2018 COMPLETE SCHEDULE OF SESSIONS

Over 150 Faculty • Over 140 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

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2018 Full Schedule (4-9) • 2018 Schedule - Titles Only (4-9)

EDUCATORS & ARTS PROFESSIONALS — CLICK HERE

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, 04/26/18

Summit Keynote

8:00 am - 9:30 am

The Power of Awareness: The Science and Practice of Presence

TO ATTEND THIS SESSION, YOU MUST SELECT IT DURING THE REGISTRATION PROCESS

Pre-registrants for this session will receive a complimentary eBook copy of Dr. Daniel J. Siegel's Mindsight: The New Science of Personal Transformation (Bantam, 2010)

Daniel J. Siegel, MD
Lori Baudino, PsyD, BC-DMT, Discussant

This plenary presentation will provide an interpersonal neurobiology view of the importance of presence in an integrative approach to health. We will explore how focusing the mind on present moment experience fosters a form of "internal attunement" that stimulates the activity—and growth of—the self-regulating, integrative fibers of the brain. It is the growth of these neural regions that enable enhanced empathy, self-understanding, emotional regulation, and even improved physiological functions. A study of an integration of consciousness practice called the Wheel of Awareness will be reviewed, and implications for understanding the health-promoting benefits of cultivating open awareness, focused attention, and kind intention will be explored.

Eligible for 1.5 Clock/Credit Hours: NBCC, ATCB; ASWB, APA, MFT, Nursing; LCAT, LCSW (NY State Only)

Not eligible for APT Credits

Faculty Bio(s): Lori Baudino, Daniel J. Siegel

Thursday & Friday Intensives

10:00 am - 5:30 pm

Diagnostic Drawing Series Training: 30 Years of Assessment through Art - Day 1

Day 1 of a 2-day Training Intensive

Participants must register for both days to attend

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 30 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
Kathryn Johnson
10:00 am  -  5:30 pm
Social Emotional Arts on a Shoestring for Individuals & Groups in All Settings - Day 1

Day 1 of a 2-Day Training Intensive.
Participants may register for 1 or both days.
See criteria below for receiving Certificate of Completion.

Lori Baudino, PsyD, BC-DMT
Ping Ho, MA, MPH
Gabrielle Kaufman, MA, LPCC, BC-DMT, NCC

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 (available for optional purchase onsite, 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 either 1 or both days of this Training Intensive is possible. A hardbound copy of the 250-page manual will be available for sale on each day for an additional fee of $50 (special Summit half price rate). Purchasing the manual is strongly recommended for clinicians or providers who wish to offer this program.

Please Note: 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, APA, MFT, Nursing; LCAT, LCSW (NY State only)
Not eligible for APT Credits
Thursday Master Classes

10:00 am  -  5:30 pm

Books by Hand: Holding Secrets
Linney Wix, PhD, ATR-BC

Bookmaking can be used with clients of all ages and abilities to enhance emotional development and personal insight. In this 6-hour master class, you will get a hands-on experience with bookmaking as a tool for exploring the topic of secrets specifically. Participants will be led in an investigation of the word secret, and what it means poetically and practically, personally and professionally. Afterwards, participants will make books that allow them to explore their secrets and ways that books might safely hold them within therapeutic and educational contexts. Participants end the day with an emotionally rich artifact of their own making, as well as a better understanding of how bookmaking can enhance therapeutic and emotional development with students and clients.

Eligible for 6.0 Clock/Credit Hours: NBCC, ATCB; ASWB, APA, MFT, Nursing; LCAT, LCSW (NY State only)
Not eligible for APT Credits

Faculty Bio(s): Linney Wix

10:00 am  -  5:30 pm

Internal Family Systems (IFS) & Art Therapy: Introducing the Journey through Collage & Clay
Peggy Kolodny, 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 lean how this process can enhance emotional and clinical development. They will also practice a technique called dialoging and unblending among parts which will allow for a somatic understanding of the concepts. IFS essentials will be taught, so participants do not need prior knowledge of this approach.

Session participation limited to clinicians only

Eligible for 6.0 Clock/Credit Hours: NBCC, ATCB; ASWB, APA, MFT, Nursing; LCAT, LCSW (NY State only)
Not eligible for APT Credits
Faculty Bio(s): Peggy Kolodny, Salicia Mazero

10:00 am - 5:30 pm

TF-CBT, EMDR, CPP in Play Therapy & Trauma Treatment: Evidence-Based and Creative Arts Practices

Jennifer Lefebre, PsyD, RPT-S

Because approximately five million children experience some form of trauma each year, it is essential that play therapists, counselors, and psychotherapists have access to a clinical framework based on neuroscientific research that incorporates trauma theory and play therapy principles. This daylong master class will outline and discuss the core components of Trauma-focused Cognitive Behavioral Therapy (TF-CBT), Eye-movement Desensitization & Reprocessing (EMDR), Child-Parent Psychotherapy (CPP), and Attachment, Regulation & Competency (ARC) in the context of play therapy principles and neuroscience in order to facilitate the development of a trauma-informed clinical framework. Specifically, Axline's concepts of play therapy will be outlined and correlated with the core components of these evidence-based trauma treatments and neuroscience principles. Through creative and playful techniques, participants will learn how to incorporate nonverbal and sensory-based play therapy techniques into the evidence-based core components of trauma therapy. And with this knowledge, play therapists and other mental health professionals will be able to evaluate which trauma-informed treatment components ‘fit’ with the specific needs of the children with whom they work and enhance the capacity for healthy play among the youngest of trauma survivors.

