American Art Therapy Association
Virtual Conference Event
Saturday, December 19th
Art Tools for Art Therapy
Faber-Castell supports the American Art Therapy Association
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WELCOME FROM THE PRESIDENT OF THE AMERICAN ART THERAPY ASSOCIATION

On behalf of the American Art Therapy Association’s Board of Directors and National Office Team, welcome to AATA’s December 2020 Virtual Conference, *Art Therapy: Resilience, Growth & Learning!*

These are unprecedented times. As art therapists, we’re reimagining our practices—whether it’s embracing teletherapy or finding ways to keep our patients and colleagues safe while we go to work in person, risking our own health. As family members, we are faced with new challenges, from homeschooling our children to caring for our aging parents remotely. Many of you may be grappling with stress or anxiety, managing personal illness, or coping with inconceivable grief. Amidst all this uncertainty, we are so grateful for your participation.

This year, it has become more important than ever for people to feel supported by their communities. As an organization, the AATA Board of Directors and National Staff have been working hard to meet the challenges that 2020 has presented. We pivoted our focus to provide our members with services and resources to help them navigate the “new normal.” Our online community, MyAATA, has both increased our ability to connect with members and helped them connect with each other to exchange advice and resources. Hundreds of you have also participated in our open access webinars that provided critical COVID-19 related content.

2020 has also forced our nation to reckon with racial injustice—and our organization is strengthening our ongoing efforts to **advance diversity, equity and inclusion (DEI)**. With guidance from our Board’s DEI Committee, we are working to make long-term, sustainable changes within our organization to shift our culture towards a more diverse, equitable, and inclusive community. Working toward our goal of greater transparency, we launched a series of online Virtual Member Meetings, enabling us to connect with our members on a range of topics. We look forward to continuing to host these meetings and expanding the ways members can interface and dialogue with the AATA National Office and leadership.

And, even during this challenging year, we have continued advancing art therapy at the state and national levels. In collaboration with our chapters, the profession has achieved stand-alone **licensure for art therapists in Virginia and Washington, DC**—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, **14 art therapy graduate programs have been approved for external accreditation** (and counting!). My thanks to all of our volunteers and members whose time and efforts have helped us make these milestones possible.

And finally, thank you to our conference committee members who worked tirelessly this year to help us plan and implement two virtual conference events, and to our conference sponsors and exhibitors who have graciously maintained their support throughout 2020!

I’m so glad you are joining us for this one-day conference, especially now, as we look ahead to a new year! We look forward to interacting with each of you during our networking time and during the sessions using the online chat feature.

We are excited about what 2021 holds for all of us as a profession and a community!

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 during this one-day virtual conference, *Art Therapy: Resilience, Growth & Learning*! We hope you find your experience *enlightening, educational, and fun*!

We know this year has been especially difficult for our members and conference attendees and we have appreciated your words of support as we delivered our 51st annual conference virtually this past fall. We are delighted that some of you are also now attending this event as well.

If this is your first AATA conference experience, we especially want to welcome you. For many of you, the virtual approach has made it possible for you to join us for the very first time, and we’re really happy about that.

One of the hallmarks of our conferences is the **exceptional educational sessions**. We encourage you to participate as much as you can using the real-time online chat feature. The sessions included in your registration package that don’t fit your schedule in real time will remain available via the on-demand library for one year! You can read more about how to acquire your **continuing education certificates** on page 8 of this guide.

We also invite you to **participate in the optional morning opportunities** such as Yoga, Art-Making 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 timely topics for our profession. You can find all of these events on the detailed schedule in the program on page 10.

I want to **thank our presenters**—many of whom are joining us during the virtual conference to further the discussion and to answer questions using **the online chat**—so please engage in this awesome conference feature!

Now let’s get busy and have some fun learning, networking, and growing!

