Experiential Sessions (“Creative” with Hands-on Learning) Detailed Program Listing

PLEASE NOTE: Experiential Sessions (Advanced Practice Courses and Workshops) require preregistration and additional fees. Most of the AATA’s educational sessions are “general seating” which means at the time of the session you simply go to the room to attend and they are included in the conference registration packages. The conference will feature more than 215 educational sessions.

Search the Program by Day: Thursday Friday Saturday Sunday

Thursday, October 29

9:00 am to 12:00 pm - HALF-DAY ADVANCED PRACTICE COURSES (Separate registration and tickets requested. 3 Hours of continuing education offered)

TA-73 | Exploring Art Therapy Assumptions through the Lens of Neuroscience | Intermediate to Advanced | ATCB, NBCC, NY LCAT
Christianne Strang, PhD, ATR-BC, CEDCAT-S
The lens of neuroscience will be used to explore assumptions that underlie the practice of art therapy and increase understanding of connections between art-making, emotional processing, and emotional expression. Experiential components will reinforce information about interconnections between art making and brain regions associated with visual-motor, emotional, autonomic, and cognitive behaviors.

PP-89 | Empowering Vulnerable Youth Through Art Therapy: Exploring Practice in Two Governmental Agencies | Intermediate to Advanced | ATCB, NBCC, NY LCAT
Latasha White and Mitra Reyhani Dejkameh
The course explores art therapy with adolescents with self-injurious behavior and youth in the welfare system at risk of sexual exploitation and trafficking. Description of practice in two government organizations will focus on trauma through its diverse roots pertaining to family systems issues, socioeconomic and welfare systems, and psychiatric disorders.

MC-148 | Exploring the Box Through Cultural Lenses Using Korean Traditional Hahm | ATCB, NY LCAT
Hyunjung Lee, Seungeun Kim, Sojung Park, PhD, ATR-BC, LCAT, Soo Yeon Cho, MA, and Yuri Kim
The box plays a central role in many art therapy interventions, yet the cultural significance of the box has been overlooked. This course provides an overview of the therapeutic meaning behind the box and its cultural connotations, as well as hands-on experience in creating the Korean traditional box called Hahm.

PS-175 | Mentalizing in Art Therapy: Theory and Interventions | Intermediate to Advanced | ATCB, NBCC, NY LCAT
Kate Marder and Kula Moore
This half-day workshop will provide an overview of mentalizing and its application to art therapy. The presenters will describe art therapy directives and methods to promote conditions for mentalizing and address nonmentalizing in group and individual settings. Participants will practice mentalizing interventions through experiential art making and role-play.

AC-284 | Interrupting Racism through Confronting White Fragility | Intermediate to Advanced | ATCB, NBCC, NY LCAT
Karen Estrella and Lauren Leone
This session will explore the concept of white fragility and provide a space for white-identifying art therapists to work individually and together on the ethical responsibility of recognizing privilege, confronting internalized racism, and identifying how this manifests on individual and structural levels in the field of art therapy.
<table>
<thead>
<tr>
<th>GM-285</th>
<th>Practical Theory-Based Approaches To Grief Processing With Art Therapy</th>
<th>Intermediate to Advanced</th>
<th>ATCB, NBCC, NY LCAT</th>
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<tbody>
<tr>
<td>Rachel Brandoff</td>
<td>This hands-on session will introduce attendees to modern grief theory linked to art therapy directives that can be immediately implemented in practice with clients. Attendees will gather a variety of practical tools to assess clients’ grief style and preferences, and design directives that invite working on grief through art.</td>
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<tr>
<th>SC-320</th>
<th>Leading With, Not For: Radical Connection and Studio-Based Art Therapy</th>
<th>Intermediate to Advanced</th>
<th>ATCB, NBCC, NY LCAT</th>
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<tr>
<td>Cathy Goucher and Jill Scheibler</td>
<td>In this course, a presenting team of professional art therapists, artists with disabilities, and partnering graduate students will invite participants to experientially explore how art therapists can incorporate transdisciplinary methods for community engagement and client empowerment, inspired by progressive art studios and the Art Hives movement.</td>
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<th>TR-337</th>
<th>A Neurosequential Art Approach: Mirroring, Bilateral Drawing and the Squiggle Story</th>
<th>Intermediate to Advanced</th>
<th>ATCB, NBCC, NY LCAT</th>
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<tbody>
<tr>
<td>Peggy Kolodny</td>
<td>Neurodevelopmental trauma theory integrated with art therapy is explored. An overview of Perry's Neurosequential Model and of EMDR bilateral concepts will demonstrate the overlap with the Expressive Therapies Continuum. We'll engage in an experiential following the neurosequential art process from meditative mudras to bilateral scribbling, ending with The Squiggle Story.</td>
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2:30 pm to 4:00 pm WORKSHOPS *(Separate registration and tickets required. 1.5 Hours of Continuing Education Offered)*

