2019 COMPLETE SCHEDULE OF SESSIONS

150 Faculty & Sessions • 4 Days

art • dance • music • drama • writing • play • sandplay

HOW TO NAVIGATE THE DAILY SCHEDULE

FOR THE DAILY PROGRAM
CLICK ON A DAY TAB BELOW
TO SEE THAT DAY'S SESSIONS

Need to See it Offline? Click Below for a PDF

2019 Full Schedule (1-16) • 2019 Schedule - Titles Only (1-16)

EDUCATORS & ARTS PROFESSIONALS — Click Here for Sessions

SOULCOLLAGE® FACILITATOR TRAINING
Use this special link to register for this 4-day course

PLEASE NOTE
To Hide or Display Session Descriptions
Click on the [+] or [-] located just above the tabs
This will enable you to view the schedule more easily
Thursday, 03/28/19

Thursday Morning Plenary

**Awakening to the Untarnished Self: Helping Alienated Youth Embrace Their Unique Identity**  
1:30 pm - 4:30 pm

*Mary Reynolds Thompson, CPCC, CAPF, CJF*

Across cultures, water is seen as a driving element in creativity, desire, and renewal. Exploring the archetype of water metaphorically helps us see the areas in which we have dammed our flow or become stagnant. In this 3-hour workshop, participants will experience the vitality and aliveness of oceans, rivers, lakes, and waterfalls through image, poetry and expressive writing. As we awaken to our own fluid expression, our authentic flow dives deep, then surfaces. This session offers take-away tools and resources for work with clients, students, and others of all ages.

Not eligible for continuing education credits or clock hours

Faculty Bio(s): Akuyoe Graham

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Two-Day Intensive - Thursday

**Social Emotional Arts on a Shoestring for Individuals & Groups in Any Setting - Day 1**  
10:00 am - 5:30 pm

*Day 1 of a 2-day Training Intensive.*

*Registration for both days of this Training Intensive is required.*

*Ping Ho, MA, MPH*  
*Myriam Savage, PhD, RDT-BCT*

Do you want to bring the healing arts process to settings with limited resources? Do you need to accommodate individuals or groups with differing levels of ability? Are your session lengths unpredictable? In this practical 2-day training program, you will experience activities in art, movement, music, and writing developed by UCLArts & Healing and its team of creative arts therapists. The 2-day curriculum also includes guidelines on the use of creative arts in therapeutic contexts, communication techniques for creating rapport and preventing resistance, and containment techniques for managing stress responses. Day 1 will focus on writing and movement; Day 2 on music and art. Ongoing assessments of the program have shown that this curriculum achieves its intended goals of helping to build connection, evoke positive emotions, bolster resilience, decrease stress and pain, facilitate verbal and nonverbal communication, strengthen the creative vs. illness narrative, and manage grief and loss. The training, which comes with an extensive manual (see below), enables sustainable delivery by care providers and educators in settings with limited resources, including hospitals, nursing homes, schools, shelters, and community clinics. Registration for both days of this Training Intensive is required.

*PLEASE NOTE: A hardbound copy of the 250-page manual is available for an additional fee of $60 (special Summit rate) by clicking here. Purchasing the manual is strongly recommended for clinicians or providers who wish to offer this program. Pre-registration for both days plus purchase of the manual are required to obtain a Certificate of Completion for this training.*

Eligible for 6.0 Clock/Credit Hours: NBCC, ATCB; ASWB; CPA/MFT/RN; SWNYS, LCAT (New York State only)  
Not eligible for APT Credits

Faculty Bio(s): Ping Ho, Myriam Savage

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Two-Day Training - Thursday

**Diagnostic Drawing Series Training: 35 Years of Assessment Through Art - Day 1**  
10:00 am - 5:30 pm

*Day 1 of a 2-day Training Intensive*  
Participants must register for both days to attend
10:00 am - 5:30 pm

**Kathryn Johnson, PhD, ATR**

The Diagnostic Drawing Series (DDS) is a standardized three-picture art interview developed in 1982 by art therapist Barry M. Cohen. Not tied to any particular psychological or theoretical model, the DDS was the first art assessment to be systematically correlated with the nomenclature of the DSM. It can be administered individually and in groups with psychiatric and medical populations, where its use has been recommended or required by JCAHO and other authorities. The varied task structure of a DDS elicits valuable content, structural, and process information that, together, can inform clinicians as to the strengths and psychopathology of the subject. Each of the pictures in the Series is rated for the presence of a total of 23 attributes that lead the trained rater toward an evidence-based assessment. DDSs have been collected and grouped according to the DSM diagnoses of subjects. Studies of the pictures in the diagnostic groups have revealed statistically significant graphic profiles. These graphic profiles show specific commonalities within each diagnostic group and specific distinguishing differences between diagnostic groups. After more than 35 years of international clinical use and empirical research, evidence has accrued that the DDS and the DDS Rating Guide are highly reliable and valid instruments. The DDS also provides a rich source of material for treatment planning. The DDS is designed for use with people 13 years and older.

Please Note: There is an additional $25 notebook fee for this 2-Day Training Intensive

REGISTRANTS: Please [CLICK HERE](#) to download important DDS collection instructions immediately. Review at least 3 weeks prior to training.

Eligible for 12.0 Clock/Credit Hours (combined total for both days): NBCC, [ATCB](#); ASWB; CPA/MFT/RN; SWNYS, LCAT (New York State only)

[Not eligible for APT Credits](#)

Faculty Bio(s): Kathryn Johnson

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4-Day Intensive - Thursday

**Recovery Coach Academy©: A Training Intensive for Working with Addictions of All Types**

10:00 am - 7:00 pm

**Lisa Hope, ATR-BC, LADC, LCAT, MAC, CASAC, CRPA**

The CCAR Recovery Coach Academy© is a 4-day (30-hour) training intensive, offered at the Summit in partnership with the Center for Addiction Recovery Training of the Connecticut Community for Addiction Recovery (CCAR). This 4-day comprehensive curriculum focuses on providing participants with the skills needed to guide, mentor, and support clients who would like to enter into or sustain long-term recovery from an addiction to alcohol, opioids, sex, gambling, shopping, and other addictive substances and behaviors. The role of the Recovery Coach and the components, core values, and guiding principles of recovery will be explored in depth. Active listening skills, methods of inquiry, and ways to self-manage will be emphasized. Through didactic and experiential exercises, this training intensive will empower participants to support clients in recovery to share their stories, manage wellness through the stages of recovery, and enhance their relationships. Dynamic expressive arts therapies activities will be demonstrated and experienced, and cultural, political, ethical, and boundary issues will be addressed. Registrants must attend all 4 days of this training. A separate manual fee is required.

PLEASE NOTE: The Recovery Coach Academy© is a nationally recognized designation. Successful completion of this training earns participants 30 NY State OASAS-Approved CASAC hours toward CASAC, CPP, and CPS re-credentialing.

10 registrants required for this session to be offered. Please invite a colleague to join you.

Eligible for 8.0 Clock/Credit Hours: [ATCB](#); ASWB; CPA/MFT/RN; SWNYS, LCAT, LMHC (New York State only)

[Not eligible for NBCC or APT Credits](#)

Faculty Bio(s): Lisa Hope

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Thursday Master Classes

**Attachment-Based Play Therapy for Emotional, Behavioral & Sensory Challenges**

10:00 am - 5:30 pm

**Tammi Van Hollander, RPT, LCSW**

Since children are fluent in the language of play, and use toys to tell their stories, play therapy is a natural and powerful communication tool for them. Play therapy allows children to manage anger, express thoughts and feelings, reduce
Anxiety and depression, and heal the effects of all sorts of trauma. In this daylong master class, participants will learn how to communicate more effectively with children through play, regulate their minds and bodies, and help to collaboratively create a safe space in which to heal. Attachment-based therapies such as Theraplay® activities will be highlighted as ways to heal trauma and create playful, trusting relationships with our clients and their families. Come experience the fun-filled power of play therapy as combined with other expressive arts approaches. We'll demonstrate how to incorporate creative strategies including sand trays, bibliotherapy, mindfulness, and others through active learning and hands-on exploration. Play therapists and their mental health colleagues will leave with a toolbox filled with ready-to-use activities that they can implement immediately in daily practice with children, and also adapt for work with clients of all ages. Get ready to learn and have fun!

Eligible for 6.0 Clock/Credit Hours: NBCC, ATCB; ASWB; CPA/MFT/RN; SWNYS, LCAT (New York State only); APT**

**Play therapy credit will not be awarded to non-mental health professionals.

Faculty Bio(s): Tammi Van Hollander

Complicated Grief, Collage & Trauma Theory: An Artful Integration
10:00 am - 5:30 pm

Peggy Kolodny, MA, ATR-BC, LCPAT
Sharon Strouse, MA, ATR-BC, LCPAT

Trauma and grief work supports the effectiveness of nonverbal creative arts and play therapy interventions to address the somatic impact on mind and body. This master class focuses on a collage-making technique that trauma-focused play therapists and art therapists—who are often hesitant to treat grief—can use in their practices. The neurobiological effects of complicated grief as they relate to van der Kolk’s and Perry’s trauma theory will be briefly reviewed. Images created by an art therapist in response to the suicide of her seventeen-year-old daughter will be presented as visual representations of complicated grief and complex trauma. This case material is grounded in the grief and bereavement work of Neimeyer’s Constructivist Theory of Meaning Making, Shear’s Complicated Grief Theories, Worden’s Task Model of Bereavement, and Stroebe’s Dual Process Model. The impact of traumatic grief on the social, behavioral, emotional, and psychological development of children and families will be reviewed along with age-appropriate creative interventions for play therapists. Experiential activities will include diverse collage-making directives including containers and books. Jungian active imagination processing of collages will be demonstrated.

Eligible for 6.0 Clock/Credit Hours: NBCC, ATCB; ASWB; CPA/MFT/RN; SWNYS, LCAT (New York State only); APT**

**Play therapy credit will not be awarded to non-mental health professionals.

Faculty Bio(s): Peggy Kolodny,
Sharon Strouse

Focusing & Art Therapy: Accessing Body Wisdom Through Creative Expression
10:00 am - 5:30 pm

Elizabeth Baring, MS, ATR-BC, NCPsyA, LCAT, LP

Developed by Eugene Gendlin and colleagues at the University of Chicago in the 1960s, Focusing is the process of accessing the body’s wisdom by turning inward and being present to its inner sensations. According to Gendlin, conscious thoughts emerge from the intangible inner awareness that he called the “felt experience,” which holds the key to psychological resolution. Art therapy is a way of externalizing that experience. In this daylong master class, participants will be guided through the process of Focusing and expressing their felt experience through art making so that they can incorporate this effective approach into their clinical practices. Using Laury Rappaport’s interdisciplinary approach called Focusing-Oriented Art Therapy (FOAT®), creative arts therapists, counselors, and psychotherapists of all persuasions will learn how combining art making with Focusing can be a powerful therapeutic approach for teaching stress reduction, managing emotional regulation, and attaining general well-being for a variety of populations in any number of clinical situations.

Eligible for 6.0 Clock/Credit Hours: NBCC, ATCB; ASWB; CPA/MFT/RN; SWNYS, LCAT (New York State only)
Not eligible for APT Credits

Faculty Bio(s): Elizabeth Baring

Hypnosis for Enhancing Creative Self-Expression in Treatment
10:00 am - 5:30 pm

Sean Sterling, PhD
Creative self-expression is an essential capability for living a full and fulfilling life. However, there are an array of forces, both internal and external, that inhibit self-awareness and creativity. The goal of this daylong master class is to teach clinicians how to help their clients overcome these inhibitions through the use of simple hypnotic procedures. Participants will learn to apply these techniques by working with each other in dyads and through demonstrations. This approach is useful for working with people of all ages, and with most clinical populations. This process can be integrated into daily clinical work by most seasoned counselors and psychotherapists, but is not suitable for non-mental health practitioners, graduate students, or beginning-level clinicians.

Eligible for 6.0 Clock/Credit Hours: NBCC, ATCB; ASWB; CPA/MFT/RN; SWNYS, LCAT (New York State only)
Not eligible for APT Credits

Faculty Bio(s): Sean Sterling

Improvisational Movement & Somatic Psychotherapy for Healing Anxiety, Depression & Trauma
10:00 am - 5:30 pm

Katrina Curry, LMFT, MA, DVATI, RYT

This 6-hour master class offers a direct experience in a creative method of body-centered healing, weaving together theory and techniques from the fields of expressive, improvisational movement, and somatic psychotherapy. Participants will learn the neuroscience principles that ground this work and make it a powerful and effective healing approach. Porges’ polyvagal theory will be discussed as a framework for understanding how this body-centered and playful approach can be beneficial for working with clients of all ages, particularly those who suffer from anxiety, depression, trauma histories, and central nervous system dysregulation. This approach helps to foster physical relaxation while encouraging social engagement and playful connection with others. Through experiential somatic inquiry and movement exercises, woven with the theory of regulation, creative arts therapists will develop an understanding of how to adapt this approach for use in virtually any clinical setting. Non-specialist professionals will learn through illustration and demonstration how to develop their own somatic inquiries and expressive movement interventions with their clients, as appropriate, thereby enhancing the range of their clinical work.

Eligible for 6.0 Clock/Credit Hours: NBCC, ATCB; ASWB; CPA/MFT/RN; SWNYS, LCAT (New York State only)
Not eligible for APT Credits

Faculty Bio(s): Katrina Curry

Suicide Prevention & Assessment Across the Life Span for Play Therapists & Clinicians
10:00 am - 5:30 pm

Mary Ruth Cross, MFT, NCC, RPT-S
Leslie Baker, MFT, NCC, RPT-S

Understanding how to prevent suicide, assess for suicide risk, and assist those who are touched by the loss of a loved one who dies by suicide are important skills for any helping professional. This 6-hour master class is designed to educate play therapists, counselors, psychotherapists, and school counselors working with youth, teens, adults and their families. Over the course of the day, we will introduce the basics of suicide prevention, assessment of suicide risk, and feature the use of play therapy interventions to assist children, teens, and adults in decreasing suicidal thoughts and behaviors. We will also discuss the unique challenges facing child, teen, and adult survivors who have lost a loved one by suicide. Participants will have the opportunity to explore the use of guided imagery, mindfulness, play therapy interventions, and creative arts modalities with individuals, couples, and groups who suffer from suicidal ideation and behaviors, as well as those who grieve for loved ones. This master class is appropriate only for clinicians and mental health graduate students.

Please Note: Because of the focus of this workshop, it is likely to evoke strong personal responses and emotions.

Eligible for 6.0 Clock/Credit Hours: NBCC, ATCB; ASWB; CPA/MFT/RN; SWNYS, LCAT (New York State only);
APT**

**Play therapy credit will not be awarded to non-mental health professionals.

Faculty Bio(s): Leslie Baker, Mary Ruth Cross

Symbolic Use of Sandplay Miniatures for Healing & Transformation
10:00 am - 5:30 pm

Jill Kaplan, LMFT
Sarah (Sally) Sugatt, LCSW
Many children, and some adults, build collections of tiny things, objects that they endow with a kind of specialness or magic that they hold sacred. In numerous myths and fairy tales we also encounter the paradoxical power of the miniature object—a ring, stone, amulet, or tiny doll—that guides and protects the story's hero in making his or her way into the unknown, embarking on a healing quest. This daylong master class provides an overview of the therapeutic use of miniatures, starting with the original form of sandplay based on Jungian theory, other sandtray therapies based on psychodynamic theory and play therapy, and therapeutic exercises featuring miniatures without the use of sand. In addition to this overview, there will be experiential exercises using miniatures and an exploration of symbols, as well as a sandplay case presentation about an adopted boy’s search for his father. The developmental appropriateness of the various exercises and modalities will be noted and discussed in relation to the needs of clients of all ages and diagnoses. No previous knowledge of sandplay is necessary.

**Eligible for 6.0 Clock/Credit Hours: NBCC, ATCB; ASWB; CPA/MFT/RN; SWNYS, LCAT (New York State only); STA
Not eligible for APT Credits**

**Faculty Bio(s):**
- Jill Kaplan
- Sarah (Sally) Sugatt

**The Power of SoulCollage®: Combining Images & Journaling to Reflect Your Life Story**

10:00 am - 5:30 pm

**Kat Kirby, MEd, ATR-BC**

In this daylong master class, we will delve into the process of SoulCollage®, in which participants will be creating a unique deck of collaged cards, each card referring to a part of self. In learning this process by doing it themselves, they will begin to understand how it can be used in counseling and treatment with their clients. A SoulCollage® Deck is the story of “you.” In creating one, the maker learns to deepen her understanding of the relationships between her parts of herself, between herself and her family/community/world, and between herself and her dreams, symbols, and spirit. SoulCollage® can be used as a way to seek self-guidance, mindful focus, as well as an effective tool in the context of counseling or psychotherapy. The late Seena Frost, creator of this process, says, “It is a tangible way to know yourself in your diversity and depth, and also to show yourself to others. You will love your deck—a multi-card Mirror of your Self and your Soul—whether it consists of three cards or a hundred.” SoulCollage® is appropriate for use with nearly all clinical populations and age groups, from children as young as 5 to adults 95 and older. If you are a counselor, expressive therapist, student, educator, helping professional, or are just curious about this process, come join our session and discover your Self for yourself!

**Eligible for 6.0 Clock/Credit Hours: NBCC, ATCB; ASWB; CPA/MFT/RN; SWNYS, LCAT (New York State only)
Not eligible for APT Credits**

**Faculty Bio(s):** Kat Kirby

**The Write Way to Health: Evidence-Based Expressive Writing Approaches for Clinical Practice**

10:00 am - 5:30 pm

**Kathleen Adams, LPC**

Evidence-based research in expressive writing documents that just four focused writing episodes can produce statistically meaningful change in physical and emotional health markers. In this 6-hour experiential session, participants will complete the four-part expressive writing protocol developed by pioneering researcher in the field, Dr. James W. Pennebaker, enhanced with the integrative process of the reflection write developed for clinical use by Kay Adams. Emphasis will be on workshopping writing interventions and applications for populations served by clinician-participants. Because expressive writing can be calibrated to most presenting problems or clinical audiences, this master class is appropriate for clinicians from all disciplines and at any level of experience. No prior writing experience is necessary.

**Eligible for 6.0 Clock/Credit Hours: NBCC, ATCB; ASWB; CPA/MFT/RN; SWNYS, LCAT (New York State only)
Not eligible for APT Credits**

**Faculty Bio(s):** Kay Adams

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**Thursday Morning Workshops**

**Aromatherapy & Movement Inspired Watercolor Meditation: "Sensational" Stress Relief**

10:00 am - 1:00 pm
Julia Vishnepolsky, MA, R-DMT

In this 3-hour workshop, participants will experience the multileveled benefits of multi-sensory engagement through watercolor, movement, sound, and aromatherapy. All of these modalities can bring us back to the present moment to enhance mindfulness, reduce stress, or re-energize, depending on what is needed by the client. Wet watercolors allow us to flow along in the moment, while also requiring us to surrender control. Movement and sound also prime the body for fluidity in art making. Participants will learn ways to integrate these media and modalities for working with clients in clinical practice and community settings.

Eligible for 3.0 Clock/Credit Hours: NBCC, ATCB; ASWB; CPA/MFT/RN; SWNYS, LCAT (New York State only)
Not eligible for APT Credits

Faculty Bio(s): Julia Vishnepolsky

Dream Medicine & Art in Psychotherapy: Techniques from Shamanic Practice
10:00 am - 1:00 pm

Jennifer Allen, MS, LMFT, ATR-BC

Messages in dreams can offer clinicians a rich source of wisdom and potential healing when we know how to access and work with them in constructive ways. To do that, it helps to know how to bring a dream forward—bridging it with waking life—as opposed to using the traditional approach of dream analysis. In this 3-hour workshop, counselors and psychotherapists will learn how to work productively with this process by engaging in it themselves, and to increase their comfort with it. We'll be using a drum journey and the Art for Access process developed by the speaker. Participants are encouraged to bring along a dream they'd like to work with and, if possible, a yoga mat or similar.

Eligible for 3.0 Clock/Credit Hours: NBCC, ATCB; ASWB; CPA/MFT/RN; SWNYS, LCAT (New York State only)
Not eligible for APT Credits

Faculty Bio(s): Jennifer Allen

Healing Ancestral Trauma with Community Art & Movement: Reweaving Our Roots
10:00 am - 1:00 pm

Oceana Blueskies, LMFT
Ziska Garcia, PsyD

So many people experience depression, anxiety, and chronic health conditions related to personal and collective trauma. This might a result of having been severed from the healing, life-affirming practices of our ancestors, resulting in widespread culture loss. Reconnecting with our lineage and with the land we live on holds potent medicine for healing. This 3-hour workshop will provide participants with an opportunity to engage in a variety of creative practices to strengthen their relationship with their roots. In doing this, they will be able to explore aspects of physical, emotional, and spiritual healing in a welcoming communal context. These practices include: grounding movement, a therapeutic rhythm circle, guided imagery, and multimedia art making, plus a didactic presentation that weaves both personal healing narratives and clinical vignettes to explore a range of methods for tending and repairing our roots. This work can be adapted for use with youth and adults of diverse backgrounds, both individually and in groups, and is effective for treatment of anxiety, depression, bereavement, existential angst, intergenerational trauma, attachment issues, chronic health conditions, and more. Additional topics for discussion include: sensitivity and awareness around cultural appropriation, the use of ancestor work to promote social justice, and respectful engagement with ancestral practices.