Sincerely,

Susan Boxer Kappel, MA, ATR-BC, LCAT, CGP
2020 Conference Chair, AATA

Stay resilient...Be open to new ideas...Grow & Learn!
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*DECEASED
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Special Thanks to Members of the Art Shared Interest Group for Assistance with Art-Making Activities.

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ABOUT THE AMERICAN ART THERAPY ASSOCIATION

The American Art Therapy Association (AATA) is a 501(c)(3) not-for-profit, non-partisan, professional, and educational organization dedicated to the growth and development of the art therapy profession. Founded in 1969, the American Art Therapy Association is one of the world’s leading art therapy membership organizations.

OUR MISSION - The mission of the American Art Therapy Association is to advocate for expansion of access to professional art therapists and lead the nation in the advancement of art therapy as a regulated mental health and human services profession. Adopted August 2016.

OUR VISION - The services of licensed, culturally proficient art therapists are available to all individuals, families, and communities. Adopted August 2016.

DEFINITION OF ART THERAPY - Art Therapy is an integrative mental health and human services profession that enriches the lives of individuals, families, and communities through active art-making, creative process, applied psychological theory, and human experience within a psychotherapeutic relationship.

Visit our “About Art Therapy” page for more information about the art therapy profession and its practice.

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.

1. 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.

2. 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 is dedicated to providing 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.
THANK YOU FOR OUR CONFERENCE SPONSORS

CURRENT EXHIBITORS

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Routledge, Taylor & Francis Group, LLC
Springfield College
Shadow’s Edge
Ursuline College

We invite you to visit the Virtual Exhibit Hall and explore products and services that may be helpful to you and your career.
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. Two of the subject tracks (Clinical Approaches & Contemporary Issues/Current Trends) include a selection of more specific options.

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)
   - Child/Adolescents (CA)
   - Forensics (FS)

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

CONTINUING EDUCATION CERTIFICATES – PLEASE READ

All participants will receive a post-conference e-mail with a link to the AATA’s online Continuing Education Platform. Once participants verify the sessions attended, complete a brief online evaluation, a Certificate listing each session completed with the continuing education credits earned will be available for download and print. The certificates will also remain on AATA’s platform.

Continuing Education is awarded for “contact hours.” All sessions for the AATA Virtual Conference are equal to one (1) Unit of Continuing Education.

AATA is an approved continuing education provider with the following 3 bodies:

1. ART THERAPY CREDENTIALS BOARD (ATCB) - All educational sessions sponsored by the American Art Therapy Association (AATA) are accepted for continuing education by the Art Therapy Credentials Board (ATCB), except those sessions that are not ED

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 if 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, 2021.
SCHEDULE-AT-A-GLANCE
SATURDAY, DECEMBER 19 (ET) FEATURING 25 Hours of Learning (with options)

8:00 to 8:50 am Optional Events - Start your day with an optional session (Yoga, Art-Making, Reflective Mindfulness) before the main conference program begins. Enjoy!

9:00 to 9:50 am Educational Concurrent Breakouts (Offer 3 choices)

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: Mental Health During Covid-19: Strategies for Compassion and Self Care

11:10 to 12:00 pm Educational Concurrent Breakouts (Offer 4 choices)

12:00 to 12:15 pm Break (We invite you to explore the Virtual Exhibit Hall to find resources and services that may be helpful to you and your career.)

12:15 to 1:05 pm Educational Concurrent Breakouts (Offer 4 choices)

1:05 to 1:45 pm Lunch Break (We invite you to explore the Virtual Exhibit Hall to find resources and services that may be helpful to you and your career.)

1:50 to 2:40 pm Educational Concurrent Breakouts (Offer 4 choices)

2:45 to 3:35 pm Educational Concurrent Breakouts (Offer 3 choices)

3:35 to 3:50 pm Break (We invite you to explore the Virtual Exhibit Hall to find resources and services that may be helpful to you and your career.)

