which they have built their careers.

CA-115 | The Therapeutic Use of Art With School-Aged Children: A Systematic Review | Basic | ATCB, NBCC, NY LCAT
Alexandra Manion, MA, and Grace Ritchie, MA
What is the therapeutic value of art for school-age children? A systematic review of current literature focused on art therapy with children and adolescents (ages 0 -21) will be presented, including how art-based interventions are used for therapeutic intent. Any possible therapeutic impact beyond the artmaking sessions is also explored.

RE-86 | Doctoral Education: Visualizing the Future of Art Therapy | Intermediate to Advanced | ATCB, NY LCAT
Nancy Gerber, PhD, ATR-BC, David Gussak, PhD, ATR-BC, Jennifer La Civita, PsyD, MA, ATR-BC, Danielle Chen and Michele Forinash
This presentation is for the students, clinicians, and educators excited about what the art therapy field can become. We will explore the philosophy, mission, curricular and pedagogical challenges of doctoral education to address the challenges of generating robust research while maintaining the onto-epistemological integrity of art therapy.

2:45 – 3:35 pm | Educational Concurrent Breakouts

MC-79 | “The Past is Present”: Indigenous and Traditional Artistic Practices and Art Therapy | Basic | ATCB, NY LCAT
Bani Malhotra, MA, ATR-BC, Asli Arslanbek Evci, MA, ATR and Girija Kaimal, EdD, MA, ATR-BC
We will present findings from research on the therapeutic aspects of indigenous and traditional art forms and their connection to community healing, storytelling, cultural wisdom, and spiritual practices. Experiential activity will encourage participants to position themselves and reflect on the role of artistic heritage and cultural humility in art therapy. Suggested Art Materials: Journal/ paper to engage in the reflective exercise during the workshop presentation.

TE-113 | Art Therapy Students and New Horizons Band: Virtual Art Therapy During COVID | Basic | ATCB, NY LCAT
Miranda Vellozzi-Fischetto, MA, LCAT - LP
This past year we have all had to adapt and adjust due to COVID-19. As future art therapists, a group of graduate students navigated a way to continue our studies, explore technology-based art practices, and overcome social distancing to connect with an unlikely group of New Horizons band members.

AU-1 | Engaging Visual Thinkers On The Autism Spectrum through Digital Arts Interventions | Intermediate to Advanced | ATCB, NY LCAT
Naiara Belart Garcia, PhD
My mission is to find out how we can engage Visual Thinkers on the Autism Spectrum. The types of interventions that I propose to achieve this are facilitated using Digital arts in Expressive Arts Therapy to improve communication skills, as well as cognitive, technical, and social capabilities.

RE-43 | Art-based Research into Suicide Via the Folktale the Sun and the Moon | Basic | ATCB, NBCC, NY LCAT
Sojung Park, PhD, ATR-BC, LCAT
This art-based research uses the Korean folktale The Sun and the Moon to explore a suicidal mind’s perspective to find clues for intervention. Eight artists created artworks reflecting the story under four themes, and each proposed a new ending to the original folktale, creatively suggesting intervention possibilities.
3:35 – 3:50 pm | BREAK
We invite you to visit the Virtual Exhibit Hall

3:50 – 4:40 pm | Educational Breakouts

TR-117 | Group Therapy for Complex PTSD Patients During a Global Pandemic | Intermediate to Advanced | ATCB, NBCC, NY LCAT
Donna Blumenfeld, MA, LPCC, NCC
How can people with severe attachment wounds and a long trauma history connect with others during a global pandemic? Is it possible to heal trauma with body-based interventions over video? A community mental health therapist presents one promising approach for use by professional therapists.

RE-23 | The Effect of Mandala Coloring on State Anxiety | Basic | ATCB, NBCC, NY LCAT
Siri Jakobsson Støre, PhD student in Psychology, Specialist Psychologist in Clinical Psychology
The paper is a systematic review and meta-analysis of all randomized and cluster randomized controlled trials comparing the effects of mandala coloring and free-drawing on state anxiety.