Eligible for 3.0 Clock/Credit Hours: NBCC, ATCB; ASWB; CPA/MFT/RN; SWNYS, LCAT (New York State only)
Not eligible for APT Credits

Faculty Bio(s): Oceana Blueskies, Ziska Garcia

Managing Big Feelings & Behaviors in Kids Through the Arts
10:00 am - 1:00 pm

Erica Curtis, LMFT, ATR-BC

Necessity is the mother of invention, as they say, and there is hardly a more necessary time to get innovative than when children are having "big" feelings, no matter where that might be. While talk- and behavior-based models abound, sometimes these tried-and-true strategies just don't work. That's when expressive arts techniques provide an effective way for working with youngsters who do not respond to traditional approaches. In this 3-hour workshop, participants will learn research-grounded, arts-based strategies for addressing the kind of big feelings and behaviors that kids and teens will undoubtedly exhibit during the course of counseling and psychotherapy. Hands-on art therapy experiential activities
Neuroplasticity, Dance/Movement Therapy & Alzheimer's Disease
10:00 am - 1:00 pm

Lora Wilson, MA, BC-DMT

Neuroplasticity refers to the brain’s ability to continue to grow and change in response to new experiences throughout the lifespan. Evidence suggests that the deterioration of the brain as we age (death of neurons and changes in plasticity at synapses) precedes the more commonly recognized pathological markers of Alzheimer's disease, including plaques and tangles. Research also supports that certain types of physical, sensory, and social experiences can maintain brain plasticity and increase neurogenesis. Building on the anecdotal and clinical literature that supports the use of dance/movement therapy (DMT) with individuals who have dementia, this 3-hour workshop introduces Ernest Rossi’s concept of “psychosocial genomics.” It integrates the language of neuroscience to more concretely explain what can happen on a molecular level during a DMT session, and why that may be particularly significant in the prevention and treatment of Alzheimer’s disease. The session will begin with an opportunity to embody the stages of gene expression as activated in mind-body healing processes. Lecture and discussion will follow regarding the neuroscience of both Alzheimer’s disease and brain plasticity, as well as the role that gene expression plays in neuroplasticity. Elements inherent to dance/movement generally—and DMT specifically—will be identified collectively as conditions that can create gene expression in patients as well as therapists. Healthcare professionals, especially creative arts therapists, seeking neuroscience language to explain and support the use of dance/movement with the elderly and to advocate for expansion of dance/movement therapy services across the lifespan are encouraged to attend.

Eligible for 3.0 Clock/Credit Hours: NBCC, ATCB; ASWB; CPA/MFT/RN; SWNYS, LCAT (New York State only)
Not eligible for APT Credits

Faculty Bio(s): Lora Wilson

Playback Theatre: Improv for Clinical Settings and Community Cohesion
10:00 am - 1:00 pm

Danielle Levanas, MA, LCAT, RDT

Playback Theatre features spontaneous performances based on stories told by audience members. In these sessions, life stories are shared, cast, and then enacted on-the-spot by a team of actors/dancers and a musician. Playback Theatre can enhance emotional development in groups by facilitating empathy and fostering dialogue among members. Developed in upstate New York in the 1970s, this method is now practiced in over sixty countries, and is used in a variety of settings including conferences, schools, colleges, prisons, hospitals, service agencies, and public theaters. This 3-hour Playback Theatre workshop will focus on how to use it as a clinical method in a variety of settings. Participants will learn how the Playback “ritual” applied to a support group setting can be used to facilitate community cohesion, spark personal and interpersonal growth, and enhance their work as clinicians. We will consider how to use Playback Theatre in treatment settings with clients who might not respond to more traditional therapy approaches. Participants will be offered the opportunity to take on the various roles of the Playback form (actor, musician, and audience/storyteller) as well as learn how to invite dialogue and build community to create compelling therapeutic theatre, while also making space for laughter, reflection, connection, and healing. No previous drama or other experience required.

Eligible for 3.0 Clock/Credit Hours: NBCC, ATCB; ASWB; CPA/MFT/RN; SWNYS, LCAT, (New York State only)
Not eligible for APT Credits

Faculty Bio(s): Danielle Levanas

Song Circle: Voice, Movement, Expression & Empowerment in Community
10:00 am - 1:00 pm

Patrisha Thomson, MA

Our voices are uniquely our own; they communicate who we are to the world. Yet many of us are uncomfortable with the sound of our voices, and have a fear of speaking in community. Singing allows us to express ourselves with fullness. Singing facilitates freedom through imagination and spontaneity; it is not limited to prescribed structures, and thrives on improvisation. In this 3-hour multimodal workshop, participants will experience a safe space in which to explore the
Faculty Bio(s): Patrisha Thomson

Trauma-Focused Self-Defense Strategies for Women: Empowered, Embodied Healing
10:00 am - 1:00 pm

Anna Pirkl, MA, LMFT, ATR, LAADC
Eve Torres Gracie

Unresolved trauma and post traumatic responses play out in the body longterm, and in a variety of ways, most of which are debilitating. Thanks to years of scholarship, publishing, and training regarding the toll that even psychological trauma takes on the body, clinicians are more aware of this phenomenon than ever. As a result, the expressive arts (embodied and otherwise) have gained recognition for their effectiveness in ameliorating these symptoms. More recently, self-defense strategies from a variety of martial arts traditions have begun to enter the discussion, especially as related to movement, somatic, and expressive arts therapies. This 3-hour workshop, facilitated by an art therapist with training in Brazilian/Gracie jiu-jitsu strategies for self-defense, will present a case for the use of trauma-focused self-defense strategies as an expressive/therapeutic complement to trauma-focused treatment. Participants will learn about lived experiences with jiu-jitsu, specifically the Gracie Women Empowered curriculum, and how training assisted the speakers' own recoveries from trauma. Preliminary research will be presented regarding this practice as it relates to the practice of embodied, trauma-focused care. Participants will have the opportunity to learn some of these basic strategies, and discuss implications for using them with their clients, as well as making appropriate referrals. This session is suitable for all mental health professionals.

Eligible for 3.0 Clock/Credit Hours: NBCC, ATCB; ASWB; CPA/MFT/RN; SWNYS, LCAT (New York State only)
Not eligible for APT Credits

Faculty Bio(s): Eve Torres Gracie, Anna Pirkl

Thursday Lunch Buffet

Lunch Buffet in the Cafe
Hilton Cafe - Lobby Level
1:00 pm - 2:30 pm

A Great & Convenient Lunch at a Reasonable Price!

Relax and recharge with your colleagues! Join them in the Hilton Cafe for a lunch buffet including a generous salad bar, choice of multiple entrees, plus a little something for dessert. Beverages on your own.

Daily $20 ticket includes meal plus tax and gratuity, and is available at this rate only during the online registration process.

Attendees who do not purchase tickets online will be able to buy them onsite at the regular Hilton Cafe rate, plus tax, based on available seating. Purchase in advance, save almost $9.00, guarantee your seat.

Going to a Lunchtime Special Interest Roundtable Discussion?
Grab-and-Go take-out options are available in The Bistro, also on the lobby level.

Thursday Lunch & Learns

Playback Theatre Live Demo
1:30 pm - 2:20 pm

Danielle Levanas, MA, LCAT, RDT

Come get a taste of Playback Theatre, an interactive form of improvisational theatre. Playback is founded on the radical
belief that telling our stories to each other in a theatrical context is both redemptive and invigorating. Likewise, listening to the stories of our community is a crucial step in building a more just and nourishing world. Founded in 1975 by Johnathan Fox and Jo Salas, Playback companies can now be found on 6 continents around the world. This performance invites audience members to watch, share and explore this ritual that lives on the cusp between art and social change. Actor/participants in this performance will have just completed the 3-hour Playback Theatre: Improv for Healing workshop. All Thursday Summit registrants are welcome!

Not eligible for continuing education credits or clock hours

Faculty Bio(s): Danielle Levanas

Thursday Afternoon Workshops

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<tr>
<th>Workshop Title</th>
<th>Time</th>
<th>Instructor(s)</th>
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<tr>
<td>Alleviating Death Anxiety and Finding Closure Through Art, Music, Drama &amp; Storytelling</td>
<td>2:30 pm - 5:30 pm</td>
<td>Patricia Jauchler, MA, MS, RDT/BCT, CT, CBF, CDP</td>
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<tr>
<td>Art-Based Anger Management Approaches for Clients of All Ages</td>
<td>2:30 pm - 5:30 pm</td>
<td>Erica Curtis, LMFT, ATR-BC</td>
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<tr>
<td>Cognitive Behavioral Therapy in Action: Applied Improvisation for Social Anxiety Disorder Groups</td>
<td>2:30 pm - 5:30 pm</td>
<td>Neal King, LCSW</td>
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<th>Patricia Jauchler</th>
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related CBT methods can be integrated into this group process, but should not feel like its main focus; the comedy
improv group dynamic itself is one of the key principles to the treatment process of social anxiety. Participants will also
learn why it is important for the facilitator to internalize group attunement and spontaneous processing skills. No
previous comedy, CBT, or theater improvisation experience required.

Eligible for 3.0 Clock/Credit Hours: NBCC, ATCB; ASWB; CPA/MFT/RN; SWNYS, LCAT (New York State only)
Not eligible for APT Credits

Faculty Bio(s): Neal King

Empowerment-Based Creative Practices with Older Adults at All Levels of Care
2:30 pm - 5:30 pm

Erin Partridge, PhD, ATR-BC

Did you know that the number of people over the age of 65 will increase by more than 70% over the coming decade.
Boomers are the new elders, and almost all of them could have gone to hear Hendrix play Woodstock, so it's time for
creative arts therapists to reexamine their best practices with older adults to meet these changing demographics. Best
practices for working with older adults in any clinical setting require knowledge of aging and diseases of later life, skilled
use and adaptation of materials in creative practice, and awareness about ageism and its impact on daily therapeutic
work. In this 3-hour workshop, participants will be introduced to empowerment-based creative practices with older
adults at all levels of physical and cognitive care. We will discuss important issues related to communication, adaptive
materials, creative stimulation, use of technology, and clinical philosophies for working with this growing, changing—and
potentially more demanding—population. As people live longer, survive complex medical conditions, and accumulate
more life experiences than ever before, arts therapists and helping professionals need to be prepared to meet their
unique needs creatively. Come join us to learn how!

Eligible for 3.0 Clock/Credit Hours: NBCC, ATCB; ASWB; CPA/MFT/RN; SWNYS, LCAT (New York State only)
Not eligible for APT Credits

Faculty Bio(s): Erin Partridge

Enhanced Empathy for Improved Connection: An Embodied Approach Incorporating Siegel’s COAL Model
2:30 pm - 5:30 pm

Chelsea Horton, MA, R-DMT

This 3-hour workshop, offered in a dance/movement therapy format, will introduce Daniel Siegel's mindful approach to
interpersonal relationships that he termed COAL (Curiosity, Openness, Acceptance, Love), and how it can foster deeper
empathy. Participants will gain an understanding of the neurobiological aspects of empathy by exploring non-verbal
communication and social cues. This session will be of benefit to clinicians seeking to enhance their therapeutic
relationships with clients, and will demonstrate novel interventions for working with those who feel isolated,
disconnected, marginalized, or have difficulty relating authentically to others. Such populations may include adults with
such diverse diagnoses as depression, anxiety, posttraumatic stress, schizophrenia, and addictions. The approach
presented in this workshop can support these populations in the development of secure attachment, self-expression,
self-awareness, and social connection.

Eligible for 3.0 Clock/Credit Hours: NBCC, ATCB; ASWB; CPA/MFT/RN; SWNYS, LCAT (New York State only)
Not eligible for APT Credits

Faculty Bio(s): Chelsea Horton

Family Art Time: Recipes for Connection
2:30 pm - 5:30 pm

Amber L. Cromwell, ATR, MFT

In this 3-hour workshop, you will learn about and experience the successful Family Art Time program, sponsored by
UCLArts & Healing, which offers a creative toolkit to parents seeking meaningful ways to connect with their child or
teenager. The curriculum offers thematic art activities that build social, emotional, and cognitive skills using simple art
materials to do so. At each session, parents and caregivers are given a recipe to take home, including step-by-step
instructions and a description of the social and emotional skills that the activity builds. Participants in this workshop will
engage in several Family Art Time recipe activities and work in pairs to emulate communication in a parent-child dyad.
In addition, the session will also cover logistics, such as the effective use of interpreters for non-English speaking
families, as well as results from parent and child participant evaluation forms. Time will be allotted for discussion of how
to apply or adapt these activities to a variety of clinical and community settings.
Making Messy Art: The Power of Paint and Mixed Media for All Ages, Abilities & Settings
2:30 pm - 5:30 pm

Elizabeth Dewjee, MA, ATR-BC  
Erika Mayer, MS, ATR-BC, LCAT

We disconnect from our left brain “logical” selves when we engage in art activities and immerse ourselves in the realm of right brain sensations, emotions, and pre-verbal memories. In facilitating this shift, sensory art activities enable clients of all ages and ability levels to gain access to unconscious content as well as enhance their emotional integration and healing. In this 3-hour workshop, we’ll engage in wide variety of fun, hands-on “messy” art experiences that are suitable for work with individuals and groups of all ages. Learn about the range of benefits of creating messy art on the brain, human development, healing, and identity formation. You will have fun, learn practical skills to use in schools and in your clinical work, and explore an unforgettable “wild” art experience!

Eligible for 3.0 Clock/Credit Hours: NBCC; ATCB; ASWB; CPA/MFT/RN; SWNYS, LCAT (New York State only)  
Not eligible for APT Credits

Faculty Bio(s): Elizabeth Dewjee, Erika Mayer

Poetry for All Populations and Settings: Clinical Applications for Growth & Transformation
2:30 pm - 5:30 pm

Robert Carroll, MD

How does writing facilitate healing, growth, and transformation? In this 3-hour workshop, we will investigate how expressive writing in general and poetry, in particular, can facilitate therapeutic change in individuals, families, groups, and communities. Topics will include: Writing poetry as a healing practice; In the realm of the senses: Using sensory input to make experience real; Poetry and breath; and Wisdom poetry—How a single voice can express larger social and cultural truths. The workshop will combine didactic and experiential material, including a series of writing exercises and sharing of what is written among participants. We will explore how specialists and generalists alike can use poetry to promote healing in treatment. We will also learn how poetry can enhance clinical practice with clients of all ages and abilities, individuals and groups, and particularly with populations that do not respond to traditional approaches.

Eligible for 3.0 Clock/Credit Hours: NBCC; ATCB; ASWB; CPA/MFT/RN; SWNYS, LCAT (New York State only)  
Not eligible for APT Credits

Faculty Bio(s): Robert Carroll

Assessing Differential Outcomes of Expressive Arts Interventions: A Practical Model
6:45 pm - 8:45 pm

Summer Lall, MT-BC  
Akilah Watts, MM, MT-BC

How can we discern the specific effects of interventions for achieving a therapeutic goal? This 2-hour evening workshop will offer a novel assessment approach for expressive arts therapists based on a pilot study aimed at enhancing empathy and resilience in adjudicated youth using music therapy interventions. The neurobiologically-based HeartMath scale as a measure of resilience, plus a separate empathy scale, were useful in identifying specific outcomes of four different areas of treatment: music & meditation, lyrics & listening, instruments & insight, and songwriting & support. Challenges in designing effective programs for adjudicated youth will also be discussed. The majority of this session will be experiential and interactive in nature, and participants will learn techniques for integrating music and meditation for relaxation as well as tools for active music making. The session will conclude with an exploration of further applications of this work. This session is recommended for all counselors and therapists.

Eligible for 2.0 Clock/Credit Hours: ATCB; ASWB; CPA/MFT/RN; SWNYS, LCAT (New York State only)  
Not eligible for NBCC or APT Credits
Character Development for Teaching Empathy and Building Community
6:45 pm - 8:45 pm

Diana Rivera, MA, CPC, PhD

Developing characters through play and experimentation is an exciting and novel way for students/artists/communities to explore the life of others, while also stimulating dialogue around people's lives and experiences. This 2-hour evening workshop explores how empathy and prosocial outcomes can be fostered through simple, yet engaging drama exercises in which participants are led through a characters discovery process. The brief workshop will include a short lecture, group dialogue, plus active engagement in a series of activations that can easily be applied to the clinical populations and communities that participants serve. Suitable for those in classrooms, studios, and clinical settings who seek to increase social development with children, adolescents, young adults, and older adults.

Eligible for 2.0 Clock/Credit Hours: NBCC, ATCB; ASWB; CPA/MFT/RN; SWNYS, LCAT (New York State only)
Not eligible for APT Credits

Diversity & Ethics Essentials for Establishing and Sustaining a Therapeutic Alliance
6:45 pm - 8:45 pm

Sana Loue, JD, PhD, MPH, MSSA, MA, LISW, CST-T, AVT

This 2-hour evening session explores the distinctions between cultural competence, cultural sensitivity, cultural humility, and cultural safety, as well as their relevance to clinical practice, and the ethical implications of each. Clinical and ethical issues related to additional aspects of the therapeutic encounter will also be explored, including transference and countertransference, and the nature of boundary violations and crossings. Intermediate-level workshop participants will have the chance to explore strategies that will enable them to proactively address ethical questions associated with clinical practice, with a special emphasis on ethical issues arising in the context of sandplay practice. These concepts are relevant to clinical practice in all settings in work with clients of all ages and abilities.

Eligible for 2.0 Clock/Credit Hours: NBCC, ATCB; ASWB; CPA/MFT/RN; SWNYS, LCAT (New York State only); STA
Not eligible for APT Credits

Drumming Into Stillness: Rhythmic Improvisation Meets Sensory-Based Mindful Meditation
6:45 pm - 8:45 pm

Marilyn McLaughlin, MFA, CLMA, RSMT

Discover the blissful connection of rhythmic flow and deep stillness. In this evening self-care session, we will alternately ride waves of simple rhythmic grooves and interactive rhythmic play followed by stretches of silence and guided sensory-based mindfulness meditation, using contemplative techniques from the Unified Mindfulness System designed by Shinzen Young. This is an extremely effective approach to mindfulness practice for new, as well as experienced, meditators. This process is also helpful for those who have trouble with sitting meditation, and it offers benefits from both group drumming and mindfulness meditation, such as stress reduction, mood elevation, increased concentration, creative expression, and community connection. No prior experience in meditation or music is required.

Not eligible for continuing education credits or clock hours.

Making Vision Books for Setting Intentions with Teens and Adults
6:45 pm - 8:45 pm

Kim Selbert, MA, OT

Vision books are creative tools typically designed by the maker to conjure aspirational dreams or goals. In clinical work,
for instance, we are always working toward one sort of goal or another, making these creations portable reminders of the work in process. In this 2-hour evening workshop, participants will have the opportunity to create one or more vision books that can be used at home, school, or work with people of all ages. Because the materials for creating them are so simple—heavy paper, magazine images and words, glue sticks, scissors—they can be used in virtually any setting, including in private practice, healthcare and community settings, schools, with individuals and groups. Once this process and its principles are understood, all that is required are ample materials, about two hours of time, and a willing maker. And if time is limited, the project can be completed in more than one session. Come relax, explore, and envision your goals with this versatile therapeutic tool!

**Not eligible for continuing education credits or clock hours**

**Faculty Bio(s):** Kim Selbert

**Stressbusting: Writing Through Troubled Times**

6:45 pm - 8:45 pm

**Kathleen Adams, LPC**

Have any sort of modern life anxieties? Let's take a pause, take a breath, and bust some stress! In this 2-hour workshop, you'll be given a template for a one-hour journal group on stressbusting through writing. You will be expertly guided through the experience of creating new relationships with stress through short, structured, sequenced writes. We'll talk about ways you can use this ready-made template with clients and client groups in treatment. You'll leave the workshop with a simple yet powerful tool to share with your clients, students, or group members. And you have a valuable new method for your own stress busting!

**Eligible for 2.0 Clock/Credit Hours: NBCC, ATCB; ASWB; CPA/MFT/RN; SWNYA, LCAT (New York State only)**

**Not eligible for APT Credits**

**Faculty Bio(s):** Kay Adams

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**Friday, 03/29/19**

**Friday Morning Community Wake-Up**

**Liquid Flow: Moving Mind, Body & Spirit in Community**

8:00 am - 8:30 am

**Aleta Hayes, MFA**

Get out of your bed and into your body! Experience the joy of fluid, juicy movement and playful dancing with freedom and ease through Liquid Flow, a combination of dance improvisation, yoga and Tai Chi. This method is for beginners, athletes, dancers, and anyone else who wants to develop more grace and who desires more beauty and fluidity in everyday life. Be prepared for an experience that has been previously described as "surprisingly fun" and "beyond wonderful."

**Not eligible for continuing education credits or clock hours**

**Faculty Bio(s):** Aleta Hayes

**Friday Morning Plenary**

**Music Medicine: Four Keys to Self-Care**

8:40 am - 9:40 am

**Christine Stevens, MSW, MT-BC, MA**

In this hour-long morning plenary presentation, you'll be introduced to the science and spirit of healing through sound. Experience four keys to self-care: rhythm as medicine for the body, melody for the heart, harmony for the soul, and silence for the mind. This session will provide you with accessible take-away tools for use in your clinical practice. Tune your body, mind, and spirit through music medicine. **No prior musical experience necessary; instruments provided.**

**Not eligible for continuing education credits or clock hours.**

**Faculty Bio(s):** Christine Stevens
Social Emotional Arts on a Shoestring for Individuals & Groups in Any Setting - Day 2

Day 2 of a 2-day Training Intensive
Participants must register for both days
See criteria below for receiving Certificate of Completion

10:00 am - 5:30 pm

Kathy Cass, MA, BC-DMT, NCC, C-IAYT, AHC
Ping Ho, MA, MPH
Karen Howard, RMT, CEAP

Do you want to bring the healing arts process to settings with limited resources? Do you need to accommodate individuals or groups with differing levels of ability? Are your session lengths unpredictable? In this practical 2-day training program, you will experience activities in art, movement, music, and writing developed by UCLArts & Healing and its team of creative arts therapists. The 2-day curriculum also includes guidelines on the use of creative arts in therapeutic contexts, communication techniques for creating rapport and preventing resistance, and containment techniques for managing stress responses. Day 1 will focus on writing and movement; Day 2 on music and art. Ongoing assessments of the program have shown that this curriculum achieves its intended goals of helping to build connection, evoke positive emotions, bolster resilience, decrease stress and pain, facilitate verbal and nonverbal communication, strengthen the creative vs. illness narrative, and manage grief and loss. The training, which comes with an extensive manual (see below), enables sustainable delivery by care providers and educators in settings with limited resources, including hospitals, nursing homes, schools, shelters, and community clinics. Registration for both days of this Training Intensive is required.