3:50 to 4:40 pm Educational Concurrent Breakouts (Offer 3 choices)

4:45 to 5:35 pm Educational Concurrent Breakouts (Offer 3 choices)

5:35 to 6:35 pm Daily Wrap & Networking Hour-End your day in a fun way, networking on various topics.

AATA’s Diversity, Equity & Inclusion Committee

The DE&I Committee is pleased to present an inaugural exhibition as a catalyst to connect and bond through the sharing of expressions of art. The exhibition is a way to begin envisioning a new past, present and future for our field. The exhibition will be shared throughout the Virtual Conference.

This show accentuates a group of 2020 AATA Featured Members to pull forth and give space to underlying narratives that exist within art therapy and to highlight unique and expansive perspectives in the field.

Whether it’s in their own personal experiences, or responses impacted through client and community work, they each present stories and ideas that are woven into the fabric of art therapy.

Explore the Gallery Here https://arttherapy.org/dei-gallery

Prescott College

President, AATA
MARGARET CARLOCK-RUSSO
Ed.D
ATR-BC, ATCS

Coordinator of the Expressive Arts Therapy online certificate program at Prescott College

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Detailed Program Listing

Links to the sessions listed in the program will be made available to registered attendees once they login to the virtual conference on the day of the event. Specific login and access information will be provided to registered attendees as we get closer to the first conference date.

SATURDAY, DECEMBER 19

8:00 to 8:50 am Optional Events

- Option 1: YOGA Instructed by Tammy (“Santoshi”) Robertson-Davis, MA. Santoshi, is an AATA member and has a Master’s degree in Psychotherapy & Spirituality (Art Therapy Specialization). She is a Certified Gold Instructor with the Canadian Yoga Alliance having trained under Yogi Vishvaketu near Rishikesh, India; The Alberta Yoga Association, Edmonton Yoga Studio; Freidel Khattab and David Swenson. She has been practicing yoga since 2000 and has been a certified instructor since 2007. Namaste!

- Option 2: Art-Making: Sacred Spaces, Moderated by Lauren McGill, Lauren Chapman, Eric Reiche, BFA, and Sheila Lorenzo de la Pena, PhD, ATR-BC, ATCS. As 2020 comes to a close, we invite you to create a sacred space. Using this time to reflect on what you’re presently grateful for, honoring the challenges faced, and visualizing the future you’d like to see moving forward. Suggested Art Materials: Supplies will vary depending on your choice to work in 2D or 3D. 2D: Collage Materials, memorabilia (i.e., photos, keepsakes, letters), glue, scissors/x-acto, pens or other mark-making tools; 3D: Found or gathered objects, memorabilia (i.e., fabric, ribbons, plant material, etc.), tchotchkes, stones, crystals, and a container.

- Option 3: Creative Self-Care: Advancing your Mental Health to Support Personal and Professional Effectiveness Moderated by Barbara Parker-Bell, PsyD, ATR-BC and Patricia Isis, PhD, LMHC-QS, ATR-BC, ATCS. 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 optional session, participants will be provided metaphoric imagery and guided mindful self-compassion meditation practices designed for exploring and supporting dimensions of self-care.

9:00 to 9:50 am

Educational Concurrent Breakouts (3 sessions to select from)

CA-154 | Introducing Physical Activity Into Group Art Therapy in an Alternative School Setting | Intermediate to Advanced | ATCB, NBCC, NY LCAT
Marlie Krickus, MA, ATR-BC, LPC
Discussion of an art therapy method that integrates physical activity into a clinical art therapy group through workstations, timed intervals, kinesthetic materials, and unobstructed space to transition through. Targeted symptoms in methods development included aggression, impulse control, task completion, and inattention.

FS-34 | “Not Quite There”: Art Therapy Exploring Transitions for Those with Sexual Offenses | Intermediate to Advanced | ATCB, NBCC, NY LCAT
Bani Malhotra, MA, ATR and David Gussak, PhD, ATR-BC
This paper explores art therapy in a sex offense treatment program, specifically the therapist’s role in holding a space of transition for offenders returning to the community. The potential of art in re-humanizing those who offend is discussed along with clinician’s reflections on the therapeutic relationship in negotiating identities.