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<tr>
<th>MS-250</th>
<th>Resiliency Beads: A (Bite-Sized, Strength-Based, and Practical) Response Art Ritual</th>
<th>Basic</th>
<th>ATCB, NY LCAT</th>
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<tbody>
<tr>
<td>Kytana N. Priebe</td>
<td>Art therapists face many challenges working in a medical setting, but a clinician’s professional processing often gets understated and/or neglected. Learn an innovative and time-sensitive response art directive that addresses the unique difficulties of providing art therapy in a medical setting to better prevent compassion fatigue, vicarious trauma, and burnout.</td>
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- **SESSION FULL**

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<tr>
<th>SC-341</th>
<th>Honoring the Healer Within</th>
<th>Intermediate to Advanced</th>
<th>ATCB, NBCC, NY LCAT</th>
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<tbody>
<tr>
<td>Lauren Owenmark</td>
<td>Time to replenish the vessel! This workshop will use SoulCollage®, which involves creating a personal set of collaged cards, to explore your internal healers within a nurturing, supportive environment. Workshop participants will leave with a tangible reflection of their inner healer, while also tending to themselves as caregivers.</td>
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<tr>
<th>PP-352</th>
<th>Constructed Visual Narratives: Creatively Advancing Our Discipline’s Professional &amp; Mental Health Perspectives</th>
<th>Intermediate to Advanced</th>
<th>ATCB, NBCC, NY LCAT</th>
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<tr>
<td>Ronald Lay</td>
<td>This experiential workshop invites participants to construct visual narrative(s), within their own pre-made hardcover book, that contemplatively addresses the advancement of our discipline’s professional and mental health perspective(s). Engaging in one’s own artmaking reinforces the core tenets of our discipline and ensures the vitality of our professional identity and practice.</td>
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4:15 to 5:45 pm WORKSHOPS *(Separate registration and tickets required. 1.5 Hours of Continuing Education offered)*

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<tr>
<th>MS-15</th>
<th>Working with African American Women &amp; Men in Therapy: Narratives as Art</th>
<th>Basic</th>
<th>ATCB, NBCC, NY LCAT</th>
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<tr>
<td>Angela Clack</td>
<td>For several decades now, the knowledge base about psychological trauma has continually expanded in the</td>
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professional literature. This expanding base has not increased its scientific attention and focus on race, ethnicity, culture and psychological trauma. Our goal as clinicians is to depathologize and eliminate the feelings of oppression and invisibility.

**SS-67 | Creative Career Genograms for Career Decision-making and Life Design | Intermediate to Advanced | ATCB, NBCC, NY LCAT**

*Barbara Parker-Bell*

This career genogram workshop is designed to provide therapists with information and opportunity to explore the career genogram as a creative intervention for adolescents or adults facing career exploration and decision-making. Narrative and life-designing approaches to career art therapy and counseling will be emphasized during the workshop.

**ET-327 | Ethics & White Privilege in Art Therapy: How Do You Stand? | Intermediate to Advanced | ATCB, NBCC, NY LCAT**

*Deborah Sharpe and Sarah Kremer*

Art therapy represents white culture to work with clients and colleagues ethically, we must shift this paradigm. Participants will discuss and make art about what it means to be white therapists. Ideas of cultural humility and considerations of professional guidelines will also be addressed through discussion and art-making.

**Friday, October 30**

10:00 am to 11:30 am WORKSHOPS (Separate registration and tickets required. 1.5 Hours of Continuing Education Offered)

**PP-354 | Beyond Words: Using Response Art to Converse with Clients | Intermediate to Advanced | ATCB, NBCC, NY LCAT**

*Michael Pretzer and Sara Blevins*

Response art is commonly used reflectively for insight or self-care. It can also be used to communicate directly with clients and within groups. After a review of its applications in art therapy, participants will organize into pairs and small groups to “converse” by collaborating in the creation of response art.