PLEASE NOTE: A hardbound copy of the 250-page manual is available for an additional fee of $60 (special Summit rate) by clicking here. Purchasing the manual is strongly recommended for clinicians or providers who wish to offer this program. Pre-registration for both days plus purchase of the manual are required to obtain a Certificate of Completion for this training.

Eligible for 6.0 Clock/Credit Hours: NBCC, ATCB; ASWB; CPA/MFT/RN; SWNYS, LCAT (New York State only)
Not eligible for APT Credits

Faculty Bio(s): Kathy Cass, Ping Ho, Karen Howard

Diagnostic Drawing Series Training: 35 Years of Assessment Through Art - Day 2

Day 2 of a 2-day Training Intensive
Participants must register for both days to attend

10:00 am - 5:30 pm

Kathryn Johnson, PhD, ATR

The Diagnostic Drawing Series (DDS) is a standardized three-picture art interview developed in 1982 by art therapist Barry M. Cohen. Not tied to any particular psychological or theoretical model, the DDS was the first art assessment to be systematically correlated with the nomenclature of the DSM. It can be administered individually and in groups with psychiatric and medical populations, where its use has been recommended or required by JCAHO and other authorities. The varied task structure of a DDS elicits valuable content, structural, and process information that, together, can inform clinicians as to the strengths and psychopathology of the subject. Each of the pictures in the Series is rated for the presence of a total of 23 attributes that lead the trained rater toward an evidence-based assessment. DDSs have been collected and grouped according to the DSM diagnoses of subjects. Studies of the pictures in the diagnostic groups have revealed statistically significant graphic profiles. These graphic profiles show specific commonalities within each diagnostic group and specific distinguishing differences between diagnostic groups. After more than 35 years of international clinical use and empirical research, evidence has accrued that the DDS and the DDS Rating Guide are highly reliable and valid instruments. The DDS also provides a rich source of material for treatment planning. The DDS is designed for use with people 13 years and older.

Please Note: There is an additional $25 notebook fee for this 2-Day Training Intensive

REGISTRANTS: Please CLICK HERE to download important DDS collection instructions immediately. Review at least 3 weeks prior to training.

Eligible for 12.0 Clock/Credit Hours (combined total for both days): NBCC, ATCB; ASWB; CPA/MFT/RN;
Recovery Coach Academy©: A Training Intensive for Working with Addictions of All Types

10:00 am - 7:30 pm

Lisa Hope, ATR-BC, LADC, LCAT, MAC, CASAC, CRPA

The CCAR Recovery Coach Academy© is a 4-day (30-hour) training intensive, offered at the Summit in partnership with the Center for Addiction Recovery Training of the Connecticut Community for Addiction Recovery (CCAR). This 4-day comprehensive curriculum focuses on providing participants with the skills needed to guide, mentor, and support clients who would like to enter into or sustain long-term recovery from an addiction to alcohol, opioids, sex, gambling, shopping, and other addictive substances and behaviors. The role of the Recovery Coach and the components, core values, and guiding principles of recovery will be explored in depth. Active listening skills, methods of inquiry, and ways to self-manage will be emphasized. Through didactic and experiential exercises, this training intensive will empower participants to support clients in recovery to share their stories, manage wellness through the stages of recovery, and enhance their relationships. Dynamic expressive arts therapies activities will be demonstrated and experienced, and cultural, political, ethical, and boundary issues will be addressed. Registrants must attend all 4 days of this training. A separate manual fee is required.

PLEASE NOTE: The Recovery Coach Academy© is a nationally recognized designation. Successful completion of this training earns participants 30 NY State OASAS-Approved CASAC hours toward CASAC, CPP, and CPS re-credentialing. 10 registrants required for this session to be offered. Please invite a colleague to join you.

Eligible for 8.0 Clock/Credit Hours: ATCB, SWNYS, LCAT, LMHC (New York State only) Not eligible for NBCC or APT Credits

Faculty Bio(s): Lisa Hope

Altered Books: Revising Narratives, Revealing Strengths

10:00 am – 5:30 pm

Kat Kirby, MEd, ATR-BC

An altered book is a piece of mixed media artwork forged from a used hardbound book that has had new life breathed into it. Rather than starting with a blank page or canvas, the altered book process begins with a book that has already been published—one that the client can then change with color, words, images, and textures, and therein, rewrite their story. This cognitive-emotional-tactile process can be a unique way to work through emotionally-charged topics, allowing a client to discover a new path through stress and difficulty, and can be employed in virtually any clinical setting with clients of all ages. It provides an effective technique for facilitating healing, and can enhance a client’s emotional development, revealing new strengths. Using a variety of creative processes such as painting, collage making, stamping, embellishing, and journaling, the client can rewrite any story, especially those over which they feel they have no control. The unbridled freedom of expression to rip out pages, highlight meaningful words, create secret compartments, and construct a new narrative, offers the maker a powerful way to craft self-worth and resilience between the covers of any used book, and carry it along wherever they need to take it.

Eligible for 6.0 Clock/Credit Hours: NBCC, ATCB; ASWB; CPA/MFT/RN; SWNYS, LCAT (New York State only) Not eligible for APT Credits

Faculty Bio(s): Kat Kirby

Discovering Dream Wisdom: An Exploration Through Art & Journaling

10:00 am – 5:30 pm

Nancy Weiss, BCD, LCSW

Dreams hold the power to surprise, delight, terrify, and heal. This daylong master class introduces a structured, 6-step dream-tending format that helps access images, energies, and emotions to enhance emotional development by integrating dream-based insights into the waking world. In dyads, participants will explore a dream or powerful image, with the intent of deepening understanding and inner knowing, rather than making interpretations. Then, through an adapted SoulCollage® format and writing exercises, they’ll capture the dream’s unfolding wisdom in both images and words. Combining dream work, collage, and expressive writing invites discovery on a deeper level, and provides
participants with a captivating, deeply personal illustration of a dream's essential healing nature. This session will prepare counselors and therapists to use the dream-tending process with clients, particularly those who do not typically respond to traditional approaches. Participants are encouraged to bring along a journal or small notebook.

Eligible for 6.0 Clock/Credit Hours: NBCC, ATCB; ASWB; CPA/MFT/RN; SWNYS, LCAT (New York State only)
Not eligible for APT Credits

Faculty Bio(s): Nancy Weiss

Diversity: Deepening the Creative Collective Exchange
10:00 am – 5:30 pm

Denise Boston, PhD, RDT
Ernesto Colín, MA, PhD
Maria Gonzalez-Blue, MA, REAT, REACE
Diana Elizabeth Jordan, MFA/OTA
Shelly Tochluk, PhD

How do we establish a setting for potentially difficult conversations? How do we creatively bring people together to talk about the experience of microaggression, issues of privilege, feelings of marginalization, or ways in which one's story hasn't been honored in the workplace? This daylong master class, facilitated by a diverse team of experts, will explore innovative ways to find commonality and unite diverse voices in community. Rooted in an indigenous cultural practice of establishing harmony in our humanness, we will also strive for reciprocity – teaching one another something from our own backgrounds. This interactive workshop will begin with brief inspirational statements by each of the five experts, followed by small group work to deepen the conversation. Each group will literally demonstrate their conclusions creatively, in an art form of their choice. The session will conclude with an inspirational closing activity where each member of the group will share an action plan for implementing, in their personal and professional lives, what was learned. The goal of this session is not only for participants to experience processes for facilitating dialogue in therapeutic arts contexts, but also to develop as thought leaders around diversity. These tools are invaluable in both community work and clinical practice.

Eligible for 6.0 Clock/Credit Hours: NBCC, ATCB; ASWB; CPA/MFT/RN; SWNYS, LCAT (New York State only)
Not eligible for APT Credits

Faculty Bio(s): Denise Boston,
Ernesto Colín,
Maria Gonzalez-Blue,
Diana Jordan,
Shelly Tochluk

IFS & Art Therapy: Introducing the Creative Journey Through Collage and Clay
10:00 am – 5:30 pm

Peggy Kolodny, MA, ATR-BC, LCPAT
Salicia Mazero, MA, ATR, LPC

In this daylong master class, we will explore the integration of art therapy principles with Schwartz's internal family systems therapy model (IFS) in virtually any clinical setting for use by expressive arts therapists. The goal of IFS is to build internal cooperation and increase 'self-leadership' using eight internal resources: calmness, curiosity, clarity, compassion, confidence, courage, connectedness, and creativity. Art is used in treatment as an effective form of expression, to depict the healing journey, and to enhance both the client's experience and the clinician's work. An introductory video will be shown to illustrate the concepts of IFS, and case material will demonstrate how the presenters have applied expressive arts to the IFS process effectively with individuals and groups in treatment. Participants will be able to experience collage and clay activities to explore their own internal parts and Self, and learn how this process can enhance emotional and clinical development for clients of all ages and abilities. They will practice dialoging and "unblending" among parts which will allow for a somatic understanding of the concepts to use with individuals and groups. IFS essentials will be taught, so participants do not need prior knowledge of this approach. Please Note: This overview session does not constitute IFS training.

Eligible for 6.0 Clock/Credit Hours: NBCC, ATCB; ASWB; CPA/MFT/RN; SWNYS, LCAT (New York State only)
Not eligible for APT Credits

Faculty Bio(s): Peggy Kolodny,
Salicia Mazero

Uncovering Unconscious Resistance: Navigating Change Through Movement
Whenever the desire or necessity to make a change arises, resistance to that change often arises. And if we look at change as "movement," then resistance is a term that can describe the fear of the movement, or of change, itself. Resilience begins to build once resistance softens. Those of us who steward the therapeutic or healing process in order to facilitate change for our clients must also tend to our own relationship to change. As with our clients, therapists must also learn to find new ways of addressing and dissolving resistance within themselves. In this daylong master class, we will explore ways of using movement to navigate the movement of change. The day will unfold through working with both the qualities of resistance and resilience—and emergent themes related to both—including a combination of theories of change, group process, and body-based practices grounded in Continuum. Continuum is a movement-based practice that integrates breath, sound, and fluid movement that allows us to move through stagnation, fear, and old patterns of behavior. Participants will engage in a series of simple Continuum-based practices to soften resistance, invite ease into their work, and invite the courage and trust needed to promote resilience to flourish. By doing this, participants will learn simple somatic skills they can use in their clinical practices to support their clients through "stuck" places, opening new possibilities in the office and in their daily lives.

Eligible for 6.0 Clock/Credit Hours: NBCC, ATCB; ASWB; CPA/MFT/RN; SWNYS, LCAT (New York State only)
Not eligible for APT Credits
Faculty Bio(s): Amber Elizabeth Gray, Sharon Weil

Friday Morning Workshops

Art Therapy Toolkit: Facilitating Sensation, Emotion & Transformation
10:00 am – 1:00 pm

Michael Franklin, PhD, ATR-BC

Not everyone has the time or the resources to formally study art therapy to learn all the theory and develop the skills required to use it safely with people in need. In this 3-hour workshop, participants will get the opportunity to learn two or more art therapy-based techniques that focus on the tactile, affective, and transformational power of the arts when used knowledgeably. Come learn some key concepts and a few activities to use with clients and students of all ages and abilities in a variety of settings. No previous experience with art therapy is required, but time spent as a helping professional is beneficial.

Eligible for 3.0 Clock/Credit Hours: NBCC, ATCB; ASWB; CPA/MFT/RN; SWNYS, LCAT (New York State only)
Not eligible for APT Credits
Faculty Bio(s): Michael Franklin

Bodymap Process: A Somatic Art Intervention for Healing What the Body Holds
10:00 am – 1:00 pm

Darcy Lubbers, PhD, MFT, ATR-BC
Einat Metzl, PhD, MFT, ATR-BC

Pain, grief, shame, anxiety, regret, hope, love, inspiration, defeat, rage, heartache, exhaustion. The body carries within it a record of our life experiences, and the experiences that remain unprocessed can impede our sense of well-being and ability to function. At the same time, the body’s innate wisdom can be harnessed for deep physical, emotional, and spiritual healing. Participants in this 3-hour workshop will be introduced to, and invited to engage in, aspects of the Bodymap Process, the first structured and scalable use of bodymapping developed and researched by Dr. Lubbers. In this process, a life-size (actual or symbolic) outline of one’s body is created, and the felt sense is engaged as an internal reference point for spontaneous, visual art expression within this container, utilizing a variety of media. In this way, various themes can be explored, and resolution of problematic symptoms facilitated. This technique is particularly effective in working with traumatized clients, individually or in groups. Moreover, guidelines for establishing safety will be offered, along with case material and applicability to a variety of clinical populations.

Eligible for 3.0 Clock/Credit Hours: NBCC, ATCB; ASWB; CPA/MFT/RN; SWNYS, LCAT (New York State only)
Not eligible for APT Credits
Faculty Bio(s): Darcy Lubbers, Einat Metzl
Creative Rituals for Processing Grief & Celebrating Life
10:00 am – 1:00 pm

Karen Howard, RMT, CEAP
Gabrielle Kaufman, MA, BC-DMT, NCC, LPCC
Jennie Linthorst, MA, CAPF

Issues of loss and grief, particularly those connected to death of a loved one, are among the most difficult to experience, discuss, and process in treatment. In this 3-hour workshop, participants will learn how to build resilience, facilitate healing, and strengthen community through creative expression related to such transitional life moments. Experience how music, movement, and writing can create sacred moments of reflection to honor grief, engender hope, find meaning in loss, elevate spirit, and facilitate closure. We’ll begin by taking an embodied musical journey to “express the loss, feel the love, and see the light.” Next we’ll identify how to facilitate deep writing through inspirational literature. Finally, participants will have the opportunity to summon memories of a lost loved one through symbolic movement. We’ll demonstrate how to facilitate group support and sharing as we work our way through these activities. Not intended as a therapy session, this educational workshop is likely to evoke poignant feelings.

Eligible for 3.0 Clock/Credit Hours: NBCC, ATCB; ASWB; CPA/MFT/RN; SWNYS, LCAT (New York State only)
Not eligible for APT Credits

Faculty Bio(s): Karen Howard, Gabrielle Kaufman, Jennie Linthorst

Drumming for Clinicians: Strengthening Alliances, Clinical Goals, Affect Regulation & More
10:00 am – 1:00 pm

Daniel Walsh, MS, MT-BC

Clinicians in all disciplines can find it challenging to form therapeutic alliances with their more resistant clients, and this is particularly true of those clients who shy away from self-expression through the arts. Mutual drumming can provide a format and experience through which any mental health professional can facilitate or deepen a therapeutic alliance, and by doing so, provide an environment in which treatment goals can be more easily achieved. In this 3-hour workshop, participants will learn to apply the concept of the iso principle as a means of attuning to a client’s affective state. A simple means for providing structure such as establishing tempo and phrase length will be introduced. Participants will also engage in drumming activities that will illustrate and demonstrate Bruscia’s clinical techniques of improvisation, featuring strategic approaches such as empathy, elicitation, and redirection. They will be given opportunities to apply these concepts while facilitating group and individual drumming experiences. We will also discuss how to help clients manage affect regulation, reality orientation, and improve self-expression. This workshop is appropriate for all clinicians and educators whose work would benefit from a drumming-based structure for enhancing alliances with clients of any age who might otherwise have difficulty connecting or flourishing using more traditional treatment approaches.

Eligible for 3.0 Clock/Credit Hours: NBCC, ATCB; ASWB; CPA/MFT/RN; SWNYS, LCAT (New York State only)
Not eligible for APT Credits

Faculty Bio(s): Daniel Walsh

Introduction to TraumaPlay℠: Flexibly-Structured Sand, Clay & Art for Children and Teens
10:00 am – 1:00 pm

Paris Goodyear-Brown, MSSW, LCSW, RPT-S

Many of the traumatized children and families that counselors see in clinical settings are unable to process trauma through language. Instead, they are better able to work through what has happened using developmentally-sensitive media, steeped in play, and grounded in attachment relationships. In this 3-hour experiential workshop, participants on will go on a journey through the seven components of TraumaPlay℠. Each treatment goal will be illustrated by specific play therapy interventions or case examples, and demonstrated through both non-directive and directive play therapy approaches. Experiential activities will include work with sand, clay, and art materials. This workshop is suitable for all clinicians who work with traumatized children and teens and are looking for creative ways to enhance healing, and ultimately help families to hold “hard stories” together.

Eligible for 3.0 Clock/Credit Hours: NBCC, ATCB; ASWB; CPA/MFT/RN; SWNYS, LCAT (New York State only);
APT**

**Play therapy credit will not be awarded to non-mental health professionals.
Managing Digital Dangers & Online Overuse: Facilitating Healthy Tech Habits Through Play Therapy
10:00 am – 1:00 pm

Leslie Baker, MFT, NCC, RPT-S
Mary Ruth Cross, MFT, NCC, RPT-S

Let's face it, we're a long way from the “simple” parenting challenges of the mid-to-late 20th century. These days, the 21st century family must confront a complex array of problematic dangers stemming from digital and mobile technologies that include: online pornography, excessive information and communication technology (ICT) use, sexting, cyberbullying, and other inappropriate uses of can’t-live-without-it tech. Play therapists and other mental health specialists are increasingly sought out to assist families in managing these issues and balancing the positives that technology can offer. This 3-hour workshop will provide an overview of the various technology-related behaviors that can lead to a higher risk of victimization, conflict, and abuse issues. Participants will learn about assessment tools, play therapy & expressive arts interventions to help families and youth cope with these issues safely and effectively. Participants will engage in an assessment tool-based intervention and two family play therapy interventions during the workshop. We will also review related research, laws, and ethics relevant to play therapists and their colleagues. All clinicians and professionals who want to learn how to assist parents curb overuse of technology by their kids, and how to develop healthier relationships with tech are encouraged to attend.

Eligible for 3.0 Clock/Credit Hours: NBCC, ATCB; ASWB; CPA/MFT/RN; SWNYS, LCAT (New York State only); APT**

**Play therapy credit will not be awarded to non-mental health professionals.

Puppet Work & Storytelling: A Healing Journey for Depressed and Traumatized Clients of All Ages
10:00 am – 1:00 pm

Susan Anand, MA, ATR-BC, ATCS, LPAT
Lani Gerity, DA, ATR

This 3-hour workshop, suitable for generalists and specialists alike, will introduce participants to an arts-based, playful healing approach to working with story and puppets. We’ll begin with a brief overview of relevant mindfulness and neuroscience research, followed by the tenets of art therapy pioneer Edith Kramer. We will illustrate our clinical work with vignettes of clients struggling with depression, loss, and trauma, as well as cases of exhaustion among healthcare workers. As an antidote to these symptoms, we offer participants a hands-on experience featuring positive strength-building exercises facilitated by weaving together stories, puppets, and inspiration. This creative clinical mix can provide their clients of all ages and abilities a pathway to integration, resilience, community, and hope.

Eligible for 3.0 Clock/Credit Hours: NBCC, ATCB; ASWB; CPA/MFT/RN; SWNYS, LCAT (New York State only)
Not eligible for APT Credits

Faculty Bio(s): Susan Anand, Lani Gerity

Rescripting Troubling Memories & Problematic Behaviors: Techniques from Psychodrama
10:00 am – 1:00 pm

Paul Lesnik, LCSW, TEP

Clients often re-create scenes from their past that bring “drama” into their present lives; these are often deep-rooted, and typically unconscious. As we now know, our memories—not only those that are associated with negative experiences—are encoded and enhanced through sight, smell, taste, touch, and sound. Our neural pathways connect these senses to our memories, reigniting the range of emotion from joy to terror that a scene may hold for us. Many evidence-based therapies contain aspects of scene setting, including the “safe place” of Eye Movement Desensitization and Reprocessing (EMDR), hypnosis, drama therapy and psychodrama. Action methods offer effective structures that incorporate all the senses to help clients explore those troubling situations and related behaviors that disrupt their lives. They provide a format for moving these stories forward toward an alternative ending. In this 3-hour workshop, we’ll practice and discuss psychodrama techniques that clinicians can use to help their clients “re-story” their memories, creating a conscious connection that facilitates new or different perspectives of their worlds. This workshop is appropriate
Faculty Bio(s): Paul Lesnik

**Storytelling & Performance for Enhancing Resilience and Self-Awareness**
10:00 am – 1:00 pm

*_Darci Burch, MA, LCAT, RDT_*
_Diana Feldman, MA, LCAT, RDT-BDT_

Stories are the way we make sense of the world and narrate the complexities of our lives. Having others witness them—especially those in our community—help us to feel heard, connected, and empowered . . . a key to healing. When we are denied the ability to speak our truths or transform our narratives, we are robbed of a powerful tool for change. In this theater-based trauma-informed workshop, counselors, therapists, and other healthcare providers will be able to tap into the power of their client’s stories as a change-maker in therapeutic settings. Participants will discuss and then employ active techniques through ENACT’s therapeutic performance method developed and honed in over 30 years working with put-at-risk youth in NYC public schools. Therapists will learn to identify salient themes through which they can develop a client’s or groups’ ability to tell their stories in a safe and protective context. Participatory activities will include warm-up exercises, transition methods for “mini” performance creation, and guidance for devising performative opportunities for personalized expression within any therapeutic context to help grow clients’ self-awareness and self esteem.