SC-133 | Window to the Self: The Use of Glass in Art Therapy | Basic | ATCB, NBCC, NY LCAT
Peta Minerof Bartos, MAATC, ATR-P and Deborah Mach, MAAT, LPC
A relevant history will be presented of glass as an art form, the various forms of glass making and the basis for its use in art therapy. A brief review of current literature on incorporating glass making in client care with series of case presentations.

PP-31 | Keeping our Future Safe: Knowledge of Workplace Violence for the New Therapist | Basic | ATCB, NBCC, NY LCAT
Janet Kempf, MA, ATR-BC, LPC, Stacey Nelson, MA, LCPC, LCPAT, ATR-BC and Christine Czuhajewski, MA, MT-BC
While no setting can be completely free from risk of violence, minimization strategies can be shaped early in a therapist’s career. Aggression can happen at any point. However, new professionals are at greater risk. Best practices for preventative strategies and post-incident growth will be presented by the panelists. Handout.

4:45 – 5:35 pm | Educational Concurrent Breakouts

AS-125 | Nontraditional Use of the Bridge Drawing for Envisioning Personal Change | Intermediate to Advanced | ATCB, NBCC, NY LCAT
Libby Schmanke, MS, ATR-BC, ATCS, LCAC, MAC
A review of the therapeutic use of bridge metaphors to reflect on progress in the Stages of Change is supplemented by applications of the bridge to change models by Clear “atomic habits” and Lewin “ice cube.” Participants will create a bridge to reflect on a personal change process. Suggested Art Materials: Pencil; Copy paper or similar sized drawing paper; Colored drawing media is optional.

ES-146 | Community Harvest: Updates about Art Therapy Efforts at a Historically Black University | Basic | ATCB, NY LCAT
Monique Major, PhD, Lillian Lo, Jahnayah Bellot, and J’Lynn Terroade
At the American Art Therapy Association’s 51st annual conference we discussed Historically Black Colleges and Universities as fertile grounds for the field of art therapy. In this presentation, we present some of the activities we have done at Howard University to introduce students to the field.

RE-33 | Uncovering Common Factors that Create Change in Art Therapy | Intermediate to Advanced | ATCB, NY LCAT
Megan Robb, MA, ATR-BC, LPC, NCC, and Kirsten O’Loughlin, MA candidate
Through a meta-synthesis of existing art therapy literature, we have uncovered alignment with common factors, which are deemed necessary for change, in the therapy. These are therapeutic alliance, confiding healing setting, ritual, and client expectations. Another major factor specific to the field of art therapy emerged: relational aesthetics.

5:35 – 6:35 pm | Optional Networking Sessions
(Not eligible for continuing education.)

Option 1: Chat and Charge (Not eligible for continuing education)
Traci Bitondo, LPC, ATR-BC, ACS, ATCS, NCC
Meet with other conference attendees to connect, share ideas, and charge up.
Option 2: Art Therapy, Trauma and Teens: Open Studio as Intervention (Not eligible for continuing education)
Natalie Coriell, MA, ATR-BC, LPC

In this networking gathering, we will meet to share with one another ways that open studio can be a supportive intervention for teens who have experienced trauma. Come to share and learn from one another how open studio has been supportive in your work with teens and ways you have utilized open studio in group work or community art therapy.

Option 3: Art Therapy Triage: Community Projects
Robin Valicenti, MCAT, ATR-BC, LPC, and Cristina Pineros ATR-BC, LPC, LMHC

All are invited to this session to share, learn, and discuss how art therapists can respond to natural and human-made disasters. From the wildfires in California, to the Condominium collapse in South Florida, art therapists have stepped in to provide critically needed mental health services.

**DETAILED PROGRAM SCHEDULE**

All program times are in U.S. Eastern Time

**SUNDAY, DECEMBER 19**

9:00 – 9:50 am | Educational Concurrent Breakouts

**ES-68 | Implementing A Mentoring Program for Graduate Art Therapy Students | Basic | ATCB, NY LCAT**
Melissa Hladek, MA, LPCC, ATR-BC, PMH-C, Nema Saleem-Green, MA, LPCC-S, ATR-BC and Angy Hanon

Enhancing the experience of graduate art therapy students, Mentorship offers mentees an opportunity to develop professional identity, participate in community networking, and form professional relationships contributing to overall growth and development. Mentor and Mentee partnerships extend beyond the classroom and include socialization, accountability, creativity, and opportunities for self-care.