*Denise Rochelle Wolf, MA, ATR-BC, ATCS, LPC and Katie Durr*

This sensory-rich workshop for educators and practitioners engages participants in quick thinking to generate art therapy engagements utilizing intriguing art therapy media. Participants will work competitively in small groups in three “rounds” to create tasks for an individual, group, and family setting. Multicultural aptitudes will be highlighted.

**GE-5 | Ageism, Imagery, and Art Therapy: Addressing Stereotypes | Intermediate to Advanced | ATCB, NBCC, NY LCAT**

*Erin Partridge, PhD, ATR-BC*

Ageist beliefs can have profound impacts on the lives of older adults, communities, and institutions. This session will explore how and where ageism shows up in art therapy, strategies to address internalized ageism, and the use of art to call attention to ageism in our daily lives and institutions.

**TR-112 | Safe Place Resourcing: A Collage Based Art Therapy Protocol for Managing Trauma | Intermediate to Advanced | ATCB, NBCC, NY LCAT**

*Denise Brancheau and Tally Tripp*

Participants will be guided through a collage making protocol developed for trauma treatment and focused on creating safety to manage traumatic stress. We will explore the challenges of establishing safety in trauma treatment, share the findings from our IRB research study and discuss implications for further study and application.

1:00 to 2:30 pm WORKSHOPS (Separate registration and ticket required. 1.5 Hours of Continuing Education Offered)
**PP-47 | Mandalas for Clinician Self-Care: Using the Sacred Circle as Our Guide | Intermediate to Advanced | ATCB, NY LCAT**

*Amy Bucciarelli and Sheila Lorenzo De La Pena, PhD, ATR-BC, ATCS*

This workshop will explore mandalas for professional invigoration and personal self-care. Reflective mandala practices chronicle personal growth in order to generate wholeness. Participants will learn time-tested techniques for integration into regular wellness practices. The workshop will reconnect clinicians and educators with a personal artistic practice to revitalize professional work.

**GM-6 | Resin Techniques in Art Therapy: Creating Objects, Preserving Memories, Holding Meaning | Basic | ATCB, NBCC, NY LCAT**

*Gaelynn Bordonaro and Lauren Tunnell*

Workshop participants are invited to explore resin as non-traditional media in art therapy. Presenters will introduce directives which invite meaning-making and memory honoring. Participants will create resin objects to take home. Materials will be supplied, but participants are most welcome to bring small objects to include in their pieces.

**ET-166 | Writing Effective, Ethical Case Studies for Publication and Impact: Writing Workshop | Intermediate to Advanced | ATCB**

*Emily Nolan, Jordan Potash, PhD, ATR-BC, LCPAT and Theresa Van Lith*

This course offers a hands-on writing workshop with art making, instruction, ethics, and consultation with editors and authors to support participants who seek to publish their clinical knowledge as case studies. Participants will develop a case from which to glean practice wisdom and to craft into ethical and effective publication.

**2:45 to 4:15 pm WORKSHOPS (Separate registration and ticket required. 1.5 Hours of Continuing Education Offered)**

**TR-294 | Creatively Healing Trauma in Communities of Color | Basic | ATCB, NBCC, NY LCAT**

*Lindsey Vance*

This experiential workshop will examine community group approaches for trauma recovery in youth and adults of color. Through presentation and hands-on art making, movement, and mindfulness, participants will learn creative approaches to work directly in communities experiencing and impacted by trauma.

**AS-324 | Open Art Studio Practices using Fused Glass at Clean & Sober Streets | Intermediate to Advanced | ATCB, NBCC, NY LCAT**

*Ruth Stenstrom, MA, ATR-BC and Nisha Tracy, MA, LPC, ATR*

Open Art fused glass jewelry groups at Clean & Sober Streets recovery program help with resistance to treatment, isolation, social/communication skills, stress, frustration and self-esteem. Learn the essentials for setting up a therapeutic fused glass program and hands-on methods for creating fused glass pendants and earrings.

**PP-335 | Clay and the Person: Using our Hands for Personal Growth | Intermediate to Advanced | ATCB, NY LCAT**

*Cheryl Feldman*

Touch is our first sense to develop, clay is from the earth. Both can access parts of the self that ground a person. This workshop will contain an overview of clay use in a variety of culture, a discussion of clay as a medium, and conclude with personal art making.