*Eligible for 3.0 Clock/Credit Hours: NBCC, ATCB; ASWB; CPA/MFT/RN; SWNYS, LCAT (New York State only)*

*Not eligible for APT Credits*

Faculty Bio(s): _Darci Burch, Diana Feldman_

**Trauma, Illness & the Unconscious: Accessing Body-Mind Wisdom Through Sandplay**
10:00 am – 1:00 pm

_*Gita Morena, PhD, LMFT_*

In this 3-hour workshop, we will explore the phenomenon of how the body knows and expresses that which is unconscious, and brings this knowledge into consciousness through art, imagery, and sandplay. We’ll consider the case study of an aging woman who connects with the Great Mother archetype through her sandplay imagery. Participants will discover that, in this case, issues surrounding physical illness are experienced in the creative work long before the client is given a formal medical diagnosis. Transference & countertransference issues that are likely to emerge as a deepening sandplay process unfolds are included as an important dimension for establishing a free and protected space where these issues can be exposed, identified, and explored. Appropriate for experienced mental health professionals.

*Eligible for 3.0 Clock/Credit Hours: NBCC, ATCB; ASWB; CPA/MFT/RN; SWNYS, LCAT (New York State only); STA*

*Not eligible for APT Credits*

Faculty Bio(s): _Gita Morena_

**When the Pen Can Write What the Lips Can’t Say**
10:00 am – 1:00 pm

_*Kate Thompson, MA, CJT_*

Writing offers myriad ways of opening up the self to examination and reflection in order to facilitate more effective ways of being in the world. It allows that self to become visible on the page in new or unexpected ways and begin to give voice to the unsayable. Its corollary, reading, allows the self to be known on the page. The combination of writing and reading the self brings clients into deeper self-knowledge and understanding of how they live. Writing and reading the self on the page allows one to become both the observer and the thing observed, the knowing and the known. Community deepens this process; hearing one’s own words read aloud and receiving them back is a way of integrating the self. In this 3-hour experiential workshop, participants will be guided through the powerful process of expressive writing, as well as the amplifying process of reading to a group of supportive witnesses, toward the creation of a more resilient self. They will learn effective, creative methods for encouraging clients of all ages who do not typically respond to traditional talk therapy to express their thoughts and feelings with others, and in groups.

*Eligible for 3.0 Clock/Credit Hours: NBCC, ATCB; ASWB; CPA/MFT/RN; SWNYS, LCAT (New York State only)*
Friday Lunch Buffet

**Lunch Buffet in the Cafe**  
Hilton Cafe - Lobby Level  
12:00 pm - 1:30 pm

*A Great & Convenient Lunch at a Reasonable Price*

Relax and recharge with your colleagues! Join them in the Hilton Cafe for a lunch buffet including a generous salad bar, choice of multiple entrees, plus a little something for dessert. Beverages on your own.

Daily $20 ticket includes meal plus tax and gratuity, and is available at this rate only during the online registration process.

Attendees who do not purchase tickets online will be able to buy them onsite at the regular Hilton Cafe rate, plus tax, based on available seating. Purchase in advance, save almost $9.00, guarantee your seat.

*Going to a Lunchtime Special Interest Roundtable Discussion?*  
Grab-and-Go take-out options are available in The Bistro, also on the lobby level.

Friday Lunch & Learns

**Inspirational Marketing for a Successful Career in Expressive Arts Therapy**  
1:30 pm – 2:20 pm

*Christine Stevens, MSW, MT-BC, MA*

Do you find it hard to market yourself professionally? Is it challenging to articulate the breadth or depth of the services you offer? In this dynamic and interactive presentation, you will learn "do's and don'ts" for effective marketing, including four types of communication, buzz words and the art of crafting bios. You will learn how to grow your practice—and expand our field—through clear and creative communication that also conveys the poetry of our work in the contemporary world.

*Not eligible for continuing education credits or clock hours*

Faculty Bio(s): *Christine Stevens*

Friday Afternoon Workshops

**Addressing Loneliness Through Movement & Art: An Intergenerational Group Program**  
2:30 pm – 5:30 pm

*Gina Simonelli, MA, LMHC*  
*Julia Vishnepolsky, MA, R-DMT*

Many older adults lead disconnected lives even in group residential settings. Addressing Loneliness through Movement and Art (ALMA) offers self-expression and connection to older adults in intergenerational partnership with adolescents in rehabilitation for addictions and other volunteers. Group sessions are each designed around a theme related to life and begin with movement and music activities where participants are encouraged to express how they feel. Then playful discussion is used to generate ideas for incorporation into art making. Adolescents participate fully in the activities, although their role during art making is to assist older adults in the process and engage them in dialogue. In this 3-hour workshop, you will experience a full ALMA session and learn about the measured and observed social-emotional benefits for both older adults and youth. Supervisors of adolescents in treatment are present during the sessions and give corroborating feedback on the benefits to their charges. You will also learn about the logistics of setting up a program in a nursing home setting, delivering a volunteer-supported program, and using movement and art as a platform for advocacy and social change. This workshop is particularly useful for counselors, psychotherapists, and other helping professionals working with the older adult and/or the adolescent addiction populations. ALMA operates in partnership with UCLArts & Healing.

*Eligible for 3.0 Clock/Credit Hours: NBCC, ATCB; ASWB; CPA/MFT/RN; SWNYS, LCAT (New York State only)*  
*Not eligible for APT Credits*

Faculty Bio(s): *Gina Simonelli*
Emotional Regulation & Connection for Families: A Neuroscience-Informed Movement Process
2:30 pm – 5:30 pm

Lori Baudino, PsyD, BC-DMT

More and more, neuroscience theory and research can be drawn upon to inform any clinical practice in the arts and therapy. However, explaining these concepts to parents and children in relation to their treatment goals can be difficult. It is important for clients of any age to grasp key aspects of brain science because it normalizes their problematic behaviors, allowing the family's self-blame to give way to non-judgment. Clients can begin to understand that their body-based problems stem from natural or universal processes (not their "fault"), and that behavior change is possible and can occur through this shift in perception. In this 3-hour workshop, participants will be introduced to an embodied approach to teaching brain functioning through movement with the goal of improved treatment. Using this approach can bring clarity to clients and help them to establish an optimal base for starting treatment, facilitating emotional regulation, enhanced communication, and connection. Participants will not only learn a new way to talk about neuroscience, but experience it through movement, as well.

Eligible for 3.0 Clock/Credit Hours: NBCC, ATCB; ASWB; CPA/MFT/RN; SWNYS, LCAT (New York State only) Not eligible for APT Credits

Faculty Bio(s): Lori Baudino

From Anxiety to Tranquility Through Poetry and Labyrinth
2:30 pm – 5:30 pm

Ingrid Tegnér, MSW, CAPF

According to the APA, American anxiety levels have increased sharply since 2017. This was reported for every age group, all racial groups, and in both men and women. Women and "baby boomers" reported the greatest increases. In this 3-hour workshop, counselors and therapists working with vulnerable populations experiencing significant anxiety will be introduced to tools they can share with their clients to help them find a sense of inner stillness and personal empowerment. Using a poetry therapy model and walking the labyrinth, participants will learn powerful techniques first-hand for managing anxiety, facilitating calm, and achieving enhanced focus. They will also learn how to draw their own finger labyrinths, another anxiety reduction tool that they can share with their clients in daily practice.

Eligible for 3.0 Clock/Credit Hours: NBCC, ATCB; ASWB; CPA/MFT/RN; SWNYS, LCAT (New York State only) Not eligible for APT Credits

Faculty Bio(s): Ingrid Tegnér

Helping Children to Say Goodbye: Play Therapy for Grief and Loss
2:30 pm – 5:30 pm

Lyla Tyler, MS, LMFT, RPT-S

As child therapists, and especially as play therapists, we know that children use play to relive their grief experiences and to gain mastery over the trauma caused by the death of a loved one. This 3-hour workshop will give participants a clear guide on how to use an approach that is developmentally-structured, relationship-focused, strength-based, and contextually grounded to differentiate between a child’s normal grief reaction and a complicated or traumatic bereavement. Participants will be introduced to play therapy techniques to be used for assessment and treatment. Case examples and experiential activities will add to the workshop, sending counselors and therapists home with play therapy techniques and activities to use with children ages 3 to 18 years old.

Eligible for 3.0 Clock/Credit Hours: NBCC, ATCB; ASWB; CPA/MFT/RN; SWNYS, LCAT (New York State only); APT**
**Play therapy credit will not be awarded to non-mental health professionals.

Faculty Bio(s): Lyla Tyler

In Her Voice: Empowering Women with Vocal Presence
2:30 pm – 5:30 pm

Celia Bockhoff, MSW, LCSW, SEP
A woman's voice and sense of self may be muted by trauma or hindered by fear due to lack of safety. Vocal presence, an embodied expression of self, is essential in both personal healing and the experience of connectedness. Although some women have begun to break long-held silences, many still feel they are not able to give voice to their own truths. The recovery of vocal presence within therapeutic contexts deepens emotional healing, empowers creativity, and supports self-determination and personal freedom. In this 3-hour workshop, we will explore applications of somatic and sound-healing research. Exercises will focus on the qualities of vocal sounds, including breath work, toning, and the natural "undulation" of deep listening and vocal release. Participants will learn the powerful therapeutic effects of vocal centering, inviting "medicine songs" that comfort and support. The true voice of the Self will be our compassionate guide as we discover how to empower our clients in the reclamation of the precious gifts of strength, presence, and aliveness through making their voices heard. Music therapy experience is not required.

Eligible for 3.0 Clock/Credit Hours: NBCC, ATCB; ASWB; CPA/MFT/RN; SWNYS, LCAT (New York State only)
Not eligible for APT Credits

Faculty Bio(s): Celia Bockhoff

Kissing the Shadow: Fairytales & Art Making to Confront the Intolerable
2:30 pm – 5:30 pm

Nora Swan-Foster, MA

In our daily work as mental health professionals, we are confronted regularly with experiences and images that constellate difficult states of mind and disruptive ways of being. Managing these intolerable conditions are integral to effective clinical treatment. This 3-hour workshop will provide a brief theoretical introduction to Jung’s structure of the psyche, the importance of psychic energy, and the healing function of archetypes. In particular, we will focus on what Jung termed “the shadow,” which constitutes that which is "other," foreign, and/or unbearable. The Middle-Ages tale of "loathly" Lady Ragnell illustrates the internal conflicts and subsequent choices that get made when we choose to face the shadow with curiosity, rather than to dismiss it or run away. Through an art activity, participants will explore the various aspects of the “ugly other,” followed by an interactive group art therapy process wherein the unbearable can be transformed into something tolerable, and perhaps even useful. We will use active imagination and response writing to track the psychic energy generated by the art making process. In this way, counselors and psychotherapists can learn creative ways to help their clients work with, or neutralize, the unacceptable aspects of themselves, and perhaps even turn them into resources.

Eligible for 3.0 Clock/Credit Hours: NBCC, ATCB; ASWB; CPA/MFT/RN; SWNYS, LCAT (New York State only)
Not eligible for APT Credits

Faculty Bio(s): Nora Swan-Foster

Magical Approaches to Child Art Therapy: Changing Size, Space & Self
2:30 pm – 5:30 pm

Jessica Whitesel, LPC, ATR-BC

Magic is defined as making the impossible possible—or more simply put, being able to influence the course of events. Much like play, magic mediates the experience between our inner world and external reality. Play, like magic, exists neither strictly in our imagination, nor in external reality, but in an in-between space. In a therapeutic process, both therapist and client often must suspend disbelief, take leaps in the unknown, and imagine possibilities that do not yet exist, in the service of a client’s healing. Especially at moments of challenge or resistance, creative or imaginative acts or processes can become powerful links to a desired, but as yet unimagined, change. This 3-hour workshop illustrates how art objects or processes in art therapy can become agents for change and transformation in working with children and adolescents. Winnicott believed that accessing such spaces allowed and enhanced children’s sense of aliveness, problem-solving ability, and sense of agency in the world. The moments in therapy in which such liminal spaces are experienced are the moments of intimacy, revelation, change, and healing for clients, as what was previously thought impossible becomes “magically” possible, and the ability to influence or change one’s life is experienced through image, art, and play. Participants will learn about 3 categories of magical change and how they emerge in therapy with children. Professionals working with young people are invited to participate in the role of their magical and/or playful selves!

Eligible for 3.0 Clock/Credit Hours: NBCC, ATCB; ASWB; CPA/MFT/RN; SWNYS, LCAT (New York State only)
Not eligible for APT Credits

Faculty Bio(s): Jessica Whitesel

Sensory Tools for Mindful & Joyful Living: Enhancing Grounding, Presence & Resiliency
2:30 pm – 5:30 pm

Adrienne Carpenter, MSOT, OTR/L
Our thoughts, emotions, and actions are all influenced by our sensory experiences. Drawing upon Ayres' Sensory Integration work & Somatic Experiencing, as well as the ancient tradition of Buddhism, this 3-hour workshop will explore not just five—but a full eight—of our senses through mindfulness. Learn about your eight sensory systems and ways to use them for grounding, building resiliency and increasing presence in the world. Participants will understand how to work with sensory preferences in treatment and head home with a powerful toolkit that can be used to help their clients manage stress, regulate emotions, and facilitate joy on a daily basis.

Not eligible for continuing education credits or clock hours

Faculty Bio(s): Adrienne Carpenter, Aimee Levine-Dickman

Sexual Healing & Drama Therapy for Broken Relationships
2:30 pm – 5:30 pm

Alexis Maron, MA, RDT

Working with couples is difficult enough, but helping undiagnosed sexually compulsive clients, or those who are recovering from Sex and Love Addiction (SLA) to work through the fallout resulting from their indiscretions can be even more challenging. Participants in this 3-hour workshop will learn how psychodrama can be used when working with SLA clients. We'll begin by examining some case examples, then move into the basics of psychodrama practice as it relates to doing this work. Participants will learn how to structure and support techniques such as re-enacting past conversations, and enacting potential future ones. By doing this, they'll discover the reparative words and concepts that need to be said—and heard—in order for partners and spouses to achieve closure, moving the client (and couple) into forward motion. In addition to these psychodrama techniques, participants will become familiar with the vocabulary essential to facilitating SLA treatment. Most importantly, they will learn how this approach can be used to help eliminate shame and anger, and reinforce honest and open communication in the dyad, thereby dispelling the toxic power of secrets and deception. This workshop is most appropriate for mental health professionals working with this population or interested in learning this approach. The psychodrama techniques being demonstrated are effective with most adolescent and adults in treatment, regardless of their diagnoses.

Eligible for 3.0 Clock/Credit Hours: NBCC, ATCB; ASWB; CPA/MFT/RN; SWNYS, LCAT (New York State only)
Not eligible for APT Credits

Faculty Bio(s): Alexis Maron

Victims, Bullies & Bystanders: A Multimodal Play Therapy Approach for All Ages
2:30 pm – 5:30 pm

Leslie Baker, MFT, NCC, RPT-S
Mary Ruth Cross, MFT, NCC, RPT-S

An age-old trauma for school-age children in hallways and cafeterias, the forms and incidences of bullying, which include cruelty, exclusion, and rumor-spreading have grown exponentially due to the blossoming of digital media. Now, they impact people of all ages. Bullying is particularly insidious in childhood because it disrupts brain development, impacting self-regulation and the ability to build connection in relationships. Incorporating play therapy theory, neurosequential brain development theory, and moderate exposure via experiential play therapy techniques such as drawing, sand tray, and drama play, this 3-hour workshop will provide participants with an integrated approach to the treatment of bullying across the lifespan. Multi-modal Play Therapy Intervention helps these trauma survivors to discover and develop ways to move forward in connection. Using this approach, clinicians can facilitate healing in relationship with their clients through the use of moderate exposure. This strategy, which can be used in virtually any clinical setting, increases the window of tolerance in bullied clients, and allows their brains to reintegrate trauma via these experiential play and creative arts modalities.

Eligible for 3.0 Clock/Credit Hours: NBCC, ATCB; ASWB; CPA/MFT/RN; SWNYS, LCAT (New York State only); APT**
**Play therapy credit will not be awarded to non-mental health professionals.

Faculty Bio(s): Leslie Baker, Mary Ruth Cross

Working with Masks in Therapeutic Environments: Identities & Intersectionality
2:30 pm – 5:30 pm

**Kamran Afary, PhD, RDT**  
**Pamela Dunne, PhD, RDT, BCT**

Clients often express dissatisfaction with their roles in life that feel too constricted, fixed, or handed down to them in a way that blocks them from meeting their goals in treatment, at home, or at work. In what ways can counselors, therapists, and helping professionals enable others to envision their preferred roles? How can we help clients play with creative roles to make them more intentional? Using masks, poetry, and games in this 3-hour workshop, we'll demonstrate how narrative and narradrama ideas about preferred and intersectional identities provide specific skills that counselors and therapists can use in their work with clients. Narradrama and intersectionality exercises explicitly guide participants to explore identities that are still emerging or have been erased due to a lack of recognition. Participants will also be introduced to exercises that will help them to encourage clients to build environments with scenes and characters where they can enact their preferred roles. This process will provide insight into enhancing self-awareness and self-image, and facilitate attunement in relationships with others. Participants will learn specific narrative, narradrama, and intersectionality exercises that illuminate these theories and concepts. Small groups will explore new ways of working with masks to help clients and other to better align their values with roles and identities. No previous drama experience is necessary.

**Eligible for 3.0 Clock/Credit Hours: NBCC, ATCB; ASWB; CPA/MFT/RN; SWNYS, LCAT (New York State only)**  
**Not eligible for APT Credits**

**Faculty Bio(s): Kamran Afary, Pam Dunne**

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**Friday Afternoon Didactic**

**Ethics for Established Clinicians**  
2:30 pm – 5:30 pm

**Anne Mills, MA, ATR-BC, LPC, LCPAT**

In this 3-hour lecture session, the speaker will review issues and skills not typically taught in graduate training programs, yet are essential knowledge for the private practitioner. She will outline a practical, ethics-based approach to treatment activities, including daily administrative, legal, and business decisions that have significant implications for risk management, personal safety, and the well-being of both client and therapist. Assessment, billing, contracts, outcome measures, and the imperatives of clinician self-care will also be discussed. Since it is important to be prepared for private practice audits, we will review the current standards for maintaining progress notes and clinical documentation. If you are a private practitioner, and in need of a “business brush up” — whether or not you are seeking ethics credits — this is a session to seriously consider.

**Eligible for 3.0 Clock/Credit Hours: NBCC, ATCB; ASWB; CPA/MFT/RN; SWNYS, LCAT (New York State only)**  
**Not eligible for APT Credits**

**Faculty Bio(s): Anne Mills**

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**Friday Evening Workshops**

**Bio Poems: Witnessing Ourselves Through Metaphor & Movement**  
6:45 pm – 8:45 pm

**Paula Perlman, LMFT, BC-DMT, CLMA**  
**Diana Rivera, MA, CPC, PhD**

In this 2-hour evening workshop, you will experience a structured-yet-flexible creative process for expanding both the sense of self as well as the sense of belonging. The session will begin with movement exploration and improvisational exercises to facilitate a free flow of ideas. Next, participants will write a structured “I am” poem with sentence-completion stems such as “I wonder” and “I want.” Finally, working in small groups, participants will have the chance to embody one another’s poems through movement, imbuing the writing with life and enhanced meaning. The techniques presented in this workshop can be used with clients of any age and can be easily incorporated into any therapeutic or educational setting.

**Eligible for 2.0 Clock/Credit Hours: NBCC, ATCB; ASWB; CPA/MFT/RN; SWNYS, LCAT (New York State only)**  
**Not eligible for APT Credits**

**Faculty Bio(s): Paula Perlman, Diana Rivera**
**Introduction to Dance/Movement Therapy: Essential Concepts & Techniques**

*6:45 pm - 8:45 pm*

*Chelsea Horton, MA, R-DMT*

In this 2-hour evening workshop, we'll highlight and explore some fundamental concepts of body/mind integration through the lens of dance/movement therapy. Participants will learn how mental and emotional processes are manifested in the body through movement, and how the use of creative movement can help enhance emotional expression and self-awareness, build resilience, and promote connection with others. Interventions based on these principles can be used in counseling and psychotherapy with a wide range of populations, including nonverbal (as well as highly verbal) populations including children, adults, and survivors of trauma across the lifespan. Generalists and specialists who are interested in learning body-based interventions and non-traditional techniques to augment their therapeutic options are encouraged to attend.

Eligible for 2.0 Clock/Credit Hours: **NBCC; ATCB; ASWB; CPA/MFT/RN; SWNYS, LCAT (New York State only)**

**Not eligible for APT Credits**

Faculty Bio(s): Chelsea Horton

**Music and the End of Life: Singing at the Threshold**

*6:45 pm – 8:45 pm*

*Sarah Fitzsimmons, LMFT, ATR-BC*

*Laura Kanofsky, MT-BC, LCSW*

Music and therapeutic singing are meaningful interventions to ease transitions both for patients and those in their caring circle. This 2-hour evening workshop will explore the use of Threshold Choir Singing to accompany people imminently facing death. This process provides comfort for the listener, their caregivers, and even for the singer(s). Workshop participants will learn about the roles and purposes of this special form of bedside singing. We will touch on the similarities and differences between the Threshold Choir and music therapy approaches at end of life. We'll share information about joining an existing choir and provide resources for starting your own. Attendees will experience the power of threshold singing in a simulated bedside sing, both as a client and as a singer, for a safe and optimal experience. *No musical or singing experience is required.*

Eligible for 2.0 Clock/Credit Hours: **ATCB; ASWB; CPA/MFT/RN; SWNYS, LCAT (New York State only)**

**Not eligible for NBCC or APT Credits**

Faculty Bio(s): Sarah Fitzsimmons,
Laura Kanofsky

**Process Your Summit Experience through Visual Art Journaling**

*6:45 pm – 8:45 pm*

*Susan Anand, MA, ATR-BC, ATCS, LPAT*

*Lani Gerity, DA, ATR*

This 2-hour evening session will provide a relaxed environment in which Summit participants can use art materials to process the event along with the new information they learn there. Keeping a visual art journal can be a wonderful way to record personal experiences, thoughts, and feelings. For this reason, the visual art journal offers a creative, portable tool for processing material learned in a conference. In this evening workshop, we'll use basic office supplies and found materials to create a simple book structure, then work on a variety of "directives" from Cohen et al's workbook, *Managing Traumatic Stress Through Art*, and other sources. Participants will be encouraged to discuss their experiences with the process and look at possible adaptations for using visual arts journals like these to treat groups and individuals with whom they work. Also, a downloadable "zine" featuring a variety of book making structures will be provided to registrants to take home with them. Suitable for mental health professionals as well as educators. *No prior experience (or artistic talent) is required.*

**Not eligible for continuing education credits or clock hours**

Faculty Bio(s): Susan Anand,
Lani Gerity

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**Friday Evening Didactic**

**Memory Reconsolidation & the Arts in the Treatment of Traumatic Fear**
Personal vivid memories that are encoded into long-term memory can disrupt or enhance the autobiographical sense of self, and consequently a person’s daily life, relationships, and outlook for the future. The dynamic model of memory consolidation suggests that when retrieving memories there is an opportunity to update or forget them under specific procedural conditions. In fact, as people recall memories, some of the neurochemicals that bind them are loosened, making the old memories unstable and pliable. Studies have suggested that within a brief period, updating fear-based memories with non-fearful information leads to a permanent reduction in learned fear-responding, and a lasting change in the original fear memory. Such memory reconsolidation has significant implications for arts-based treatment of trauma, and for clinicians in any setting who are working with clients of all ages and abilities.