MS-142 | Balancing Quantity and Quality of Art Therapy Service in Medical Setting | Basic | ATCB, NBCC, NY LCAT
Yasuko Yoshihara, MA, ATR-BC, LPC
Explore the challenges of incorporating art therapy into a fast-paced pediatric hospital, the adaptations needed to support patients’ range of physical/emotional needs, and how to practice consistency to balance quality and quantity of services through assessment. Learn about the multiple purposes of the Annual Art Show for program sustainment.
10:00 to 10:05 am
Welcome & Review of Program - Margaret Carlock-Russo, EdD, LCAT, ATR-BC, ATCS, President, AATA

10:05 to 10:10 am
PLENARY
Mental Health During Covid-19: Strategies for Compassion and Self Care | Intermediate to Advanced | ATCB, NBCC, NY LCAT

Matt Kudish, MSW, MPA, Executive Director of the National Alliance on Mental Health in New York City.
The COVID-19 pandemic is taking a toll on our mental health. Matt will be discussing our current situation, and its lasting effects, through the lens of trauma and will be sharing things to consider, including the impact of grief and loss, the need for compassion for ourselves and others, and reframing self-care, as we prepare for the next several months.

11:10 am to 12:00 pm
Educational Concurrent Breakouts (4 sessions to select from)

PP-352 | Constructed Visual Narratives: Creatively Advancing Our Discipline’s Professional & Mental Health Perspectives | Intermediate to Advanced | ATCB, NBCC, NY LCAT
Ronald P.M.H. Lay, MA, AThr, ATR-BC
This experiential workshop invites participants to construct visual narrative(s), within their own pre-made 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. Suggested Art Materials: A range of collage materials including pre-cut magazine images, origami paper, glue stick, coloring pencils, markers, tape, pair of scissors. It is recommended that you provide a structured base to contain and hold your story. It is suggested that attendees download the art directive to begin preparation before attending this session. Click here for more information.

ES-54 | Art-Based Supervision; Rationale, Training Course and Applied Research | Intermediate to Advanced | ATCB, NBCC, NY LCAT
Tami Gavron, PhD
This presentation describes new academic research-based and clinical perspectives on art-based supervision (ABS). It presents recent theory through case vignette followed by a model for an art-based training course. Mixed method research to evaluate the impact of the ABS training program is discussed.

MS-29 | Group Art Therapy in an Outpatient Setting for Teens with Chronic Pain | Intermediate to Advanced | ATCB, NBCC, NY LCAT
Julie Moreno, PhD, LPC, ATR-BC
This presentation explores group art therapy treatment with teens with complex pain. Mindfulness-based group art therapy instills coping strategies for anxiety for this population. MiPAIN is an intensive outpatient program comprised of a trans-disciplinary treatment team through University of Michigan Medicine’s Mott Children’s Hospital.

TE-276 | DICATS - Immersive and Media-Based Interactive Symposium | Intermediate to Advanced | ATCB, NY LCAT
Arun Ramakrishnan, PhD, Nancy Choe, MFA, MA, LMFT, ATR and Natalie Carlton, PhD, ATR-BC, LPCC
There is an ever growing need to connect creative minds, globally. More so during this pandemic. Immersive digital environments have been shown to increase presence, embodiment and engagement in live and pre-recorded experiences. DICATS is a global immersive (VR) symposium focusing on applications of digital media in art therapy and education across disciplines, first held live in 2019 across 5 global locations. This paper highlights our journey and findings, and outlines plans for the upcoming symposium in 2021.

12:00 to 12:15 pm BREAK
We invite you to explore the Virtual Exhibit Hall to find resources and services that may be helpful to you and your career.