**MC-122 | Keys and Portability In Art Therapy With People Experiencing Homelessness | Basic | ATCB, NBCC, NY LCAT**
Clara Corn, MS, ATR-BC

Attendees will learn how small, goal-oriented art pieces are beneficial in art therapy with people experiencing homelessness and what women experiencing homelessness have created and said about the symbolism of keys in their artwork. Attendees will learn three directives for using keys in portable art with this population.

**FS-13 | Art Therapy with the Demonically-Monstrous Sex Offender: Undoing a Hazardous Self-Appraisal | Basic | ATCB, NBCC, NY LCAT**
Bani Malhotra, MA, ATR-BC and Dave Gussak, PhD, ATR-BC

We will discuss the effect of the internalized monstrous self-appraisals amongst those who have sexually offended through examples of artwork completed in an art therapy
session and how art therapy can help address this hazardous identity. We will underscore sustaining a diverse mentoring relationship to address these sensitive issues.

10:00 - 10:05 am | Welcome: Margaret Carlock-Russo, EdD, LCAT, ATR-BC, ATCS, President, AATA

10:05 – 11:05 am | Plenary Session

PP-156 | The Covid-19 Pandemic and its Impact on Therapists and the Therapeutic Experience | ATCB, NBCC, NY LCAT
Andrea Davis, MA, ATR-BC, ATCS, LPC-AT-S, Martina E. Efodzi, MDiv, MA, ATR-BC, LPCAT, LCPC, LPC and Jennifer Anderson, MA, LCAT, ATR-BC

Join art therapists from differing therapeutic environments as they discuss various aspects of the pandemic and its impact on the therapist, the therapeutic environment and materials used.

11:15 – 12:05 am | Educational Concurrent Breakouts

ES-50 | Double Self-Portrait: Integration of the Personal and Professional Identities of Therapists | Basic | ATCB, NY LCAT
Hyunjung Lee, MEd, and Sojung Park, PhD, ATR-BC, LCAT
Participants will get hands-on experience of creating a double self-portrait using transparent acrylic boards to integrate their personal and professional selves as art therapists. The meaning of balancing the healthy separation between the personal and professional selves and their integration will be discussed. Suggested Art Materials: Painting materials (makers, acrylic colors), 3 sheets of transparent acrylic board (8”x10”), 8.5 x 11 letter size papers, Alcohol, Cotton swab, Glue stick, Box cutter, Ruler.

TA-100 | Use of the Animal Strengths and Environment Directive with Military Families | Intermediate to Advanced | ATCB, NBCC, NY LCAT
Jessica Herman, MA, ATR-BC, and Gioia Chilton, PhD, ATR-BC, LPCAT, CSAC
The stressors of military deployments on US armed forces also impact their families. Learn how NEA’s Creative Forces art therapists use the Animal Strengths and Family Environment art therapy directive to discover individual identities and strengths while also exploring roles, safety, and needs within military families.

PP-144 | Creating Highly Effective Art Therapists: Deliberate Practice and the Expressive Therapies Continuum | Intermediate to Advanced | ATCB, NY LCAT
Megan Van Meter, MA, LPC-AT/S (TX), LMHC (IN), ATRL (WI), LPC (AZ)
Deliberate practice is the focused acquisition of mastery in one’s field, and its techniques have been applied to the achievement of better client outcomes in psychotherapy. This presentation highlights the Expressive Therapies Continuum as a vehicle for developing clinical effectiveness via deliberate practice in art therapy.

ET-5 | Conflict of Identities: An Ethical Consideration | Basic | ATCB, NY LCAT
Michelle Itczak, MA, ATR-BC, ATCS, LMHC, Kennedy Conner, MFA and Alicia Down Criswell, MA, ATR-BC, LMHC
The artist/art therapist identity topic is unique to the field of art therapy. Navigating the mediation of an art therapist identity and artist identity, when the artwork is polemical, can be a challenge. Ethical considerations are explored and the impact of social media on this topic are also presented.