__Eligible for 2.0 Clock/Credit Hours: NBCC, ATCB; ASWB; CPA/MFT/RN; SWNYS, LCAT (New York State only) Not eligible for APT Credits__

Faculty Bio(s): Noah Hass-Cohen

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**Saturday Morning Community Wake-Up**

**Liquid Flow: Moving Mind, Body & Spirit in Community**

8:00 am - 8:45 am

BACK BY POPULAR DEMAND!

__Aleta Hayes, MFA__

Get out of your bed and into your body! Experience the joy of fluid, juicy movement and playful dancing with freedom and ease through Liquid Flow, a combination of dance improvisation, yoga and Tai Chi. This method is for beginners, athletes, dancers, and anyone else who wants to develop more grace and who desires more beauty and fluidity in everyday life. Be prepared for an experience that has been previously described as "surprisingly fun" and "beyond wonderful."

This session not eligible for continuing education hours or credits.

Faculty Bio(s): Aleta Hayes

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**4-Day Intensive - Saturday**

**Recovery Coach Academy©: A Training Intensive for Working with Addictions of All Types**

9:00 am - 5:00 pm

__Lisa Hope, ATR-BC, LADC, LCAT, MAC, CASAC, CRPA__

The CCAR Recovery Coach Academy© is a 4-day (30-hour) training intensive, offered at the Summit in partnership with the Center for Addiction Recovery Training of the Connecticut Community for Addiction Recovery (CCAR). This 4-day comprehensive curriculum focuses on providing participants with the skills needed to guide, mentor, and support clients who would like to enter into or sustain long-term recovery from an addiction to alcohol, opioids, sex, gambling, shopping, and other addictive substances and behaviors. The role of the Recovery Coach and the components, core values, and guiding principles of recovery will be explored in depth. Active listening skills, methods of inquiry, and ways to self-manage will be emphasized. Through didactic and experiential exercises, this training intensive will empower participants to support clients in recovery to share their stories, manage wellness through the stages of recovery, and enhance their relationships. Dynamic expressive arts therapies activities will be demonstrated and experienced, and cultural, political, ethical, and boundary issues will be addressed. Registrants must attend all 4 days of this training. A separate manual fee is required.

PLEASE NOTE: The Recovery Coach Academy© is a nationally recognized designation. Successful completion of this training earns participants 30 NY State OASAS-Approved CASAC hours toward CASAC, CPP, and CPS re-credentialing.

10 registrants required for this session to be offered. Please invite a colleague to join you.

Eligible for 7.0 Clock/Credit Hours: ATCB; ASWB; CPA/MFT/RN; SWNYS, LCAT (New York State only) Not eligible for NBCC or APT Credits

Faculty Bio(s): Lisa Hope
Saturday Master Classes

Bookmaking in Counseling and Psychotherapy
9:00 am - 4:30 pm

Malissa Morrell, MA, ATR-BC, MFT

Many art forms and media are used in therapeutic contexts, but books are unique in their ability to hold stories, provide sequencing and order, and provide a safe container for emotional content in treatment. When therapists and clients make books together, they open the door to infinite options for creating therapeutic growth and change. This daylong master class will explore therapeutic book-making. Participants will learn step-by-step instructions for making about six unique book structures, and will explore the clinical value of each structure. Each of these book structures can be simplified to be made in virtually any clinical setting, because you will learn to make them with standard office supplies. Each participant will walk away with multiple book samples and knowledge of how the structures can be modified to meet individual client needs, regardless of age or ability. Because book content is contingent on the choices of the participants, there is some chance that this content could elicit a strong emotional response.

Eligible for 6.0 Clock/Credit Hours: NBCC, ATCB; ASWB; CPA/MFT/RN; SWNYS, LCAT, LMHC (New York State only)
Not eligible for APT Credits

Faculty Bio(s): Malissa Morrell

Creative Solution-Focused Therapy: Embodied Techniques for Troubled Teens & Adults
9:00 am - 4:30 pm

Pam King, LMFT

Solution-Focused Brief Therapy helps clients of all ages move away from the symptoms and behaviors holding them back in their lives—anxiety, stress, depression—toward stabilized and enhanced mood, satisfying relationships, and even a life of increased ease and joy. In this daylong master class, participants will be introduced to the basic tenets and techniques of Solution-Focused Brief Therapy through video illustrations, active demonstration, group discussion, and hands-on practice. Participants will learn about such structured and highly effective therapeutic strategies as collaborative goal setting, scaling techniques, and preferred future activities. Together, we will explore, enact, and discuss how these techniques and creative activities can be applied to group and individual treatment with teens and adults in a variety of clinical settings. No previous knowledge of Solution-Focused Therapy is necessary.

Eligible for 6.0 Clock/Credit Hours: NBCC, ATCB; ASWB; CPA/MFT/RN; SWNYS, LCAT, LMHC (New York State only)
Not eligible for APT Credits

Faculty Bio(s): Pamela King

Expressing Imagination through SoulCollage© and Embodied Dreamwork
9:00 am - 4:30 pm

Sandra Vigon, MA, LMFT
Cynthia Anne Hale, PhD, LCSW

Collage making is a popular and inexpensive way to engage non-artistically-skilled clients in a creative, image-based activity. Combining it with images constellated in dreams—the traditional portal to the unconscious—enables anyone to create “dream collage” cards. Rather than focusing on interpretation, however, attention to emotional resonances in the body engages the card maker in an enjoyable and expressive form of Jungian-style active imagination that is particularly effective in cross-cultural practice. This approach blends two respected methodologies: SoulCollage© and Embodied Imagination dream work. A client with any level of experience with dream work or art making can use this technique to connect with the unconscious. Instead of focusing on a single dream or collage card, however, this process is given added dimension through observing the maker's development over time. The deck of dream cards typically depicts personal, cultural, archetypal, and transpersonal elements drawn from the maker's dreams. It can be incorporated by generalists and specialists alike into their clinical work to explore issues, solve problems, and enhance emotional development.

Eligible for 6.0 Clock/Credit Hours: NBCC, ATCB; ASWB; CPA/MFT/RN; SWNYS, LCAT, LMHC (New York State only)
Not eligible for APT Credits

Faculty Bio(s): Cynthia Anne Hale, Sandra Vigon
Facilitating Drum Circles: A Master Class for Clinicians & Educators
9:00 am - 4:30 pm

Dan Walsh, MS, MT-BC
John Fitzgerald

Rhythm is a powerful and versatile tool for engaging groups in an exploration of their relationships with themselves and with others. In this daylong master class we will learn the fundamentals of facilitation philosophy, tools, techniques, and debriefing methodologies appropriate for counselors and therapists for use with clients of all ages and abilities. Building on these fundamentals, you will be able to develop your own program—even integrate other modalities such as movement, role play, and visual arts—into a personalized approach that will enhance your clinical and community-building work with clients and groups. No previous drumming experience is necessary. Just bring your heartbeat, we’ll supply the drums!

Eligible for 6.0 Clock/Credit Hours: ATCB; ASWB; CPA/MFT/RN; SWNYS, LCAT, LMHC (New York State only)
Not eligible for NBCC or APT Credits

Faculty Bio(s): John Fitzgerald, Daniel Walsh

Finding Rest in the Midst of Stress: Mind-Body Approaches
9:00 am - 4:30 pm

Carolyn Braddock, MA

Learn to use simple and specific strategies involving breath, sound, and movement to calm the nervous system in only a minute or two, and prevent accumulation of stress! Strategies for stress reduction will also include techniques such as sensory imagination, acupressure points for relaxation, and tai ji- and qi gong-based movement. Highly useful in daily life, these will quickly become essential tools in your clinical practice when dealing with clients of most ages and diagnoses, and can also be effective for those working in schools and community settings. In the second half of this daylong session, we will engage in an integrated, restorative process of music-inspired guided meditation, mandala making, and poetry. Participants will learn how to create celestial sounds with instruments used in meditative work that can be introduced in clinical and other settings to foster relaxation and enhance stress management. The tools learned in from this session will benefit both practitioner and client, and can be used in clinical settings of all types with people of all ages.

Eligible for 6.0 Clock/Credit Hours: NBCC, ATCB; ASWB; CPA/MFT/RN; SWNYS, LCAT, LMHC (New York State only)
Not eligible for APT Credits

Faculty Bio(s): Carolyn Braddock

Introduction to IFS In Trauma Treatment: Embodied Experiential Practices
9:00 am - 4:30 pm

Adrienne Glasser, LCSW, RDMT

Through role play, movement, and active, compassion-based meditation practices, participants in this 6-hour master class will experience ways to work with groups that make the Internal Family Systems (IFS) model accessible to anyone. We will give special attention to serving populations affected by trauma. Participants will learn IFS concepts through experiential games that can be used to introduce “internal parts” language to groups in a variety of clinical settings. We will practice parts-meditations, role-plays, movement, and interpersonal directives that inspire group cohesion, compassion, and movement—even by those who identify as non-movers. All directives will be trauma-informed. Participants will practice ways to access their own inner creative healer through the IFS principle of Self. The ability for the clinician to cultivate Self-energy (true Self) when treating clients who suffer from trauma can be both containing and healing for clients, and is essential to preventing therapist burnout.

Eligible for 6.0 Clock/Credit Hours: NBCC, ATCB; ASWB; CPA/MFT/RN; SWNYS, LCAT, LMHC (New York State only)
Not eligible for APT Credits

Faculty Bio(s): Adrienne Glasser

One Canvas Process Painting: An Exploration of the Trauma Continuum
9:00 am - 4:30 pm

Paige Asawa, PhD, MFT, ATR-BC
This daylong master class introduces participants to working with the trauma continuum—symptomatology stemming from single-episode incidents to natural disasters, complex ongoing multiperpetrator abuse, terrorism, or even war—through single-canvas process painting. Trauma theories and intervention models are explored including the neurological, somatic, and sensorimotor sequelae of trauma. Participants will experience first-hand the spontaneous, complex reflective processing and focused attention to imagery and learn to recognize latent content appearing in these paintings that parallel the phenomenology of the trauma continuum. Key definitions and constructs gain emotional vibrancy in relationship to the single canvas painting. Additionally, the painter’s awareness is transformed through a sequential layering process that invites psychic tension and insight as it facilitates the integration of personal meaning via this trauma-informed art-based approach.

Eligible for 6.0 Clock/Credit Hours: NBCC, ATCB; ASWB; CPA/MFT/RN; SWNYS, LCAT, LMHC (New York State only)
Not eligible for APT Credits
Faculty Bio(s): Paige Asawa

### Saturday Morning Workshops

**Acting Out, Acting In: Embodied Approaches with Traumatized Youth**
9:00 am - 12:00 pm

*Darci Burch, MA, LCAT, RDT*

No matter how experienced we might be, those of us who treat traumatized populations can be challenged by extremely defiant or withdrawn clients. In this trauma-informed workshop, participants will use theatre games and role-play to learn about effective therapeutic interventions in challenging situations with youth who have been socially and systemically put-at-risk for failure in school and life. Participants will explore how trauma can result in negative acting out (violence, defiance) or acting in (apathy, withdrawal) behavior and how to decode and respond to these manifestations in a supportive and strengths-based way. Therapists and counselors in this session will learn through drama therapy techniques and leave with specific therapeutic interventions to identify and redirect behavior manifestations for increased client self-regulation, self-awareness, and interpersonal skills building.

Eligible for 3.0 Clock/Credit Hours: NBCC, ATCB; ASWB; CPA/MFT/RN; SWNYS, LCAT, LMHC (New York State only)
Not eligible for APT Credits
Faculty Bio(s): Darci Burch, Diana Feldman

**Cultivating Emotional Resiliency in Kids Through Mindfulness, Meditation & Imagination**
9:00 am - 12:00 pm

*Charlotte Reznick, PhD*

Would you be able to calm a six-year-old frightened by the arrival of the first day of school; a nine-year-old having a temper tantrum; or a 14-year-old who can’t fall asleep due to being worried about the next day’s test? While our ability to manage child and adolescent symptoms and behaviors may be helpful for them, young people need to be ready with their own skills for healthy development and self-regulation. And they can be! In this 3-hour workshop, we’ll explore the healing power of childhood imagination through nine mindful meditation tools coupled with art expression and journal writing. These easy-to-use, whimsical, remarkably effective techniques can be used in a therapeutic practice, educational setting, or at home to facilitate emotional growth in kids. Whether you are a child therapist, health professional, educator, or parent, come learn how to use these creative methods to help children and teens not only survive, but thrive . . . by handling their own challenges.

Eligible for 3.0 Clock/Credit Hours: NBCC, ATCB; ASWB; CPA/MFT/RN; SWNYS, LCAT, LMHC (New York State only)
Not eligible for APT Credits
Faculty Bio(s): Charlotte Reznick

**Expanding the Capacity for Joy: Awe, Gratitude, and the Resilient Nervous System**
9:00 am - 12:00 pm

*Bonnie Harnden, MA, RDT*

Current research points to the healing capacities of awe, wonder, and gratitude, and that positive emotions have the capacity to promote health and support the regulation of the nervous system. Drama therapy, with its focus on
embodiment, is an effective modality for harnessing the power of positive emotions to create a deeper, more embodied experience. This daylong master class will explore the use of Peter Levine’s trauma resolution therapy, somatic experiencing, and the current research on awe and positive emotions. Through drama therapy exercises, we will explore the research in embodied ways with the goal of expanding our capacity for experiencing grace and joy and developing more robust nervous systems. We will also learn tools to help our clients build more resilient and regulated nervous systems. This 3-hour workshop will have an innovative format that combines theory, performance, and experiential exercises aimed at enhancing clinicians’ emotional development. Recent graduates from Concordia’s master’s program will perform the research in this session so that the theory might be understood on a deeper, more embodied level. Participants will also explore the theory and research through experiential exercises. This novel, engaging format will be woven throughout the course of the day.

Eligible for 3.0 Clock/Credit Hours: NBCC, ATCB; ASWB; CPA/MFT/RN; SWNYS, LCAT, LMHC (New York State only)
Not eligible for APT Credits

Faculty Bio(s): Bonnie Harnden

Guided Imagery for Behavioral Change: Practical & Safe Techniques for Clinical Success
9:00 am - 12:00 pm

David Gordon, PhD
Cynthia Costas-Cohen, MA, LMFT

Guided imagery for healing dates back to ancient times across many cultures. This 3-hour workshop will focus on a dynamic form of guided imagery that can be adapted for a wide variety of clinical, educational, and community settings. We will discuss the parallels between guided imagery approaches and hypnotherapy, including the critical role of the therapist in tracking the client's image process and the importance of accepting and acknowledging the client’s reality. We'll also consider how the therapist's analysis of the client's imagery can interfere with the process and its efficacy. The use of symbols combined with metaphorical language, and how to interpret and evaluate imagery based on the tenets of different schools of psychology, will also be discussed. Participants will learn the basics of how to implement guided imagery techniques in their clinical practices as a means to facilitate their clients' personal healing journey and foster behavioral change with people of all ages.

Eligible for 3.0 Clock/Credit Hours: NBCC, ATCB; ASWB; CPA/MFT/RN; SWNYS, LCAT, LMHC (New York State only)
Not eligible for APT Credits

Faculty Bio(s): Cynthia Costas-Cohen, David Gordon

La Llorona Weeps: Traumatic Grief, Sandplay Therapy, and Neural Integration
9:00 am - 12:00 pm

Lorraine Freedle, PhD, ABPdN, CST-T

From Mexico and the American Southwest comes the legend of La Llorona, the weeping woman who wanders the river at night wailing for her lost children. La Llorona appeared in the sandplay therapy process of 13-year-old "Olivia," providing her with a means to begin to digest inconsolable grief and unthinkable trauma. In this 3-hour workshop, participants will explore the legend of La Llorona through story, music, art making, and a case study; thereby making connections between the role of myth and cultural stories in effective psychological healing. Additionally, drawing from the work of prominent neuroscientists and original research, we will review the effects of trauma on the brain and explain how sandplay therapy facilitates neural integration and transformative healing in the wake of traumatic grief. This workshop will be of interest to counselors, psychologists, play therapists, and other helping professionals interested in applying the art and neuroscience of sandplay therapy to their clinical practice with children and adults alike.

Eligible for 3.0 Clock/Credit Hours: NBCC, ATCB; ASWB; CPA/MFT/RN; SWNYS, LCAT, LMHC (New York State only); STA
Not eligible for APT Credits

Faculty Bio(s): Lorraine Freedle

9:00 am - 12:00 pm

Lani Gerity, DA, ATR
Susan Anand, MA, ATR-BC, ATCS, LPAT

Keeping a visual art journal is a wonderful way to record personal experiences, thoughts, and feelings. It is a particularly
helpful practice for those who wish to chart their journeys in therapy, explore issues and themes, and “do homework” after sessions. For this reason, the visual art journal offers a creative, portable tool for extending the therapeutic hour. In this 3-hour workshop, we’ll begin with a short overview illustrating how to help clients start and maintain an art journal; identify clinical populations for which this well-contained, assemblage-like technique is particularly helpful; and review the therapeutic benefits of this approach. During the hands-on portion of the class, we’ll use basic office supplies and found materials to create a simple book structure, then work on a variety of “directives” from Cohen et al’s 1995 workbook, Managing Traumatic Stress Through Art, designed to promote strengths, resilience, and self-care in treatment in virtually any clinical setting. Participants will be encouraged to discuss their experiences with the process and look at possible adaptations for using visual arts journals for the populations with whom they work. Also, a downloadable “zine” featuring a variety of book making structures will be provided to registrants to take with them. This class is suitable for generalists and specialists alike.

Eligible for 3.0 Clock/Credit Hours: NBCC, ATCB; ASWB; CPA/MFT/RN; SWNYS, LCAT (New York State only)
Not eligible for APT Credits

Faculty Bio(s): Susan Anand, Lani Gerity

Mindful Clay Techniques for Compassionate Clinical Practice
9:00 am - 12:00 pm

Michael Franklin, PhD, ATR-BC

From earth to artistic collaboration, to fire, to stone, to independent object, clay is a material that easily teaches about narrative and transformational change. As we will discover in this half-day hands-on workshop, when clay is mindfully formed it transforms into patiently-waiting imaginal narratives composed of contexts, emotions, and unique scenes. These externalized thoughts become perfect contemplative partners for witnessing self-observation and can be effectively implemented in treatment with clients of all ages by specialists and non-specialists alike. No previous experience with clay is necessary.

Eligible for 3.0 Clock/Credit Hours: NBCC, ATCB; ASWB; CPA/MFT/RN; SWNYS, LCAT, LMHC (New York State only)
Not eligible for APT Credits

Faculty Bio(s): Michael Franklin

Person-Centered Expressive Arts: A Framework for Community Healing
9:00 am – 12:00 pm

Maria Gonzalez-Blue, MA, REAT, REACE

At some point, each of us has been perceived as the “other,” based on something superficial such as our style or preferences, or something deeper such as gender, race, or culture. Both the judge and the judged lose the opportunity to embrace and express the authentic self, which can be veiled by projection, façade, and social conditioning. In this 3-hour workshop, participants will experience guided movement, writing, and art as pathways for self-reflection and deeper understanding of the effects of these biases. This process will be supported by a non-judgmental Person-Centered approach to group discussion, marked by deep listening, acknowledgement, and sensitivity to the client’s unique experience. In the safety of this group environment, participants will explore belief systems and conditioned aspects of self that obscure the authentic self. A closing group ritual will affirm our renewal and intention to incorporate these techniques into our clinical practices. In this workshop, you will also learn to use the Lakota talking stick, shadow exploration, and the Huichol methodology from Mexico that recognizes art making as sacred. The Person-Centered approach brings essential qualities to any clinical practice or setting, and the integration of multimodal activities expands its potential for insight and healing. Applications of this process to diverse populations and age groups will be discussed.

Eligible for 3.0 Clock/Credit Hours: NBCC, ATCB; ASWB; CPA/MFT/RN; SWNYS, LCAT, LMHC (New York State only)
Not eligible for APT Credits

Faculty Bio(s): Maria Gonzalez-Blue

Pongo Poetry Project: Writing with Traumatized Vulnerable Populations
9:00 am - 12:00 pm

Paloma Andazola-Reza, MSW
Richard Gold, MA

For 23 years the Pongo Poetry Project has provided healing poetry programs in detention centers, homeless shelters,
The consistent theme in our authors' poetry has been childhood trauma, such as abuse, neglect, and exposure to violence. In 1,300 surveys and five pilot studies, the outcomes show that our writers are addressing core issues, feeling better after writing, continuing to write, and finding new purpose for their lives. The topic of this workshop, which teaches the Pongo methodology, is important because of the dire circumstances in vulnerable populations. For example, in the juvenile detention population that Pongo serves, the group is 84% youth of color, and these youth suffer from childhood trauma, have not received treatment for their trauma, are not in school, are frequently gang-involved, are often substance users, and are facing long prison sentences. And these youth and their families are some of the people most victimized historically by social injustice. The goal of the session is to teach skills that the participants can use the next day to provide healing poetry to vulnerable populations. The participants will learn the history, outcomes, and rationale for Pongo, and then they will learn several teaching techniques in hands-on practice. The skills learned are applicable to serve both youth and adults, including people who do not typically respond to traditional approaches. These skills are appropriate for clinical practice in institutional, agency, and private practice settings.