12:15 to 1:05 pm
Educational Concurrent Breakouts (4 sessions to select from)

TR-39 | Quilting as Therapy | Intermediate to Advanced | ATCB, NBCC, NY LCAT
Kathleen Decker, MD
The use of quilting to treat mental health issues and trauma is reviewed, as well as postulated mechanisms of its benefits, and similarity to other art therapy techniques. Results of two projects will be presented in which quilting was used to facilitate recovery from mental health trauma.
Mindful Based Art Therapy as a “Gateway” Intervention for College Students | Intermediate to Advanced | ATCB, NY LCAT
Megan Beerse, MS, 200-RYT and Theresa Van Lith, PhD, ATR-BC, AThR
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-assisted MBAT as compared to the intrinsic therapeutic properties of clay through salivary cortisol analysis in addition to anxiety and perceived stress measures.

School Based Art Therapy Practices to Ameliorate Symptoms of Anxiety | Basic | ATCB, NBCC, NY LCAT
Colleen Siskar, MA, LCAT, ATR-BC, Marygrace Berberian, MA, MSW, LCAT, ATR-BC, LSW and Kristin Winter, MA, LCAT, ATR-BC
Effective interventions within the school setting can address students’ underlying issues, reducing or eliminating the need for special education services and clearing a path for academic learning. This presentation will offer interventions to address anxiety that impacts students’ abilities to cope with stressors, meet academic demands and improve overall well-being.

Creative Connections: Building New Narratives with Bereaved Families | Intermediate to Advanced | ATCB, NY LCAT
Alexis Lombardo, MA, ATR-BC and Christina A. Myers, MMT, MT-BC
This presentation focuses on the collaborative work of an Art Therapist and Music Therapist in supporting connection and building new narratives with bereaved families of pediatric oncology patients, as well as recommendations for future co-treatment interventions for end of life and follow up bereavement support.

The global hunger for art therapy’s practices has continued to grow, opening doors for art therapists interested in global work. This paper introduces global mental health disparities, challenges, and opportunities linking best practices and resources from the global mental health field as it pertains to the field of art therapy.

Challenges and Adaptations When Working with Pediatric Burn Patients | Intermediate to Advanced | ATCB, NBCC, NY LCAT
Kaley Wojcman, MA, ATR
A therapist’s role when functioning on a treatment team supporting a burn patient may require advocacy on the part of the clinician, as well as adapting therapeutic interventions. Understanding the psychosocial and developmental needs of pediatric burn patients requires a trauma-informed approach to improve upon Art Therapy interventions.

Arts-based Research Approaches to Studying Mechanisms of Change in the Creative Arts Therapies | Intermediate to Advanced | ATCB, NY LCAT, NBCC
Nancy Gerber, PhD, ATR-BC
This presentation introduces a preliminary qualitative research study exploring the role and function of multiple interactive aesthetic intersubjective phenomena relative to transformation in perception, behavior, and relationship through the creative arts therapies processes. Doctoral students and faculty studied these phenomena in an analogous creative arts therapies laboratory using Intrinsic Arts-Based Research.

The Use of the Face Stimulus Assessment with an Early-Stage Dementia Diagnosis | Basic | ATCB, NBCC, NY LCAT
Ashleigh Mower, MA
The presentation will cover a master's level research study conducted at a hospital system in a large Midwestern city on the use of the Face Stimulus Assessment (FSA) with older adults diagnosed with early-stage dementia.

Educational Concurrent Breakouts (3 sessions to select from)

Leaving a Legacy: Face Painting, Molds, and Memories in Pediatric Art Therapy | Intermediate to Advanced | ATCB, NBCC, NY LCAT
Ashley Wood, MA, ATR-BC, CIMI
This presentation explores how art therapy was utilized in pediatric palliative care to support a 19-
year old with cystic fibrosis and end stage lung failure. From life-size sculptures of her hands to face painting with medical staff, ways that various mediums helped the patient leave her legacy will be highlighted.