12:05 to 12:20 pm | BREAK: Sponsor Presentation
Join a Franz Spohn, a Representative from Faber-Castell, one of our conference Sponsors for a dynamic demonstration of adaptive art materials. The featured products are non-toxic and especially suitable for ease of use with a minimum of mess for a maximum of color and expression.

12:20 – 1:10 pm | Educational Concurrent Breakouts

SS-148 | School-Based Child Mindfulness and Art Therapy Groups | Intermediate to Advanced | ATCB, NY LCAT
Rebecca N. Bokoch, PsyD, LMFT
This presentation will share systemic child mindfulness and art therapy techniques designed to be incorporated by the many systems in children’s lives, including peers, school staff, and families (Bokoch & Hass-Cohen, 2020). A sample curriculum, interventions, photos and video examples will be shared. Participants will also engage in experiential exercises. Suggested Art Materials: Drawing materials (pencils, pens, markers, pastels), white paper, scissors, and a stapler (if possible).
ES-120 | Reflective Art Making for Humanizing Mental Illness in Teaching Diagnosis | Intermediate to Advanced | ATCB, NY LCAT
Diana Sabados, MA, LCPC, LCPAT, LPC, ATR-BC and Jordan Potash, PhD, ATR-BC, LCPAT
Psychiatric diagnosis is an essential skill for therapists, but the constructs of the DSM-5 can dehumanize individuals. Within psychopathology coursework, students can develop a humanizing lens by incorporating non-pathologizing concepts (i.e., Two Continua Model of Mental Illness and Health, Power Threat Meaning Framework) and reflective artmaking into teaching pedagogy.

MS-126 | Response Art: An Essential Practice During A Global Crisis | Intermediate to Advanced | ATCB, NBCC, NY LCAT
Suzanne Deisher, MPS, ATR-BC, LCAT
This presentation focuses on how response art and creative processing helped provide balanced and meaningful clinical care, as well as manage the stressors and trauma of being an essential healthcare worker during the recent ongoing global pandemic.

MC-147 | Building a Bridge Between the Deaf Community and Art Therapy | Intermediate to Advanced | ATCB, NBCC, NY LCAT
Noel King, MA, APCC
Art therapy can serve the mental health needs of the Deaf community. Mental health providers can become allies by de-centering verbal and audiological communication. Visual storytelling practices within Deaf culture makes art therapy a fitting modality for serving this group. Also, discussed will be art therapy assessment for deaf children.

1:10 – 1:50 pm | LUNCH BREAK | We invite you to visit the Exhibit Hall, or join the General Networking Session.

1:50 – 2:40 pm | Educational Concurrent Breakouts

MS-135 | New Beginnings: Virtual Open Studio for Adult Oncology Patients | Intermediate to Advanced | ATCB, NBCC, NY LCAT
Margaret Hartsook, ATR-BC, LCAT, LPC, Blair Allen, ATR, LAT, LPC-Intern, Hillary Cantu, MA Candidate
We will examine how a hands-on art therapy program was transformed into a virtual one. Using an Open Studio group for adult oncology patients as our template, we highlight challenges and learnings found. Through a nurturing art experiential, participants will explore tools to enhance their practices through virtual offerings. Suggested Art Materials: Paper to create on such as Bristol board or watercolor paper, Drawing and painting materials (colored pencils, pens, markers, pastels, watercolor, acrylics), Assorted collage images from magazines, newspapers, catalogues.

RE-62 | Mindful Based Art Therapy as a "Gateway" Intervention for College Students | Intermediate to Advanced | ATCB, NY LCAT
Theresa Van Lith, PhD, MS, Megan Beers, MS, 200-RYT
Art therapists set out to determine MBAT’s role in addressing the mental health crisis on college campuses. Learn how they teased apart the nuanced benefits of technology-MBAT as compared to the intrinsic therapeutic properties of clay through salivary cortisol analysis in addition to anxiety and perceived stress measures.

TR-45 | Moral Injury in Veterans and Military Service Members | Intermediate to Advanced | ATCB, NBCC, NY LCAT
Rachel Mims, MS, ATR-BC, LPC-AT and Peter Buotte, MA, ATR-BC
This presentation will provide an overview of moral injury and how it impacts veterans and military service members. Two art therapists who work with this population will discuss their experiences working with clients who have experienced moral injury. Several case examples will be reviewed.