Faculty Bio(s): Paloma Andazola-Reza, Richard Gold

Restoring Vitality: Neurobiology-Informed & Body-Centered Treatment of Trauma
9:00 am - 12:00 pm

Ande Welling, MA, BC-DMT, GL-CMA, NCC, CMHC

Dance/movement therapy relies on the wisdom of the body as both a resource for, and vessel of, effective healing. Now that leading theorists and practitioners in the fields of neuroscience and psychotherapy acknowledge the importance of a body-centered approach to treating trauma, the process of dance/movement therapy—with its attention to expressive movement, creativity, and embodied knowledge—has the capacity to address trauma integration while simultaneously building resiliency and restoring vitality. Theories exploring the neurobiological impacts of trauma, resiliency research, and dance/movement therapy as a creative process will be illustrated and demonstrated to support this presentation. Lecture, experiential interaction, compassionate witnessing, and discussion will provide participants with a multi-faceted approach to learning how to help clients restore the sense of vitality necessary for making progress in their recovery from trauma.

Faculty Bio(s): Ande Welling

The Nurtured Heart Approach®: Energizing Positivity with Challenging Clients in Play Therapy
9:00 am - 12:00 pm

Tammi Van Hollander, RPT, LCSW
Lyla Tyler, MS, LMFT, RPT-S

At your wit's end with one or more particularly recalcitrant clients? The Nurtured Heart Approach® is effective for working with even the most challenging children in play therapy. By focusing on transforming the way clients perceive themselves, their caregivers, and the world around them, children learn that they will receive praise, energy, recognition, and rewards by displaying positive behaviors. In this way, they are supported in building a positive portfolio of themselves. This is referred to as “Inner Wealth®.” Integrating this approach into play therapy practice can greatly impact the lives of clients both young and old; indeed, entire families can be transformed by its use. In this 3-hour workshop, participants will learn The 3 Stands™ and recognition techniques of this highly effective approach. Participants will engage in hands-on creative exercises that can be used to facilitate resilience and connection in play therapy clients. These play therapy interventions, such as greatness sticks™, other creative interventions, and the use of the NHA® with games, can easily be incorporated into your sessions with children, teens, and families.

Faculty Bio(s): Lyla Tyler, Tammi Van Hollander
Vision Boards & Active Imagination: Welcoming the Shadow Through Jungian Art Therapy
9:00 am - 12:00 pm

Nora Swan-Foster, MA

In this 3-hour workshop, we’ll begin with a brief introduction to Jungian art therapy and Jung’s method of active imagination before learning to create a vision board. Vision boards offer an approachable and effective image-based structure for working with a wide range of populations, including those suffering from major life transitions, depression, grief and loss, addictions, and more. They can help clients to clarify and maintain focus on one or more specific issue, and even envision a solution. Workshop participants will engage in a brief small group process and active imagination to explore offering “hospitality to our unconscious,” to the creative process, and to our own inner work. This activity stimulates metaphorical and symbolic thinking, self-reflection, and ultimately compassion for what becomes present and known in our daily life and clinical work. If we engage in what the Greeks called Xenos, or “guest/host” relationship, the humble guest of the “shadow” or “stranger” can offer surprising clarity and form to our personal and archetypal narratives. In Jungian art therapy, the guest may refer to a particular “complex” that arises from the unconscious and, in so doing, offers guidance and insight to move the psyche forward towards wholeness. In this way, for instance, vision boards using found imagery collage can be helpful in the transformation of traumatic memories and PTSD symptoms because they can simultaneously illustrate the problem’s etiology as well as its potential resolution, thus supporting post-traumatic resiliency.

Eligible for 3.0 Clock/Credit Hours: NBCC, ATCB; ASWB; CPA/MFT/RN; SWNYS, LCAT (New York State only)
Not eligible for APT Credits
Faculty Bio(s): Nora Swan-Foster

Saturday Lunch Buffet

Lunch Buffet in the Cafe
Hilton Cafe - Lobby Level

A Great & Convenient Lunch at a Reasonable Price!

Relax and recharge with your colleagues! Join them at the Hilton Cafe for a lunch buffet including a generous salad bar, choice of multiple entrees, plus a little something for dessert. Beverages on your own.

Daily $20 ticket includes meal plus tax and gratuity, and is available at this rate only during the online registration process.

Attendees who do not purchase tickets online will be able to buy them onsite at the regular Hilton Cafe rate, plus tax, based on available seating. Purchase in advance, save almost $9.00, guarantee your seat.

Going to a Lunchtime Special Interest Roundtable Discussion?
Grab-and-Go take-out options are available in The Bistro, also on the lobby level.

Saturday Lunch & Learns

Culturally-Informed Clinical Practice with African Americans: A Narrative Approach
12:30 pm - 1:20 pm

Denise Boston, PhD, RDT

This brief lunchtime lecture will introduce participants to the Tree of Life, a visual-narrative approach that can be applied in a distinctly African-centered therapeutic context. The process begins with drawing a personalized tree that reflects roots (family and heritage), trunk (skills and knowledge), branches (hopes and dreams), leaves, and fruits, including other elements symbolizing a tree’s life cycle and growth. It is a method that enables people and communities to speak about their lives in a way that is not re-traumatizing, and instead strengthens their relationships with their history, culture, and significant people in their lives. By integrating African-centered values and traditions, the Tree of Life can nurture healing in communities in the African diaspora who have experienced trauma, violence, and marginalization. By examining how this process illuminates the historical, social, and cultural factors that affect healing for African Americans, attendees can consider how it can be applied to other populations as well.

Eligible for 1.0 Clock/Credit Hour: NBCC, ATCB; ASWB; CPA/MFT/RN; SWNYS, LCAT, LMHC (New York State only)
Not eligible for APT Credits
Faculty Bio(s): Denise Boston
Saturday Afternoon Workshops

Auto-Regulation and Play Therapy Interventions: Healing the Body
1:30 pm - 4:30 pm

Jennifer Lefebre, PsyD, RPT-S

Many of our young clients are referred to treatment due to rapidly shifting states of arousal, affect, thinking, and/or behavior. Affective disorders, ADHD, sensory processing issues, and developmental trauma may all lead to these dysregulated states. Knowing how to accurately read these cues, and submit appropriate play therapy and other interventions, is key to working with these challenges. Adapting to the environment—and the constantly changing needs and demands on the nervous system—requires very complex processing in the brain, which is not always possible. Depending on the neuro-behavioral state of the brain, a child may need an increased or a decreased amount of sensory input. In this 3-hour workshop, participants will be introduced to movement, sensory, and play therapy interventions to help them learn to strengthen the regulatory capacities of the children with whom they work. They will learn the importance of co-regulation in developing a child’s ability to self-soothe, and how to determine which sensory strategies and play therapy interventions are appropriate for differing levels and types of dysregulation.

Eligible for 3.0 Clock/Credit Hours: NBCC, ATCB, ASWB; CPA/MFT/RN; SWNYS, LCAT, LMHC (New York State only); APT**
**Play therapy credit will not be awarded to non-mental health professionals.

Faculty Bio(s): Jennifer Lefebre

Awakening Creative Flow: Immersion into the Water Archetype
8:40 am - 9:40 am

Akuyoe Graham

Akuyoe Graham will share inspirational stories of how she helps alienated and incarcerated youth awaken to their un tarnished self behind postures and masks – beyond the circumstances of birth and stories of life. These teens and young adults come to embrace who they truly and uniquely are through a transformational, creative process of writing and performing their remarkable stories. Through Ms. Graham’s Writes of Passage program, people of all ages can fulfill their greater potential by reconnecting with their original spirit, casting their current condition in a new light, and dreaming again of who they can be in the world.

Not eligible for continuing education credits or clock hours

Faculty Bio(s): Mary Reynolds Thompson

Community-Based Art Therapy with Techniques from Dialectical Behavior Therapy
1:30 pm - 4:30 pm

Louvenia Jackson, MFT, ATR, PhD

This 3-hour workshop will introduce an approach to community-based art therapy featuring cultural humility principles, developed for a high school art therapy program in South Central LA. Cultural humility differs from other culturally-based training concepts in that it does not focus on a state of knowledge or awareness, but rather on self-reflection. Through the workshop’s art making activities, participants will be introduced to Diagnostic Behavioral Therapy (DBT) modules and skills for engaging self-identity, cultural aspects of self, and stress management skills. Participants will be taught practical approaches for collaborating with community-based organizations and encouraged to develop effective curricula for healing through creative engagement. This flexible approach can be used with a variety of clinical populations and settings with basic adaptations, largely thanks to the inherent qualities of the art materials. Should there be dexterity or motor skill challenges, for instance, the directives and materials can be altered accordingly. Although geared for therapists and counselors, this workshop is also recommended for community-based organizers, arts professionals, and others looking for guidance in working within this format and philosophy. Participants can expect to explore issues of self-identity, areas of strength, and challenges related to emotional well-being.

Eligible for 3.0 Clock/Credit Hours: NBCC, ATCB, ASWB; CPA/MFT/RN; SWNYS, LCAT, LMHC (New York State only)
Not eligible for APT Credits

Faculty Bio(s): Louvenia Jackson

Creative Conflict Resolution: Games & Embodied Approaches for Varied Settings
Managing conflict is a regular part of any therapist’s work, but not every therapist is comfortable dealing with conflict. Additionally, many of us are stuck in habitual—and therefore ineffective—ways of approaching this challenge. In this 3-hour workshop, participants will learn cutting-edge multimodal drama therapy & creative arts methods for conflict resolution based on current research. We’ll explore the themes of conflict and power, and identify a variety of problem solving strategies appropriate for different therapeutic contexts. Participants will learn ways to help their clients work as a collective, or in small groups, to solve a problem or navigate a specific challenge within real or imagined circumstances. Through games, short scripts, and embodied dialogue, they will discover how to help their clients clarify how and what they think, understand the dynamics of conflicts, and make informed decisions. Through these methods, participants will build physical and social awareness of how power & conflict function within a specific setting, relationship, or story.

Eligible for 3.0 Clock/Credit Hours: NBCC, ATCB; ASWB; CPA/MFT/RN; SWNYS, LCAT, LMHC (New York State only)
Not eligible for APT Credits
Faculty Bio(s): Pam Dunne

Digital Media Arts: Therapeutic Interventions for Adolescents and Others
1:30 pm - 4:30 pm

Jeffrey Jamerson, MA, PhD
Jennifer Hoit, LMFT, ATR

Digital media technology is an evolving force that permeates many aspects of our lives. For today’s youth, navigating this world is second nature, but traditional therapy is not keeping pace with it. This highly experiential workshop is designed to give participants hands-on experience in using digital media art with students and clients. Learn about apps, software, and new media resources for creative expression, and explore how to use these resources as a therapeutic intervention when working with clients. Learn how narrative and story creation can be augmented through the medium of digital media art.

Eligible for 3.0 Clock/Credit Hours: NBCC, ATCB; ASWB; CPA/MFT/RN; SWNYS, LCAT, LMHC (New York State only)
Not eligible for APT Credits
Faculty Bio(s): Jennifer Hoit, Jeffrey Jamerson

Experiments in Smartphone Photography, Movement & Writing for Deeper Interpersonal Connection
1:30 pm - 4:30 pm

Adriana Marchione, MA, REAT, RSMT

Photos can cure! Focusing on the medium of photography through the immediacy of the smartphone, this 3-hour workshop will examine the use of the “selfie” in relation to virtual reality, i.e. the internet, social media, and cell phones. Through this lens, participants will explore how we can “unmask” in our art making and life in order to connect more deeply with the truth about ourselves and others. Modern culture is rampant with addiction, depression, loneliness that often results in extreme isolation. In addition to genetic and developmental factors, these issues are amplified by dissociation from our bodies, nature, and community. Working with portrait photography, in addition to movement and words, we will listen to the felt sense and imagination to reveal personal authenticity and common ground. Participants will be taking photographs with their smartphones (or sharing with someone else) to work with self-portrait, portraits of others, and abstract images to express story and emotions. We will also work with poetry and movement in partners, small groups and the group at large to access collective experience within our worlds today. Photographs taken during the workshop will be projected during the workshop for further reflection. This format can implemented in treatment with all ages and types of groups. Attendees should bring a smartphone or be willing to share one with a partner.

Eligible for 3.0 Clock/Credit Hours: NBCC, ATCB; ASWB; CPA/MFT/RN; SWNYS, LCAT (New York State only)
Not eligible for APT Credits
Faculty Bio(s): Adriana Marchione

Exploring the Sacred Through Art Psychotherapy
1:30 pm - 4:30 pm
Debra Linesch, PhD

What is the intersection of art making, spirituality, and psychotherapy? How can all three be used to enhance treatment with clients? In this half-day workshop, we will demonstrate how the visual arts can deepen the engagement with the mysteries encoded in sacred practices. Participants will learn how to access their own relationship to spiritual practice in general and explore its relevance in therapeutic contexts, particularly in ways that support improved client care. We'll examine a variety of techniques that provide opportunities for self-exploration; they include the incorporation of imagery, text, and metaphors that emerge from diverse religious traditions. This integrative process will be considered as an enhancement to clinical considerations, treatment alliances, and practical interventions in psychotherapy.

Eligible for 3.0 Clock/Credit Hours: NBCC, ATCB; ASWB; CPA/MFT/RN; SWNYS, LCAT, LMHC (New York State only)
Not eligible for APT Credits

Faculty Bio(s): Debra Linesch

Grief and the Memory Box: A Creative Approach for Children & Adolescents
1:30 pm - 4:30 pm

Sarah Vollmann, ATR-BC, LICSW

This attachment-informed approach to grief therapy will include an overview of the developmental stages of grief for children and teens, as well as an art therapy case study of a bereaved child. Various art therapy directives that could be used with grieving children to enhance and deepen treatment possibilities will be explored. Participants will have the opportunity to create their own memory boxes using a variety of collage, drawing, and painting materials. They are welcome to create a box in memory of a lost loved one, or simply a box in commemoration of a time, event, or place of significance for them. This directive can be shifted as needed for fit and comfort. Together, we will discuss our process of box creation, and explore the possibilities of using boxes with patients as part of the treatment process. This 3-hour workshop will be particularly helpful for counselors and psychotherapists working with bereaved children, adolescents, and their families. The art therapy approaches presented can also be easily adapted and applied for general use with a variety of clinical populations and settings.

Eligible for 3.0 Clock/Credit Hours: NBCC, ATCB; ASWB; CPA/MFT/RN; SWNYS, LCAT (New York State only)
Not eligible for APT Credits

Faculty Bio(s): Sarah Vollmann

Healing Trauma in International Populations Through Movement
1:30 pm - 4:30 pm

Ilene A. Serlin, PhD, BC-DMT

Trauma that shatters identities, fractures belief systems, and brings existential terror is experienced not only in mind but also in body. This 3-hour workshop builds on current approaches to treating trauma by adding tools that bring the body, symbolic movement, and creative expression into the healing process. Participants will learn how these approaches are applied to working with trauma in vastly different cultures around the world. You will learn specific techniques as well as contraindications for reducing anxiety, building resilience, increasing bodily awareness and expressiveness, and strengthening supportive relationships within a group. This approach also offers clinicians a means to reducing compassion fatigue, and is appropriate for therapists and others working with traumatized populations.

Eligible for 3.0 Clock/Credit Hours: NBCC, ATCB; ASWB; CPA/MFT/RN; SWNYS, LCAT, LMHC (New York State only)
Not eligible for APT Credits

Faculty Bio(s): Ilene Serlin

Mask Making: A Multicultural Process
1:30 pm - 4:30 pm

Judy Leventhal, LCSW, ATR

Masks have long played an essential role in rituals for spiritual renewal and ecological survival in cultures around the world. They have been used to reenact myths of creation, to define social order, and to honor life transitions. As a contemporary art form, masks can serve as powerful vehicles for civic engagement and social commentary. In this
3-hour workshop, participants will create a mask from precast papier-mâché and collage media, including items found in nature, to investigate the many facets of their cultures. Together, we will explore how masks, as art objects, can evoke multicultural perspectives through which people from diverse backgrounds can come together to address contemporary issues of identity and community. Throughout this session, we will examine and record our discoveries through journaling, and conclude with short reflections on our communal experience. For use in clinical and educational groups, educators will receive a handout to connect this activity with academic standards.

Eligible for 3.0 Clock/Credit Hours: NBCC, ATCB; ASWB; CPA/MFT/RN; SWNYS, LCAT, LMHC (New York State only)
Not eligible for APT Credits

Faculty Bio(s): Judy Leventhal

Repairing Broken Attachment with Clients of All Ages: Multisensory Play Therapy Strategies
1:30 pm - 4:30 pm

Ellen Saul, MS, LP
Lynn Overvoorde, MSW, LICSW

Based on the ‘In Touch Again’ approach of Agnes Bayley, multisensory play therapy activities that follow stages of brain development will provide participants with a framework for assessing what may be missing in the path of attachment of their clients across the lifecycle. We’ll explore specific strategies to allow/enable/empower children and adults to repair traumatic experiences or experience missing developmental pieces in the context of relationship. Participants will learn, through didactic and experiential presentation, how to apply this work with clients of all ages and different clinical needs. We’ll also reflect on the experience from mindfulness and somatic perspectives. Areas covered in this 3-hour workshop will include the use of transitional objects, reawakening the senses, and containment of feelings. Most suitable for mental health professionals.

Eligible for 3.0 Clock/Credit Hours: NBCC, ATCB; ASWB; CPA/MFT/RN; SWNYS, LCAT, LMHC (New York State only); STA
APT approval is pending for this session.

Faculty Bio(s): Lynn Overvoorde, Ellen Saul

Yoga Practice and Live Music: Enhancing Breath, Focus & Relaxation
1:30 pm - 4:30 pm

Heather Lyle, BM, MM, FV, ERYT, CHt
Summer Lall, MT-BC
Diana Wallace

Music in the practice of yoga is a relatively recent phenomenon. Current applications tend to reflect the musical preference of the instructor and may detract from the intention of the session. The specific effects of music on mood and stress have been well documented in scientific literature. In this 3-hour workshop, you will learn how music can enhance the practice of yoga through principles of music therapy. In the first half of the workshop, you will experience how music affects breath, the qualities and dynamics of movement, focus, and relaxation. You will also learn the value of sustained vowel sounds in yogic chanting and how to maximize the production of vowel resonance. In the second half of the workshop, you will experience yoga with live musical accompaniment intended to support the intentions of yoga practice. This session is for practitioners of yoga, or professionals interested in the integration of music into: contemplative or movement practices, mind/body wellness programs, or other healing contexts. Those seeking an experience in self-care are also welcome.

Not eligible for continuing education credits or clock hours

Faculty Bio(s): Summer Lall, Heather Lyle, Diana Wallace

Saturday Afternoon Plenary

The Neuroscience of Contemplative Practices, Rituals, and Trance States: Implications for Clinicians
4:45 pm - 5:45 pm
Andrew B. Newberg, MD

What happens in the brain during moments of ecstasy, sacredness, mindfulness, flow, connectedness, or self-transcendence? Brain imaging studies of contemplative practices, rituals, and trance states enable us not only to see where activity is occurring in the brain but also to understand their impact on how we feel. In his keynote lecture, Dr. Newberg will explain the relevance of this work to therapeutic arts practices, as creative activity can be, in itself, a pathway to altered states of mind. He will also discuss specific research on the neurophysiology of engagement in music and movement-related rituals, as well as the clinical and brain effects of mindfulness and art therapy in the treatment of cancer patients. Learn about how the exciting new field of neurotheology can increase our effectiveness as clinicians.

Eligible for 1.0 Clock/Credit Hour: ATCB; ASWB; CPA/MFT/RN; SWNYS, LCAT, LMHC (New York State only)
Not eligible for NBCO or APT Credits
Faculty Bio(s): Andrew Newberg

Saturday Evening Celebration

World Music at the Summit: Our Third Annual Celebration
6:30 pm - 8:30 pm

John Fitzgerald
Additional Drummers TBA

Immerse yourself in an embodied experience of rhythms from around the world, featuring an amazing trio of drumming professionals. Intertwined with solo moments by the featured artists, we will drum and dance along with their soul-stirring rhythms in a spontaneous jam session facilitated by John Fitzgerald. Join us for a dynamic rhythmic journey and experience the full range of expression and sensation unique to group drumming.

The evening will begin at 6:30 pm with a buffet supper, followed by the start of drumming at 7:00.

Join us for this one-of-a-kind celebratory experience at our extraordinary third annual LA Summit!
$45 Fee includes Dinner Buffet • Guest Tickets Available • $50 at Door

Not eligible for continuing education credits or clock hours
Faculty Bio(s): John Fitzgerald

Sunday, 03/31/19

Sunday Morning Self-Care Sessions

Gentle Somatic Yoga®
8:00 am - 8:50 am

Kimberly Freesh, CYT, CYTT, AHP

Constant sitting during work, entertainment, and travel in contemporary life is causing widespread motor and muscle amnesia, so it is important for us to find ways to sense, feel, and explore ways of re-connecting to our physical selves. The goal of this brief early morning self-care session is to offer participants an experiential playground that weaves the components of Gentle Somatic Yoga with insights emerging from recent evidence-based research in the fields of neuroscience and neuroplasticity. Through the eyes of their integrative sensory motor system, participants will explore how it feels to be in a human body, and begin to understand how we can change movement patterns to alter or improve any condition experienced in body, mind, or spirit realms. These techniques can be adapted and applied to all ages and stages of development, as well as those with special needs and health challenges. There is no limit to the populations this work can benefit.