**SATURDAY, OCTOBER 31**

**10:00 to 11:30 am WORKSHOPS (Separate registration and ticket required. 1.5 Hours of Continuing Education Offered.)**

**ES-312 | Help! I'm Drowning: Program Directors Navigating Administration, Accreditation, Assessment, Faculty, and Students | Intermediate to Advanced | ATCB NY LCAT**

*Gail Rule-Hoffman and Holly Feen-Calligan*
Program directors will explore their challenges, examine their personal and professional responses to those challenges, and assess what may or may not be working. Through discussion and art making, participants will explore plans for staying afloat that include networking, building support systems, and creative problem solving for strategic solutions.

**SC-348 | A Social Practice Model Promoting Social-Emotional Development and Sociocultural Awareness in Youth | Basic | ATCB, NBCC, NY LCAT**

*Angela Lyonsmith and Melissa Raman Molitor, MA, ATR-BC, LCPC*

This workshop introduces a social practice model for working with young people to promote social-emotional development, sociocultural awareness and collective social action. Participants will have the opportunity to explore the ideas presented during the session through art making and discussion, and identify avenues for social justice work in their community.

**MC-332 | The Moving Meditation: Introduction and Application of Chinese Calligraphy in Art Therapy | Basic | ATCB, NBCC, NY LCAT**

*Shyueying Chiang and Wen-Fang Tsai*

This workshop will present an overview of Chinese calligraphy, including methods and tools. Therapeutic effects and applications on different client populations will be discussed. This workshop will provide an immersive experience for participants, practicing Chinese calligraphy, discussing how to incorporate it into mindfulness-informed practice for personal and clinical use.

**ET-317 | Language Is Power: Ethical Practice of Bias-Free Language to Counteract Oppression | Intermediate to Advanced | ATCB, NBCC, NY LCAT**

*Lynn Kapitan and Alex Kapitan*

Because language is power, how we use language to name, describe, represent, and “construct” others is a pressing concern in counteracting oppression. This workshop offers practice in examining language within relational ethics. Attendees will explore bias in language on race/ethnicity, gender, and disability, and construct bias-free alternatives that serve liberation.

**1:00 to 2:30 pm WORKSHOPS (Separate registration and ticket required. 1.5 Hours of Continuing Education Offered).**

**SS-180 | Art Therapy for Educators: Looking At The Effects of Art-Making on Burnout | Intermediate to Advanced | ATCB, NBCC, NY LCAT**

*Christina Hagemeier, MA*

Teachers have a high burnout rate exasperated by many factors. Several workshops with teachers incorporated art therapy protocols to investigate the benefits of art making on reducing teacher burnout. This workshop will present the effectiveness of art making for supporting burnout in teachers and explore the tools that were used.

**TR-204 | Art Therapy and the Psychedelic Renaissance | Intermediate to Advanced | ATCB, NY LCAT**

*Lesley Burke, MA, LPC, ATR, LAT and Alyssa Gursky*

Psychedelic Integration involves distilling insights from non-ordinary experiences and bringing information into daily experience. The workshop includes an art intervention exploring integration in relation to psychedelic-assisted psychotherapy. Participants are invited to journal about a non-ordinary state (dreams, meditation). Materials will be presented and participants may create art reflecting their experience.

**SC-105 | Awaken The Creative Within Through Process Painting | Intermediate to Advanced | ATCB, NY LCAT**

*Elissa Arbeimann* Give yourself the opportunity to rediscover your creative self, alongside others without pressure to perform, produce or succeed. Focus on the act of painting itself and your experience while painting rather than the final art product. Return to the idea that creative expression can serve as a tool to heal and connect.

**SS-293 | Invitations to Create: Strategies for School-Based Art Therapy Groups with Neurodiverse Clients | Intermediate to Advanced | ATCB, NBCC, NY LCAT**

*Jennifer Lawrence*

SESSION FULL
Participants will learn strategies for providing art therapy groups in a school setting. Through hands-on activities we will explore developmentally-appropriate, evidenced-based “invitations to create” that support the unique needs of neurodiverse clients. Participants will also work together to create a toolbox of strategies for managing the challenges and for promoting personal well-being.

2:45 to 4:15 pm WORKSHOPS *(Requires separate registration and ticket. 1.5 Hours of Continuing Education Offered.)*

**MC-208 | Art Therapy at Hawaii’s only Forensic Hospital the Red Roof Inn | Basic | ATCB, NY LCAT**

Kate Madigan
Kate Madigan, a social action art therapist, works with forensic patients in Hawaii. Through stories and images of patient artwork, she will explore how and why our lives and experiences are shaped by social ideologies and locations. Participants will also learn how to make four varieties of Hawaiian leis.