MC-110 | A Qualitative Study on the Art Therapists’ Experiences in Online Art Therapy | Basic | ATCB, NY LCAT
Seungeun Kim, MEd and Sojung Park, PhD, ATR-BC, LCAT
This paper presentation introduces a qualitative study that explores meanings of the experiences of three art therapists who developed and led online art therapy programs. The results showed their experiences were categorized into five themes. Ethics in online art therapy and digital literacy competence of art therapists are also discussed.

2:45 – 3:35 pm | Educational Concurrent Breakouts

PP-137 | The Resilient Therapist: Applying Wisdom from Diverse Southern California Contemporary Arts Practice | Intermediate to Advanced | ATCB, NY LCAT
Teresa Grame, LCSW, ATR-BC, RPT-S, PhD Candidate, Zulma DiGaudio, PsyD, LMFT, ATR, RPT and Ingrid Jimenez, LMFT, ATR
This workshop will demonstrate studio arts approaches supporting therapist resilience during challenging times. Arts-informed experiences, including those inspired by diverse contemporary Southern California artists, will be illustrated through examples. Through use of art materials, participants will identify their own sources of resilience and a plan for continuing creative practice.

**Suggested Art Materials:** Drawing materials (pencils, pens, markers, pastels), Assorted paper, 3D materials (fabrics, newspapers, tape, clay) and Painting materials (watercolor, acrylics). [Handout]

**RE-8 | Exploration of Art Therapy and Nature: A Pandemic, Happiness and Life Satisfactions | Basic | ATCB, NBCC, NY LCAT**

*Deborah Elkis-Abuhoff, PhD, LCAT, CLAT, ATR-BC, ATCS, CTP, Morgan Gaydos, MA, ATR-BC, LCAT, Erin Poland, MA, ATR-BC, LCAT-LP and Skylar Sena*

Considering an individual’s state of happiness, concepts such as fulfillment, enlightenment, and contentment, help define happiness. This presentation will explore positive affect and increased life satisfaction through the impact of nature-based experiences, art therapy, and how connecting to nature can support individuals during a global pandemic with restricted environmental access.

**MC-81 | Unpacking the “Model Minority” Myth | Basic | ATCB, NBCC, NY LCAT**

*Jane Woo, MA, ATR-BC, LGPC*

The “model minority” myth results in powerful racist consequences, including within clinical practice. This presentation will critically review “model minority” definition and consequences, identify psychosocial impacts on racial groups (focusing on Asian Americans and Black Americans), and provide guidance for how clinicians either reinforce or challenge long-standing racist norms.

**GE-131 | Creative Helix: A Continuum of Expression for Older People | Intermediate to Advanced | ATCB, NBCC, NY LCAT**

*Raquel Stephenson, PhD, ATR-BC, LCAT*

This presentation offers an adaptation of the Expressive Therapies Continuum (ETC) model to working with older adults. The principles of the ETC can be helpful to better understand and engage older people. Various media/activities elicit certain types of expression and can bridge barriers to artistic and/or therapeutic engagement.

**TR-72 | Art Therapy Trauma, Pain and Resiliency Drawing Protocols | Intermediate to Advanced | ATCB, NBCC, NY LCAT**

*Noah Hass-Cohen, PsyD, ATR-BC, Rebecca Bokoch, PsyD, LMFT, Katherine Goodman and Julia McAnuff*

The protocols have demonstrated significant decreases in the impact of trauma, in negative affect and in pain rating and increases in endorsed resiliency resources which were maintained at follow-up, in person, online and during the pandemic. Empirical and case studies art will illustrate the 10 years of research.

**CA-118 | How I Learned Many Lessons from Mister Rogers’ Neighborhood - The Back Story | Intermediate to Advanced | ATCB**

*Judith Rubin, PhD, ATR-BC, HLM*

This film tells the story of how I came to work with Fred Rogers as the Art Lady on his television program in 1966, and why I made a film in 2014 about the Lessons he taught. It includes excerpts from an interview as well as from the finished film.