Not eligible for continuing education credits or clock hours
Faculty Bio(s): Kimberly Freesh

Laugh For the Health of It
8:00 am - 8:50 am

Kim Selbert, MA, OT

During this 50-minute early morning session, participants will engage in active-but-gentle guided exercises to stimulate
laughter. This approach is designed for all ages and fitness levels so that anyone can benefit, whether standing or seated. Techniques taught in this workshop are based on laughter yoga and combined with clapping, breathing, and a variety of simple interactive exercises in a group setting. No yoga experience is required, and there is no talking in the session, except by the facilitator.

**Not eligible for continuing education credits or clock hours**

**Faculty Bio(s): Kim Selbert**

**Zumba à la Dance/Movement Therapy**

8:00 am - 8:50 am

**Lora Wilson, MA, BC-DMT**

Experience the popular Zumba Fitness . . . dance/movement therapy-style. In this early morning self-care session, you will learn the ways in which dance is inherently healing and can be used to enhance emotional well-being with individuals and groups in treatment. We will move our bodies to rhythms from around the world within a group structure that encourages self-expression and is attuned to individuals’ needs. You will reap the numerous psychosocial benefits in a safe space that requires no previous dance experience. All ages and abilities are welcome.

**Not eligible for continuing education credits or clock hours**

**Faculty Bio(s): Lora Wilson**

4-Day Intensive - Sunday

**Recovery Coach Academy©: A Certificate Training for Working with Addictions of All Types**

9:00 am - 5:00 pm

**Lisa Hope, ATR-BC, LADC, LCAT, MAC, CASAC, CRPA**

The CCAR Recovery Coach Academy© is a 4-day (30-hour) training intensive, offered at the Summit in partnership with the Center for Addiction Recovery Training of the Connecticut Community for Addiction Recovery (CCAR). This 4-day comprehensive curriculum focuses on providing participants with the skills needed to guide, mentor, and support clients who would like to enter into or sustain long-term recovery from an addiction to alcohol, opioids, sex, gambling, shopping, and other addictive substances and behaviors. The role of the Recovery Coach and the components, core values, and guiding principles of recovery will be explored in depth. Active listening skills, methods of inquiry, and ways to self-manage will be emphasized. Through didactic and experiential exercises, this training intensive will empower participants to support clients in recovery to share their stories, manage wellness through the stages of recovery, and enhance their relationships. Dynamic expressive arts therapies activities will be demonstrated and experienced, and cultural, political, ethical, and boundary issues will be addressed.

Registrants must attend all 4 days of this training. A separate manual fee is required.

PLEASE NOTE: The Recovery Coach Academy© is a nationally recognized designation. Successful completion of this training earns participants 30 NY State OASAS-Approved CASAC hours toward CASAC, CPP, and CPS re-credentialing.

10 registrants required for this session to be offered. Please invite a colleague to join you.

**Eligible for 7.0 Clock/Credit Hours: ATCB; ASWB; CPA/MFT/RN; SWNYS, LCAT (New York State only)**

**Not eligible for NBCC or APT Credits**

**Faculty Bio(s): Lisa Hope**

Sunday Master Classes

**Integrating Somatic & Sensory Therapies with Play for Treating Complex Trauma Across the Lifespan**

9:00 am - 4:30 pm

**Jennifer Lefebre, PsyD, RPT-S**

Somatic psychotherapy is a holistic approach that incorporates the client’s mind, body, emotions, and spirit into the healing process. Play therapists often engage their clients in embodied play activities, incorporating aspects of somatic and sensory-based therapeutic approaches. This 6-hour master class will explore how trauma affects the development of the brain and body, emphasizing the use of body language and non-verbal cues to understand the "somatic narrative" in treatment rather than relying on verbal communication alone. Participants will learn sensory and embodied play therapy
interventions to help decrease trauma symptoms and increase resiliency, adaptive meaning-making, and new competencies in children, adolescents, and adults with complex trauma histories.

**Eligible for 6.0 Clock/Credit Hours: NBCC, ATCB; ASWB; CPA/MFT/RN; SWNYS, LCAT, LMHC (New York State only); APT**

**Play therapy credit will not be awarded to non-mental health professionals.**

**Faculty Bio(s): Jennifer Lefebre**

**Moving Towards Transformation: How Dance in Therapy Facilitates Change**
9:00 am - 4:30 pm

**Marcia Leventhal, PhD, CMA, BC-DMT**

Dance/movement therapy (DMT) is a powerful approach for eliciting profound change in a variety of clinical populations and settings. In this 6-hour master class, elements that create the core dance aesthetic will be explored, allowing participants to discover the evolution of these components into catalysts for personal growth and development. How these core elements become the foundation and basis for non-verbal communication will also be demonstrated. Through this exploration, a model of dance/movement therapy will emerge. Incorporating aspects of this model into a clinical practice, as well as getting professional training in dance/movement therapy will be discussed. We will also explore how dance therapists use this discipline for dealing with core psychodynamic issues in treatment such as mood management and separation/individuation, including clinical outcomes. No previous dance therapy experience is required.

**Eligible for 6.0 Clock/Credit Hours: NBCC, ATCB; ASWB; CPA/MFT/RN; SWNYS, LCAT, LMHC (New York State only)**

**Not eligible for APT Credits**

**Faculty Bio(s): Marcia Leventhal**

**Shame & Art Expression: From Awareness to Safety and Resiliency**
9:00 am - 4:30 pm

**Deborah Cluff, PhD**

Shame is at the core of much psychological distress and can even manifest as physical symptoms. And though the topic of shame has been much noted and examined, links between shame and creativity have not been sufficiently documented, and creative interventions targeting this connection are all but non-existent. This 6-hour master class is based on the speaker’s book, *Shame and the Making of Art*, which addresses this gap by surveying depth psychological conceptions of shame, art, and the role of creativity in healing, contemporary and historical shame ideologies, as well as recent psychobiological studies on shame. We’ll begin by defining and contextualizing shame through lecture, then follow with artmaking exercises. Clinical applications and theoretical approaches to working with shame will be introduced to enhance your work with clients of various ages and disorders. These will focus on recognizing when and how shame arises, how we contact it safely, and work toward building both awareness and resiliency in the process. This class is applicable to counselors and psychotherapists, psychiatrists, creativity researchers, and anyone interested in understanding the dynamics of shame as it relates to self-expression, particularly as applied to clinical practice.

**Eligible for 6.0 Clock/Credit Hours: NBCC, ATCB; ASWB; CPA/MFT/RN; SWNYS, LCAT, LMHC (New York State only)**

**Not eligible for APT Credits**

**Faculty Bio(s): Deborah Cluff**

**Understanding Your Client’s Art: Aesthetic Analysis for Mental Health Professionals**
9:00 am - 4:30 pm

**Judith Essex, PhD, LMFT, REAT, BC-DMT**

**David Wesley Chester, MA, CAGS**

Client artwork, spontaneous or otherwise, can provide a trove of information about so many aspects of the maker’s life, history, and current state of mind. But non-specialists, in particular, are understandably at a loss for “reading” the inherent messages in art creation. For one thing, no clinical artwork has a single, fixed meaning. And for another, most clinicians have no training in visual literacy, let alone in understanding clinical artwork. This 6-hour session offers mental health practitioners a flexible tool for looking at artwork in a clinical context. Designed to increase equanimity between client and therapist by reducing the power differential in the therapeutic relationship, it also enriches and diversifies the discussion around the art, making looking at the image together a more enriching experience for the client. Participants will learn to apply this “looking to help” method in two stages. They’ll begin by looking at fine art images provided by the speakers, then they’ll move into making some images of their own. Finally, they’ll have the opportunity to practice applying this method with the artwork of other group members. We’ll identify which clinical populations would benefit the
most from using this approach, and we'll discuss modifications of the process for working with clients who are very young, or the very disabled. Who should attend? Any counselor or therapist who has looked at client artwork and thought "How do I begin? What could this artwork possibly mean?"

Eligible for 6.0 Clock/Credit Hours: NBCC, ATCB; ASWB; CPA/MFT/RN; SWNYS, LCAT (New York State only)  
Not eligible for APT Credits  
Faculty Bio(s): David Wesley Chester, Judith Essex

Sunday Morning Workshops

Beyond the Internal Wall: Unblocking Obstacles Through the Expressive Arts  
9:00 am - 12:00 pm  
Nina Utigaard, MFT, REAT

How do we help our clients identify the dysfunctional and detrimental thoughts, feelings, and behaviors that prevent them from making progress in treatment and in their lives, so that they can understand and move beyond them? In this 3-hour workshop, we will explore how to use various expressive arts to overcome psychological obstacles that get in our clients' way, whether it is due to negative self-talk, depression, low self-esteem, anger, fear, addiction, or anxiety. Engaging in drama, art, music, writing, and movement activities within a person-centered approach at the level they're comfortable with, participants will discover new ways to foster personal growth in their clients while also gaining insight about their own internal professional or personal barriers. Developed for psychotherapists and others working in the mental and medical health fields, the approaches introduced in this workshop can be used with clients of all ages, as well as with support groups and others seeking to address a common challenge.

Eligible for 3.0 Clock/Credit Hours: NBCC, ATCB; ASWB; CPA/MFT/RN; SWNYS, LCAT, LMHC (New York State only)  
Not eligible for APT Credits  
Faculty Bio(s): Nina Utigaard

Exploring Sexuality, Gender Identity & Spirituality in Psychodrama with LGBTQ Clients  
9:00 am - 12:00 pm  
Paul Lesnik, LCSW, TEP

Aspects of an LGBTQ client’s intimate self, including sexuality, gender, and spirituality are frequently intertwined. Given the psychological and sociocultural challenges that many members of this community still face, even in a time of same-sex marriage, these fundamental expressions can also be repositories of vulnerability and injury for them. And since every aspect of who we are—and are becoming—taps into the deep wellspring of creativity that is within each of us, access to creativity can be blocked for these clients. By helping our LGBTQ clients effectively explore their gender identification and reconnect them with a positive sense of sexuality, we can help them move to a state of enhanced self-discovery and empowerment. In this 3-hour workshop, we’ll discuss and experience psychodrama techniques to teach clinicians how to help their clients access the creative energy necessary to accept and celebrate their sexual and gender identity as an aspect of their spiritual selves. This workshop is appropriate for graduate students and clinicians of all disciplines. No previous psychodrama experience is necessary.

Eligible for 3.0 Clock/Credit Hours: NBCC, ATCB; ASWB; CPA/MFT/RN; SWNYS, LCAT, LMHC (New York State only)  
Not eligible for APT Credits  
Faculty Bio(s): Paul Lesnik

Focusing-Oriented Expressive Arts (FOAT®): Enhancing Resilience & Compassion  
9:00 am - 12:00 pm  
Marise Lariviere, MA, LMFT, ATR  
Doreen Meister, MA, LMFT

Focusing-oriented expressive arts (FOAT®), developed by Dr. Laury Rappaport, is a mindfulness-based somatic approach that integrates the felt sense and the body’s wisdom with the expressive arts. It is based on Eugene Gendlin’s Focusing method— an evidence-based mind-body approach that leads to growth and change—that is applicable to both clinical and community settings. FOAT® helps to befriend one’s felt experience, increase self-compassion, grow resilience and strength, work through deeper issues and access the body’s inner wisdom and creativity toward growth and healing. The workshop will be both didactic and experiential, including: 1). a brief overview of FOAT® history and FOAT® foundational principles; 2). the main concepts of Focusing- felt sense, Focusing Attitude (friendly curiosity), symbol, and felt shift; 3).
the basic FOAT® step of expressing a felt sense through the arts; and 4). A Theme-Directed approach to FOAT® with an intermodal exercise. FOAT® can be applied to a variety of ages in a range of settings including: art/expressive arts therapy, psychotherapy, community settings, coaching, consulting, organizational development, health and wellness, meditation, spirituality, creativity, and personal growth. Examples will be included. Mental Health Professionals, educators, artists, life/executive coaches, spiritual directors and anyone interested in learning more about the body-mind-arts connection and its benefits are welcome to join us. Note: As with all mindfulness and somatic approaches, unexpected feelings may arise. This workshop is designed to explore themes that are considered to be safe. We will teach the importance of modifying mindfulness and somatic exercises to enhance safety in various settings and with different populations and to be conscious of a trauma-informed approach.

Eligible for 3.0 Clock/Credit Hours: NBCC, ATCB; ASWB; CPA/MFT/RN; SWNYS, LCAT (New York State only)
Not eligible for APT Credits

Faculty Bio(s): Marise Lariviere, Doreen Meister

Healing Potentials in Sand, Paint & Clay
9:00 am - 12:00 pm

Marion Anderson, PhD

In this 3-hour workshop, participants will engage in hands-on activities using sand, color, and clay to compare their potentials when integrating each into psychotherapy. Jung used these haptic forms of expression, for instance, and based aspects of his theory on his own transformative experiences with them. More recently, neurobiological research confirmed the connections between hands and brain as well as the benefits of using these primarily nonverbal approaches in trauma treatment. As expressive therapists, we know this work facilitates access to deeper layers of psyche in clinical work. The symbolic capacity of the imagery creates a bridge between the unconscious and conscious mind. This process releases new energy and enhanced agency for working toward change with ingrained patterns of thought and behavior. This session is recommended for mental health professionals and graduate students who wish to explore the efficacy of these approaches, and understand the creative productions that arise from their use.

Eligible for 3.0 Clock/Credit Hours: NBCC, ATCB; ASWB; CPA/MFT/RN; SWNYS, LCAT, LMHC (New York State only); STA
Not eligible for APT Credits

Faculty Bio(s): Marion Anderson

Helping Patients Express Anger Through Art: A Protocol Incorporating Mindfulness, EMDR & CBT
9:00 am - 12:00 pm

Anne Mills, MA, ATR-BC, LPC, LCPAT

Many patients—including those traumatized by others' extreme emotional states and those from families bereft of emotionality—have difficulty noticing, tolerating, or expressing anger and other strong emotions. The Anger Protocol, which is a manualized and directive approach, incorporates elements of mindfulness, hypnosis, EMDR, and CBT. Participants will learn how this experiential and didactic approach teaches patients why anger is valuable, what it feels like, and that it can be safely felt and expressed without feeling out of control. The theories underlying the incorporation of the therapist's own rhythm, painting, and proximity will be discussed and demonstrated. Arts therapists, counselors, and other mental health professionals are invited to learn this practical, creative, and beneficial approach.

Eligible for 3.0 Clock/Credit Hours: NBCC, ATCB; ASWB; CPA/MFT/RN; SWNYS, LCAT, LMHC (New York State only)
Not eligible for APT Credits

Faculty Bio(s): Anne Mills

Holding Space & Building Trust Through Music: Narrating the Process
1:30 pm - 4:30 pm

Kate Richards Geller, MA, MT-BC, LCAT

In this 3-hour workshop, you will have the unique opportunity to witness the mind of a music therapist, as she articulates what she hears and sees as well as her reasoning behind moment-to-moment shifts in the guided process of group singing. Shaking, bouncing, laughing, or sighing may give way to humming with elongated breath and vowel sounds which may morph into to rhythm patterns and groove (with melody), which may stay in unison or evolve into improvised harmonic divergence. Each step in the process depends on what is happening in the space. Participants are invited to explore sound at whatever level they feel comfortable and curious, all the while being invited to pay attention to
Faculty Bio(s): Kate Richards Geller

Internal Family Systems & Dance/Movement Therapy: Healing Trauma
9:00 am - 12:00 pm
Marybeth Weinstock, PhD, BC-DMT

Brain imaging studies offer clinicians who treat traumatized clients new insights into the physiological implications of the fractured experience of self, thought, and functioning. Methodologies such as Internal Family Systems work provide means by which these fractured parts of self can be located in the body and integrated into the experience of self. Dance/movement therapy can be combined with IFS to facilitate integration of body and mind with clients who have symptoms like dissociation/disembodiment that result from extreme trauma. This 3-hour workshop will begin with a review of the physiological aspects of trauma; how this relates to Internal Family Systems work; and how these principles can be applied to working with traumatized clients using dance/movement therapy, illustrated in part through a case study of a long-term client. Participants will explore and move through creative applications of Internal Family Systems concepts such as: naming and locating activated parts of Self that can be fractured off in response to trauma; "un-blending" from self-destructive parts; releasing parts that may manifest as physical symptoms; accessing the healthy adult Self through the "8 C's of Self"; and creating integration of parts and Self through expressive means. The thread of physiological symptoms will be woven throughout the phases of this workshop, as well as the efficacy of dance/movement therapy to address these issues in a way that can facilitate a Self-led healing process of recovery.

Eligible for 3.0 Clock/Credit Hours: NBCC, ATCB; ASWB; CPA/MFT/RN; SWNYS, LCAT, LMHC (New York State only)
Not eligible for APT Credits

Faculty Bio(s): Marybeth Weinstock

MeCards: Self-Exploration Imagery-Inspired Poetry for All Ages
9:00 am - 12:00 pm
Nancy Weiss, BCD, LCSW

An adaptation of Seena Frost’s famous SoulCollage® made accessible for children, MeCards4Kids® is a collage and poetry process designed to develop and articulate deep self-awareness while nurturing visual, oral, and writing skills. It fosters self-exploration, imagination, and empathy in a fun, engaging way. In this 3-hour workshop, participants will be guided through the theoretical frameworks of MeCards4Kids® followed by a presentation of case material, as well as experiential activities, discussions, and directive strategies on the use of these tools and techniques for populations including children and adults who have experienced trauma. These activities can be used in individual and group settings.

Eligible for 3.0 Clock/Credit Hours: NBCC, ATCB; ASWB; CPA/MFT/RN; SWNYS, LCAT, LMHC (New York State only)
Not eligible for APT Credits

Faculty Bio(s): Nancy Weiss

Racial Identity in the Healing Arts: Living in the Tension
9:00 am - 12:00 pm
Shelly Tochluk, PhD

What does it mean to be a white person providing healing opportunities for racially diverse clients? Why does racial identity matter? How can we develop the capacity to hold complex ideas around race and identity in a way that supports healthy cross-race communication and engagement? This 3-hour workshop will identify a set of tensions that, unless understood and addressed, undermine relationship building across race within therapeutic contexts. Participants will explore their personal relationship to these tensions through experiential exercises. Learning how to notice and name these tensions will provide participants with tools needed to effectively engage across race in virtually any clinical setting. This workshop will particularly benefit participants who care deeply about bridging racial divides and find the current
dialogue on race confusing and divisive. All are invited to attend.

**Eligible for 3.0 Clock/Credit Hours: NBCC, ATCB; ASWB; CPA/MFT/RN; SWNYS, LCAT, LMHC (New York State only)**
**Not eligible for APT Credits**

**Faculty Bio(s):** Shelly Tochluk

**Strength-Based Techniques Integrating Narradrama, Creative Arts & Performance Art in Therapy**
9:00 am - 12:00 pm

*Pamela Dunne, PhD, RDT, BCT*

In recent years, in clinical and therapeutic settings, we have experienced a paradigm shift away from a focus on what is wrong with people to what is strong in them. This marks a very important development and shift in thinking. The goal of this 3-hour workshop is to explore strength-based interventions anchored in neuroscience and brain-based research that integrates narradrama, creative arts, performance art, photography techniques, and theatre games to help therapists find new ways to celebrate their clients' strengths and harness the power of positive emotions. Workshop participants will be exploring body and role as image through the use of photographs, paintings, masks, and objects. They will be discovering themselves as agents of therapeutic change, and create a therapeutic toolkit based on their workshop experiences. Open to creative arts therapists, allied healthcare professionals and advanced graduate students, this workshop will introduce new tools and techniques that can be used in clinical or educational settings.

**Eligible for 3.0 Clock/Credit Hours: NBCC, ATCB; ASWB; CPA/MFT/RN; SWNYS, LCAT, LMHC (New York State only)**
**Not eligible for APT Credits**

**Faculty Bio(s):** Pam Dunne

**The "No Solos" Writing Practice: A Practical, Soulful, & Contemporary Community Grief Ritual**
9:00 am - 12:00 pm

*Kim Scanlon*

Traditional cultures have always had community grief rituals; mourning were never meant to be metabolized privately. The No Solos writing practice allows nearly any group to dive beneath the conversational and therapeutic conventions that tame and bind grief. Workshop participants will learn the few simple rules that allow group writing practice to become a potent communal activity. This creative practice offers a structure for a simple, modern, and safe ritual that elicits surprising depth and clarity of expression from almost any group of participating adults. To satisfy the human longing for expression and eloquence, participants are given the opportunity not only to state the fact of loss, but to say it beautifully. This workshop will include both lecture plus a steady rhythm of writing and reading out loud. Open to all clinicians, educators, and attendees wishing to learn this approach for creating closure in community at times of loss and bereavement.

**Not eligible for continuing education credits or clock hours**

**Faculty Bio(s):** Kim Scanlon

**Therapeutic Photography for Symptom Management, Identity Development & Clinical Connection**
9:00 am - 12:00 pm

*Dana Wyss, PhD, LMFT, ATR*

Therapeutic photography is an accessible, powerful medium for self-expression and enhancing client learning. It can help support emotional development, identity, and make connections with clients who can be difficult. Previously created photos (such as personal family photos, trip photos, special moments), photos created as therapeutic homework, and photographs taken in session can be used as catalysts to develop insight and improve communication. Photography can be used to create a visual diary, since it serves as a permanent and tangible representation of experience. When used in counseling and therapy, it can offer inner insight in ways not available through other media or approaches. This 3-hour workshop will introduce participants to the use of photography as a therapeutic tool through a brief discussion of the healing aspects of photography, followed by an exploration of several activities such as photo transfer, perspective pictures, emotion pictures, and self-portraits. There will be a brief discussion regarding how to use photographs to track clinical progress. Participants are urged to bring a cell phone and/or digital camera as well as black/white and color photocopies of select photos (such as a happy memory, a portrait of themselves or family members, a place they love).
This workshop is recommended for people with a love for photography and who would like to learn more about how to use it in their practice.