**ES-150 | Double Self-Portrait: Integration of the Personal and Professional Identities of Therapists | Basic | ATCB, NY LCAT**

Hyunjung Lee 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.

**SC-282 | Art for Peace: Practicing What We Preach | Basic | ATCB, NY LCAT**

DeLora Putnam-Bryant, Jill McNutt and Barbara Fish
The Art for Peace Group is inspired by the events of September 11th, 2001. Since then participants gather, making art to support our ability to respond instead of reacting to the events that surround us. This workshop offers this practice to help us support our intentional participation at the conference.

**SUNDAY, NOVEMBER 1**

8:00 am to 4:00 pm ALL DAY ADVANCED PRACTICE COURSES *(Separate registration and ticket required. 7 Hours of Continuing Education offered.)*

**PP-305 | Treating Suicidal Behaviors with DBT-Informed Art Therapy | Intermediate to Advanced | ATCB, NBCC, NY LCAT**

Jane DeSouza, MPS, ATR-BC, LCAT
What happens after the crisis of imminent danger has passed? Does the therapist and client go back to “therapy as usual”? This course presents strategies to work with clients with chronic suicidality promoting change toward positive, hopeful belief in the future, building resilience and reducing frequency of urges to die.

**GM-212 | Art Therapy with Traumatically Bereaved Youth | Intermediate to Advanced | ATCB, NBCC, NY LCAT**

Laura Loumeau-May
This course examines the use of art therapy with traumatically bereaved youth. Developmental and complicating factors of the grief process for children and teens are discussed. Case presentations highlight treatment planning, assessment and the development of techniques for individual bereavement needs. Experientials will include personal exploration and case application.

**MC–283 | Art Therapy with Transgender Youth | Intermediate to Advanced | ATCB, NBCC, NY LCAT**

Kelly Darke and Shannon Scott-Miller
Affirming art therapy provides a supportive model for youth to explore gender in a safe, welcoming environment. We will present the needs and challenges of transgender youth along with responsible, ethical model for art therapy clinical practice.

**TR-108 | Mental Health in Crisis: Addressing Trauma Using Art Based and Storied Approaches | Intermediate to Advanced | ATCB, NBCC, NY LCAT**

Hugh K. Marr and Paula Howie
Drawing on art narrative, art history, and personal story, this workshop will aide clinicians in gathering, understanding, and co-changing foundational, life, and trauma stories. It includes numerous clinical examples,
experiential exercises, and discussion to introduce art therapists to the theory of trauma story development and change.

RE-182 | Embroidering Pieces of Place | Basic | ATCB, NY LCAT
*Eliza Homer*
Throughout history and across cultures, fabric and needlework have been symbolic means to identify ethnic group and social status. Doctoral research conducted in Mexico explored the potential use of folkart for well-being and decolonizing an art-based research approach. Attendees create embroidered story cloths within the context of place and culture.

CA-340 | ETC-Informed Tabletop Puppetry Techniques in Art Therapy | Intermediate to Advanced | ATCB, NY LCAT
*Matthew Bernier*
This workshop provides an arts-based, experiential overview of the Expressive Therapies Continuum (ETC) and its application to therapeutic puppetry. We will construct and animate intimate, tabletop-style, puppets/figures with attention to aesthetic choices of materials and processes the use of space, music/sound, and movement and embodied emergence of acts of meaning.

PP-52 | Creative Self-care: Advancing your Mental Health to Support Personal and Professional Effectiveness | Intermediate to Advanced | ATCB, NBCC, NY LCAT
*Barbara Parker-Bell and Patricia Isis*
Therapists 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 course, participants will be provided means for exploring and supporting dimensions of self-care via achievable creative strategies and mindfulness-based practices.

AS-106 | Current Issues and Approaches in Art Therapy And Addictions Treatment And Research | Intermediate to Advanced | ATCB, NBCC, NY LCAT
*Holly Feen-Calligan and Libby Schmanke*
This dynamic course will address art therapy and addictions through lecture, PowerPoint images, Motivational Interviewing demonstration and bingo game, art directives, and dyadic/triadic experiential learning. Participants will examine the bridge drawing in concert with the Stages of Change, make a personal comfort quilt, and contribute to a prospective research agenda.