**SS-27 | Seeding Cultural Change in School: Critical Culture Circles and Arts-Based Research | Intermediate to Advanced | ATCB, NY LCAT**

*Emily Nolan, PhD, BC, LPC, Drew DeLutio, and Erica Browne*

The Success Center within the Milwaukee Public Schools (MPS) is a restorative, therapeutic academic program offering creative arts therapies to students. Healthy relationships repair harm and build student success. This presentation presents art-based research that addresses creating a culture of care amongst students, staff, and community.

**TE-24 | The Value of Digital Community for Art Therapists During Difficult Times | Intermediate to Advanced | ATCB, NY LCAT**

*Gretchen Miller, MA, ATR-BC, ACTP*

The Coronavirus-19 (COVID-19) pandemic shed new light on the necessity of online connection for art therapists. This presentation examines the importance of digital communities in the art therapy community to sustain professional relationships, create support, foster community care, and a sense of belonging especially during difficult times.
4:45 – 5:35 pm | Educational Concurrent Breakouts

PP-89 | Inking My Identity: The Healing and Transformative Power of Tattoos and Symbology | Intermediate to Advanced | ATCB, NBCC, NY LCAT
Simone Alter-Muri, EdD, ATR-BC, ATCS, LMHC and Sarah Nangeroni
Information presented from research on the connections between empowering, healing, and narrative function of tattoos, and how these themes can be built upon to develop art directives with diverse populations within the clinical setting. Participants will create stickers and symbols celebrating their diversity and tattoo imagery.

Suggested Art Materials: Drawing materials (pencils, pens, or markers), Paper, Clear plastic packing tape or clear contact paper, and scissors. Handout.

RE-49 | Adapting Creatively: Introducing Undergraduate Students to Arts-Based Research Through Documentary | Intermediate to Advanced | ATCB, NY LCAT
Mary Ellen Hluska, PhD, ATR-BC, CLAT, Emma Halloran and Meghan Reed
Devising alternative strategies for an undergraduate art therapy practicum; evaluating society’s pulse through documentary film. A multi-participant visual case study used video, capturing the experiences of working members, educators, and students of art therapy.

TA-57 | Creative Career Genograms: Exploring Influences and Options for Life Design | Intermediate to Advanced | ATCB, NBCC, NY LCAT
Barbara Parker-Bell, PsyD, ATR-BC
Career exploration and decision-making play substantial roles in adolescents and adults’ life design efforts. An excellent tool for exploring their career influences, interests, and goals is the career focused genogram. Creative methods for implementing career genogram variations will be presented and explored. Narrative approaches to career-life design will be emphasized.

RE-97 | Personal Artmaking and Well-Being During COVID-19 Pandemic | Basic | ATCB, NY LCAT
Joyce Yip Green, PhD, LMFT, ATR-BC, Schelsey Mahamadie--Sabet, Ilyse Lindsay, Nicole Rademacher, MFA, MA, AMFT
This presentation explores the role that personal artmaking had on well-being during the COVID-19 pandemic. Results of this art-based research study included an exploration of themes that emerged from a survey and art-response completed by professional artists.

5:35 – 6:35 pm | Optional Networking Sessions (Not eligible for continuing education)

Option 1: Art Therapy in School Settings (Not eligible for continuing education)
Marygrace Berberian, PhD, LCAT, ATR-BC, LCSW
Many art therapists are working in isolation as the sole providers of art therapy at school sites. We invite you to join us at this informal networking session to share materials, ideas, and solutions. Art therapy in schools is needed more now than ever. Yet, there continues to be disparities in the implementation of school-based art therapy programs across the US.

Option 2: Supplies and Safety During the Pandemic (Not eligible for continuing education)
Andrea Davis LPC-S, ATR-BC
2021 has continued to provide challenges for art therapists in navigating the pandemic and ensuring the safety of their clients. Join this session to exchange ideas and network about best hygienic practices for art supplies and the studio during this challenging time.

Option 3: Navigating Grad School in the Pandemic (Not eligible for continuing education)
Melissa Hladek, MA, ATR-BC
We invite students to join in the discussion on this topic. Bring your ideas, issues and concerns and anything related to your student experience during the Pandemic. This is a time to re-charge, network and meet other students in an informal and fun setting.
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Engage Communities and Advance Social Justice

Ph.D. in Art Therapy
M.A. in Counseling: Art Therapy

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