**Faculty Bio(s): Dana Wyss**

**Touch Drawing: Authentic, Soulful Expression in Clinical & Creative Practice (morning)**

9:00 am - 12:00 pm

**Shemaya Blauer, MSW, LCSW**

**Deborah Koff-Chapin, BFA**

Touch Drawing is a method that facilitates authentic creativity in people of all ages and levels of ability. By placing a sheet of paper over wet paint and moving fingertips upon the page, the pressure leaves an impression on its underside. Lifting the paper allows us to witness the marks that externalize the maker's inner experience. Working swiftly from one drawing to the next allows the maker to relax into a psychologically safe place, exploring and expressing whatever thoughts and feelings arise, bringing forth images in treatment that can be reflected upon that transcend verbal, cognitive, and artistic ability. In this 3-hour workshop, participants will be able to immerse themselves in this empowering and restorative process, enhanced by a simple writing practice that will enable them to gain insight into their drawings. Teachable and effective in clinical, creative, and educational settings, discussion will focus on how Touch Drawing can be incorporated into therapeutic work with diverse populations including hospice, in grief and trauma work, with clients on the autism spectrum, and for medical conditions such as Parkinson's and stroke. Those who wish a more intensive experience with this process are invited to register for both the morning and afternoon workshops.

**Eligible for 3.0 Clock/Credit Hours: NBCC, ATCB; ASWB; CPA/MFT/RN; SWNYS, LCAT (New York State only)**

**Not eligible for APT Credits**

**Transforming Self-Defeating Thoughts & Feelings Through Mindfulness-Informed Techniques**

9:00 am - 12:00 pm

**Stephanie Nash, MFA**

This highly experiential 3-hour workshop will facilitate participants' insights into conscious and unconscious judgments they make of others based on body language and facial expression, as well as how these shifts in physicality (including facial and vocal variations) can affect their mood, energy, thoughts, and communication. By incorporating mindful awareness, we can literally "rewrite" unhelpful habit patterns such as these, impacting thinking, feeling, and moving. An introduction to the role of vibration as a powerful avenue of release and expression will also be offered. To explore this, participants share their personal responses to certain movements and postures that are demonstrated, and then try them—along with specific use of vocal vibration—to examine their experiences. There will also be guided mindful awareness exercises to increase sensory clarity related to body sensation. This workshop is appropriate for anyone seeking insight, as well as alternative approaches, for shifting unhealthy habit patterns of thinking, feeling, behaving, and communicating through mindfulness-informed techniques.

**Not eligible for continuing education credits or clock hours**

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**Sunday Lunch Buffet**

**Lunch Buffet in the Cafe**

Hilton Cafe - Lobby Level

**A Great & Convenient Lunch at a Reasonable Price!**

Relax and recharge with your colleagues! Join them in the Hilton Cafe for a lunch buffet including a generous salad bar, choice of multiple entrees, plus a little something for dessert. Beverages on your own.

**Daily $20 ticket includes meal plus tax and gratuity, and is available at this rate only during the online registration process.**

Attendees who do not purchase tickets online will be able to buy them onsite at the regular Hilton Cafe rate, plus tax, based on available seating. Purchase in advance, save almost $9.00, guarantee your seat.
# Sunday Lunch & Learns

## Art as Species: What I Have Learned About Art Therapy from Dogs

**12:30 pm - 1:20 pm**

**Michael Franklin, PhD, ATR-BC**

This 50-minute lunchtime talk argues that understanding artworks is similar to understanding non-verbal, interspecies communication. Art therapists, in particular, spend a lot of time looking at art, trying to decipher the silent language of images. The best way to begin unfolding meaning in artworks, or with animals, is to approach with precise observational attunement. For example, the better we are at observing the formal elements within artworks, the closer we come to understanding the enlivened content contained within the lines, shapes, and colors we are seeing. However, ascertaining the implicit meaning of symbolic communication is an inexact practice, at best. Professional disciplines that turn their attention towards non-verbal artifacts, old and new, struggle to discern the differences between fixed interpretations and following the beckoning call of archetypally-saturated imagery. For instance, Jung and later archetypal and imaginal psychologists persuasively argued that images exist as independent entities carrying potent narrative meaning. McNiff suggested that this connection is a foundational tenet of art therapy. Moon even argued that artworks have rights—as if they were alive—and that art therapists are ethically responsible for protecting images. Additionally, Kramer and Henley have discussed ethology and ritualistic animal behavior as a way to study the precursors of artistic sublimation. This presentation extends these trends by examining what art therapy can learn from dogs, especially the challenge of understanding interspecies, non-verbal communication.

**Eligible for 1.0 Clock/Credit Hour: NBCC, ATCB; ASWB; CPA/MFT/RN; SWNYS, LCAT (New York State only)**

**Not eligible for APT Credits**

**Faculty Bio(s):** Michael Franklin

## Sunday Afternoon Workshops

### Eco-Art Therapy: Grounding Clinical Practice in Nature

**1:30 pm - 4:30 pm**

**Ellen Speert, ATR-BC, REAT**

*It doesn't have to be/ the blue iris, it could be/ weeds in a vacant lot, or a few/ small stones; just pay attention, then patch/ a few words together* – Mary Oliver

In this 3-hour workshop, participants will have an opportunity to expand their therapeutic practice to include engaging with the natural world, and enhance their clinical work with clients of all ages and abilities. By using art making, poetry, and meditative movement, we'll explore our interconnection with nature, and in so doing, set the context for psychological health as it resides not just within the individual, the family, and the community—but as it connects us to our planet. Participants will learn how to reduce the cost of art supplies by gathering materials that can be found outdoors (even in cities). They will also get practice working with the metaphors of the earth to incorporate into their clinical work, thereby expanding therapeutic sensitivity, breadth, and effectiveness.

**Eligible for 3.0 Clock/Credit Hours: NBCC, ATCB; ASWB; CPA/MFT/RN; SWNYS, LCAT, LMHC (New York State only)**

**Not eligible for APT Credits**

**Faculty Bio(s):** Ellen Speert

### Empowerment Through Sensory Art Experiences: Healing Trauma Across the Lifespan

**1:30 pm - 4:30 pm**

**Anna Reyner, MA, ATR, LMFT**  
**April Wright, MA, LMFT**

Physical and emotional trauma fragments into different parts of the body, impairing cognitive and verbal declarative memory. They shut down the parasympathetic nervous system and the prefrontal cortex (left brain) and activate the stress response associated with sympathetic nervous system (right brain). Providing sensory experiences engages sights, sounds, smells, tastes, and touches that stimulate the right side of the brain, which sees, in abstract images, metaphors, and symbols. Art activities empower people of all ages and abilities by integrating the right and left hemispheres of the brain. This integration increases communication and neural connectivity for the parasympathetic nervous system, allowing the body to stop releasing stress hormones, and return to a normal relaxed state of regeneration and healing. In this 3-hour workshop, we'll inspire participants to empower their traumatized clients and
students through playful, hands-on sensory art experiences using fluid paint media and collage material. Suitable for work with individuals and groups throughout the lifespan, participants will also learn the latest neuroscience related to using the visual arts, highlighting its importance and efficacy in brain development and mental health treatment.

**Expressive Kavannah©: A Psychospiritual Expressive Arts Model Based on Jewish Practice & Kabbalah**

**1:30 pm - 4:30 pm**

**Edna Miron-Wapner, MA, CAGS**

Expressive Kavannah© is a psychospiritual model for the expressive arts inspired by Kabbalah—Jewish mysticism—in which kavannah refers to intention, focus, concentration, attention, devotion, and meditation. This 3-hour workshop will incorporate themes from the spring holiday of Passover, which offers us powerful metaphors of slavery/freedom, darkness/light, and coming out/renewal to work with. Expressive Kavannah uses meditation for an experience of inner focus and attention; this enhances awareness and perception, desirable goals for stimulating creativity and well-being. Focus leads into flow, as described by Csikszentmihalyi, an optimal experience that supports a spirited transition into creative expression. This rich intermodal model featuring writing, music, movement, and image-making allows for easy transfer among artforms. This process allows for new insights through shifting awareness that can be shared within the group. No familiarity with Jewish practice or lore is required.

**Not eligible for continuing education credits or clock hours.**

Faculty Bio(s): **Edna Miron-Wapner**

**Goddesses & Gods in Everyday Life: SoulCollage® for Exploration and Renewal**

**1:30 pm - 4:30 pm**

**Gayle Torres, ATR-BC**

God and Goddess myths, found in many world cultures since the beginning of time, are imbued with patterns and principles of human nature. Also tied to seasonal cues, depth psychologist C.G. Jung described these universal constructs as archetypes. For this reason, deity figures hold an esteemed place in the Council Suit of the SoulCollage® deck. The intuitive SoulCollage® process can help clients explore and connect to these archetypal patterns—scripts that are often running unconsciously in their daily lives—to better understand their functions and impact. As we convene for this year’s Summit, the lunar wheel has turned to Spring, with its quality of emergent vitality. This 3-hour workshop explores Spring deities, such as the Native American goddess Lakhotiyapi, the Greek goddess Persephone, and the African god Denka. Workshop participants will create a SoulCollage® card in response and reflection to these symbolic beings. This experience will demonstrate how this process can be used to understand and work with symptoms and behaviors, including both strengths and weaknesses, in their teen and adult clients. Previous SoulCollage® experience is not necessary, but can be helpful.

**Eligible for 3.0 Clock/Credit Hours: NBCC, ATCB; ASWB; CPA/MFT/RN; SWNYS, LCAT, LMHC (New York State only)**

**Not eligible for APT Credits**

Faculty Bio(s): **Gayle Torres**

**Integrating HeartMath Evidence-Based Breathing Practices into Expressive Arts Therapies**

**1:30 pm - 4:30 pm**

**Akilah Watts, MM, MT-BC**

HeartMath is an evidence-based approach to stress and anxiety management that uses heart rate as a source of biofeedback. HeartMath strategies involve breath work, visualization, and cognitive techniques for emotion regulation and energy management. In this 3-hour workshop, participants will be introduced to The Resilience Advantage, a HeartMath approach to building resilience in clients. They will work with HeartMath biofeedback technology, practice HeartMath breathing techniques, learn communication skills, and build intuition. Participants will also learn to integrate these techniques across expressive arts modalities. This session is especially useful for working with underserved teens or at-risk youth, hospitalized patients, and those managing post-traumatic symptoms. Burnout prevention and self-care
for mental health practitioners and other helping professionals will be discussed.

**Eligible for 3.0 Clock/Credit Hours:** ATCB; ASWB; CPA/MFT/RN; SWNYS, LCAT, LMHC (New York State only)
Not eligible for NBCC or APT Credits

**Faculty Bio(s):** Summer Lall, Akilah Watts

**Introduction to Breema: Nurturing Vitality for Body-Mind Wellness**
1:30 pm - 4:30 pm

*Carrie Gray, LMFT, MA*  
*Angela Porter, LMFT, CATC, CMT*  
*Jon Schreiber, DC*

Breema's holistic and dynamic movement practice will be used to potentiate body-mind connection as a catalyst for self-care and transformation in the therapeutic relationship. Its commonsense wisdom can guide the clinician to support the body’s instinctive healing energy and thus to nurture vitality instead of focusing on symptoms of illness or imbalance. Breema’s “art of being present” uses nurturing touch and tension-relieving stretches and movements to foster physical, mental, and emotional balance and aliveness. Issues including compassion fatigue, vicarious trauma, stress, and burnout, are mitigated, while empathy, acceptance, non-judgment, and an atmosphere of aliveness are nurtured. In this hands-on experiential workshop, individual movement and partner self-care exercises will introduce therapists and counselors and other caregivers to the art of using our own experience as a ‘navigating tool’ to create a vital and effective relationship first with ourselves and then with our clients. We will explore the principles underlying Breema practice: No Judgment, Body Comfortable, Mutual Support, and No Force, to discover how they can be practiced in virtually any clinical setting by generalists and specialists alike to build a relaxed and open-hearted relationship with life.

No prior experience necessary. Come prepared to relax and enjoy!

Information regarding CAMFT/CEPA continuing education credits for MFTs, LCSWs and LPCCs for this session will be given in this master class. These credits are not included in the Summit CE program and are not covered by the Summit daily CE fee.

**PLEASE NOTE:** Continuing education credit approval for programs in which the subject matter features yoga and/or meditation varies per state. Please verify with your professional licensing board that your state will accept credits for programs such as this.

**Faculty Bio(s):** Carrie Gray, Angela Porter, Jon Schreiber

**Sandplay Therapy for Integrating Psyche & Soma: Symbolic Strategies for Illness & Wellness**
1:30 pm - 4:30 pm

*Judy Zappacosta, MA, MFT*

Jungian analyst Marion Woodman left a legacy of writing regarding the relationship between body and psyche. She emphasized Jung’s belief that neither psyche nor matter are separate; both must be looked at together because symbolic images can resonate within the body in a variety of ways. Learning to identify and listen to the body’s responses to imagery can enhance healing opportunities, particularly in people who have chronic illness. Kalffian sandplay has been shown to be an effective, non-verbal intervention with somatic and traumatic challenges. This 3-hour workshop invites participants to observe sandplay therapy through a case study of a client with Crohn’s disease, a debilitating and serious auto-immune disorder. They will also be invited to examine symbol and symptom when it arises in their own bodies, enabling them to develop strategies for helping clients using this creative approach for dealing with physical illness. Playful explorations using sensory experiences will introduce new tools to clinicians who are interested in integrating body and psyche.

**Eligible for 3.0 Clock/Credit Hours:** NBCC, ATCB; ASWB; CPA/MFT/RN; SWNYS, LCAT (New York State only); STA  
Not eligible for APT Credits

**Faculty Bio(s):** Judy Zappacosta

**Team Building in Schools Through Group Art Experiences**
1:30 pm - 4:30 pm

*Suzanne Silverstein, MA, ATR*
**Genia Young, LMFT, ATR-BC**

The Share & Care school-based program at Cedars-Sinai has used team building approaches featuring art therapy techniques to help build a positive school culture with middle and high school students. Art therapy is a proven modality for helping groups to learn how to work together, to communicate, plan and develop projects that celebrate achievements. Participants in this 3-hour workshop will engage in experiences that include ice breakers, mindfulness techniques, expressive art activities, and discussion. All of these approaches can be used successfully with teaching staff and parent groups, as well. Each participant will return to work with structured techniques for enhancing cohesion among groups of youngsters, thereby facilitating a positive school climate.

**Eligible for 3.0 Clock/Credit Hours: NBCC, ATCB; ASWB; CPA/MFT/RN; SWNYS, LCAT, LMHC (New York State only)**

**Not eligible for APT Credits**

Faculty Bio(s): **Suzanne Silverstein, Genia Young**

**The Personal Hope Book: A Container of Resilience for Teens & Adults**

1:30 pm - 4:30 pm

**Erin Partridge, PhD, ATR-BC**

Research has shown that storytelling in treatment is an effective way to promote resilience. Art therapists can enhance this effect by teaching their clients how to create books expressly for this purpose. For instance, quotes that refer to aspects of hope and hopefulness invite clients to prioritize positivity, and can function as a touchstone regarding happiness and wellbeing. Further, adding imagery to the quotations within the book format can enable the therapist and client to collaborate on defining the meaning of hope as well as identify the characteristics of successful treatment together. In this 3-hour workshop, we will explore the use of a structured set of directives in a curriculum designed to instill hope and resilience in clients of all ages. Participants will learn about, and engage in, the process of creating a personal book of hopeful content. Treatment applications across several different populations and settings will be explored and discussed. No previous book making or art therapy experience is required.

**Eligible for 3.0 Clock/Credit Hours: NBCC, ATCB; ASWB; CPA/MFT/RN; SWNYS, LCAT, LMHC (New York State only)**

**Not eligible for APT Credits**

Faculty Bio(s): **Erin Partridge**

**The Rites of Conscious Dance: Movement as Spontaneous Ceremony**

1:30 pm - 4:30 pm

**Fred Sugerman**

In this 3-hour workshop, we will explore the intelligent choreography of intuitive improvisational movement. Participants will be invited to pause, sense, and ground themselves inside their bodies, then respond as they wish through fluid movement. This self-guided process will be amplified at times by verbal suggestion and/or music. As we focus our attention on sensations within, we can more easily access our natural capacity for freedom, pleasure, and playfulness. This practice quiets the cognitive part of the brain while activating the more creative and intuitive parts, enabling us to feel physical sensations; deep, mindful connection with self and other; and communion with that which is greater than self. All are welcome to attend.

**Not eligible for continuing education credits or clock hours**

Faculty Bio(s): **Fred Sugerman**

**Touch Drawing: Authentic, Soulful Expression in Clinical & Creative Practice (afternoon)**

1:30 pm - 4:30 pm

**Shemaya Blauer, MSW, LCSW**

**Deborah Koff-Chapin, BFA**

Touch Drawing is a method that facilitates authentic creativity in people of all ages and levels of ability. By placing a sheet of paper over wet paint and moving fingertips upon the page, the pressure leaves an impression on its underside. Lifting the paper allows us to witness the marks that externalize the maker’s inner experience. Working swiftly from one drawing to the next allows the maker to relax into a psychologically safe place, exploring and expressing whatever thoughts and feelings arise, bringing forth images in treatment that can be reflected upon that transcend verbal, cognitive, and artistic ability. In this 3-hour workshop, participants will be able to immerse themselves in this
Empowering and restorative process, enhanced by a simple writing practice that will enable them to gain insight into their drawings. Teachable and effective in clinical, creative, and educational settings, discussion will focus on how Touch Drawing can be incorporated into therapeutic work with diverse populations including hospice, in grief and trauma work, with clients on the autism spectrum, and for medical conditions such as Parkinson’s and stroke. Those who wish a more intensive experience with this process are invited to register for both the morning and afternoon workshops.

Eligible for 3.0 Clock/Credit Hours: NBCC, ATCB; ASWB; CPA/MFT/RN; SWNYS, LCAT, LMHC (New York State only)

Not eligible for APT Credits

Faculty Bio(s): Shemaya Blauer, Deborah Koff-Chapin

Transformation of Failure & Self-Blame: Techniques from Theater of the Oppressed and More
1:30 pm - 4:30 pm

Danielle Levanas, MA, LCAT, RDT
Myriam Savage, PhD, RDT-BCT

Courageous and judicious efforts that do not live up to our expectations are often experienced and internalized as 'failures.' In this 3-hour workshop, participants will play creatively with words, images, memories, and stories to discover and embody the opportunities and wisdom in experiences that were previously cause for despair or self-blame. Using techniques from both Augusto Boal’s Theater of the Oppressed and Playback Theatre, tableaux and narrative enactments will be developed based on participants' lived experiences. The session will demonstrate how drama-based approaches can transform perceived failure, stimulating flow, resilience, active learning, and potential change in treatment as well as in community and educational settings.

Eligible for 3.0 Clock/Credit Hours: NBCC, ATCB; ASWB; CPA/MFT/RN; SWNYS, LCAT, LMHC (New York State only)

Not eligible for APT Credits

Faculty Bio(s): Danielle Levanas, Mimi Savage

Treasure & Transformation Through Freeform Wordplay
1:30 pm - 4:30 pm

Susan Wooldridge

This 3-hour workshop will introduce participants to the healing properties of language, so they might discover “inner treasure” through expressive writing. We’ll begin by diving for words in poetry books as we create both individual and group “word pools” for inspiration. Then, using music to facilitate play and process, we will use our found words to delve into what we remember, forget, love, and imagine. Writing from our minds, hearts, and souls, we’ll explore life’s essentials, including nature, family, and more. Every part of us will be invited to speak about who we are, where we come from, and where we’re going. We may call forth dream-love poems to ourselves, to another, to a tree, an animal, or the universe. We might even pen a poem on behalf of our Shadows, or begin a scratch paper journal from cut dictionary words. Inner peace, joy, and creative freedom will be our mission. Untold treasures shall spiral forth from our imaginations, and we will leave excited about language and inspired by self-expression. Laughter and tears are always welcome, and sharing is always optional. All are encouraged to join us.

Not eligible for continuing education credits or clock hours

Faculty Bio(s): Susan Wooldridge

Treating Grief & Loss in 3 Steps: A Multimodal Arts Model for All Ages
1:30 pm - 4:30 pm

Patricia Jauchler, MA, MS, RDT/BCT, CT, CBF, CDP

The creative arts can be a powerful way to work with those suffering with the impact of grief and loss, especially with those who do not respond to traditional talk therapy approaches. In this 3-hour experiential workshop for counselors, therapists—generalists and specialists alike—we will explore current theories of grief and loss, and their application to clinical work using drama, art, and music to enhance clinical and emotional development. Special attention will be paid to a 3-step model of treatment, incorporating warm-up, action, and closure using the creative arts for clients of all ages and abilities. Attention will be given to self-care strategies for clients, mindfulness, and presence in therapeutic contexts. Please note that this workshop has the potential to stir up strong personal emotions. Care will be taken in creating a safe and supportive environment.
Eligible for 3.0 Clock/Credit Hours: NBCC, ATCB, ASWB, CPA/MFT/RN; SWNY, LCAT, LMHC (New York State only)
Not eligible for APT Credits
Faculty Bio(s): Patricia Jauchler

Sunday Afternoon Closing Ceremony

Closing Ceremony
4:40 pm - 5:10 pm

Fred Sugerman
Summer Lall, MT-BC
Diana Wallace

Reflect and connect in a guided movement experience with live music. Celebrate the power of creative community and return home from the Summit feeling fully present and alive.

Not eligible for continuing education credits or clock hours
Faculty Bio(s): Summer Lall
Fred Sugerman
Diana Wallace