**PS-205 | Trust the Process: Practical Approaches to Art Therapy with Adults in Shelter | Basic | ATCB, NBCC, NY LCAT**

*Kathryn Harmon, MA, ATR*

Developing an open studio approach to art therapy in homeless shelters. Special focus on divergences and similarities in men’s and women’s facilities. Focused on practical, purposeful, therapeutic practices that strengthen self-worth and encourage resilience. Theoretical frameworks and applied techniques related to working in diverse, transient, unpredictable environments.

**SS-360 | Get Your Art Game On! Student-Athletes and the El Duende Painting Process | Basic | ATCB, NBCC, NY LCAT**

*Barbara Parker-Bell, PsyD, ATR-BC and Emi Illig, MS*

College student-athletes face many unique pressures on and off the playing field. This research-based presentation describes how positive psychology oriented El duende painting process was designed to support positive coping in club sport student-athletes. Results, limitations, and future areas of art therapy and sport psychology research will be discussed.

**3:35 to 3:50 pm**

Break (We invite you to explore the Virtual Exhibit Hall to find resources and services that may be helpful to you and your career.)

**3:50 to 4:40 pm**

Educational Concurrent Breakouts (3 sessions to select from)

**AC-200 | Socially Conscious Art Therapy with Survivors of Sex Trafficking | Basic | ATCB, NBCC, NY LCAT**

*Emily Frost, MS, ATR-P, LAAT and Emma McGovern, MS, ATR-P*

This session explores themes of power and community activism through an empowerment-based art therapy program for survivors of sex trafficking. The program served to amplify marginalized narratives while facilitators worked to provide socially and culturally conscious services through self-reflective visual journaling.

**RE-120 | A Phenomenological Inquiry Into the Artists of the Holocaust | Intermediate to Advanced | ATCB, NY LCAT**

*Elizabeth Hlavek, DAT, LCPAT, ATR-BC*

This paper describes a phenomenological inquiry into the artists of the Holocaust, based on the narrative account of five Holocaust survivors. Phenomenological analysis was used to reveal a psychological structure of these artists’ experience which includes themes of identity, autonomy, comfort, hope, affirmation of existence, and witnessing.

**MS-199 | Art Therapy in the Neonatal Intensive Care Unit (NICU): Milestone Photo Program | Intermediate to Advanced | ATCB, NBCC, NY LCAT**

*Meg Weryha, MA, ATR-BC*

Using evidence-based art therapy practices, with trauma and grief counseling models, the Milestone Photo Program supports families while their baby is admitted to the Neonatal Intensive Care Unit (NICU). Caregivers and the therapist work together to create keepsakes honoring their family’s growth, courage, and unique NICU journey.

**4:45 to 5:35 pm**

Educational Concurrent Breakouts (3 sessions to select from)

**TR-298 | Transformative Healing Through Trauma-Informed Internal Family Systems and Art Therapy | Intermediate to Advanced | ATCB, NBCC, NY LCAT**

*Diana Sabados, MA, LCPC, LCPAT, LPC, ATR-BC, ATCS, ACS*

Trauma-focused IFS therapy and art therapy each provide a unique process to work with the internal realm of the traumatized client. Their respective theories and techniques are consistent with the neurological underpinnings research is finding facilitates the processing of trauma. Used in tandem, they can facilitate profound and effective healing.

**MS-82 | Validating Art Therapy for Pediatric Patients | Basic | ATCB, NBCC, NY LCAT**

*Elizabeth Fallat, MA*

How can the value of art therapy be shown? This presentation reviews possible challenges hospitalized pediatric patients may endure and highlights how art therapy aims to provide support. A brief video created to bring awareness and provide information regarding the value of art therapy for hospitalized children is featured.
This presentation will highlight creative interventions that may be used with young adults with Autism. It will outline four art therapy groups that used a narrative approach through clay work, photography, and fiber arts over 15 weeks. Implications for using a culminating co-curated client exhibition in the gallery will be discussed.
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