Eligible for 6.0 Clock/Credit Hours: NBCC, ATCB; ASWB, APA, MFT, Nursing; LCAT, LCSW (NY State only); APT*

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

Faculty Bio(s): Jennifer Lefebre

10:00 am - 5:30 pm

The Way of the Journal: Therapeutic Writing in Clinical Practice

Kathleen (Kay) Adams, PTR-M/S, LPC

Many therapists recommend journal writing to their clients, but relatively few have an understanding of state-of-the-art, time-tested theories and techniques that can not only enhance the client's capacity to use the journal as a genuine tool for healing across therapeutic modalities but also for clients with a variety of presenting problems. In this innovative daylong training, participants will learn about three schools of therapeutic writing thought: the research-based expressive writing model of James W. Pennebaker, the depth psychology model of Ira Progoff, and the humanistic/existential model of Kathleen Adams, the presenter. Focus will be placed on the Journal Ladder that builds-in the vital journal therapy tools of structure, pacing, and containment to help clients self-regulate and develop a sense of safety and trust with the journal. Participants will leave with a toolbox of 14 practical journal techniques and applications for use with individuals and groups, as well as profound insights into the power of writing for healing, growth, and change.

Eligible for 6.0 Clock/Credit Hours: NBCC, ATCB; ASWB, APA, MFT, Nursing; LCAT, LCSW (NY State Only)

Not eligible for APT Credits
Faculty Bio(s): Kay Adams

10:00 am - 5:30 pm

Therapeutic Use of Sand & Miniatures - An Overview

Harriet S. Friedman, MA, MFT, CST-T/STA/ISST
Betty Jackson, CST-T, LSW

Many children, and even adults, build a collection of tiny things, objects imbued 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, an 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, later developed sandtray therapies based on psychodynamic theory, and floor games, therapeutic exercises featuring miniatures without the use of sand. Following an overview of the history and development of the therapeutic use of miniatures, an experiential introductory exercise using miniatures, a sandplay case presentation of a young boy adjusting to his parents' divorce, and experiential floor games exercises will be featured. The developmental appropriateness of the various exercises and modalities will be noted and discussed. No previous knowledge of sandplay is necessary.

Eligible for 6.0 Clock/Credit Hours: NBCC, ATCB; ASWB, APA, MFT, Nursing; LCAT, LCSW (NY State only)

Not eligible for APT Credits

Faculty Bio(s): Harriet Friedman, Betty Jackson

10:00 am - 5:30 pm

Why the Arts Work Better Together: A Coherent Theory for Maximizing Therapeutic Efficacy

Judith Greer Essex, PhD, REAT, ADTR, LMFT
Wes Chester, MA, CAGS

The use of multiple arts disciplines in a single session can raise therapeutic efficacy and provide greater resources for change and growth because they engage different sensory and communication pathways for clients. Intermodal Polyaesthetic Theory, developed by Paolo Knill, provides clinicians with a coherent and rational framework for decision-making, beyond intuition alone, when integrating multiple art forms. In this 6-hour master class, participants will create a piece of visual art and then experience a process of flowing into movement, music, drama, or poetry/creative writing, while referring to the original visual art in order to understand how to maximize the effectiveness of intermodality and elucidate why one direction might be chosen over the other. The concept of intermodality works between any two disciplines, and any art form can serve as the centerpiece from which movement to the other art forms takes place, one at a time. This theoretical and embodied approach to the arts is applicable to virtually all clinical settings, and gives practitioners a strategic rationale for decision making regarding their arts-based work with clients. Guidelines for practice will be shared both experientially and didactically. This master class is intended for clinicians with arts experience at any level and mental health graduate students.

Eligible for 6.0 Clock/Credit Hours: NBCC, ATCB; ASWB, APA, MFT, Nursing; LCAT, LCSW (NY State only)

Not eligible for APT Credits
Thursday Morning Didactic

10:00 am - 1:00 pm  **Dissociative Disorders: Assessment, Alliances & Anger Issues**

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

To confidently and responsibly plan the treatment of people with dissociative disorders, trauma-informed assessment must be done as part of every intake. Without this, patients may remain misdiagnosed and lose time, hope, and money without getting better, despite the fact that dissociative disorders are as prevalent as other major psychiatric disorders. In the first section of this didactic presentation, we will consider several assessments with which to launch effective treatment. Difficulties with trust and affect regulation tend to lead survivors of severe trauma, such as people with dissociative disorders, to isolation or stormy relationships. Developing adequate therapeutic alliances with all ‘parts’ or aspects of the patient, even the most challenging, is key. Practical advice will be given on how to do so, and how to foster equally good relations with the treatment team. Working with anger directly can be a turning point in therapy for any client. For highly traumatized and dissociative clients, anger and anxiety are experienced so frequently and intensely as to be overwhelming, so they typically avoid negative affect and are unable to self-regulate emotion. This can result in maladaptive behaviors such as aggression and self-injury. In the final part of this 3-hour session, a structured art therapy experience will be introduced that can help these patients safely express their anger. This and much of the material discussed in this session will also apply to treating adults with complex PTSD and personality disorders.

*Please Note: This is a didactic session, not an experiential workshop.*

*Advanced-level clinical content for clinicians only.*

*Eligible for 3.0 Clock/Credit Hours: NBCC, ATCB; ASWB, APA, MFT, Nursing; LCAT, LCSW (NY State only)*

*Not eligible for APT Credits*

Thursday Morning Workshops

10:00 am - 1:00 pm  **Council & the Arts: Deepening the Wisdom of the Circle**

*Camille Ameen*

Council is a mindfulness practice based on ancient indigenous dialogic practices that bring participants into a circle to share and witness stories. Doing this allows the “wisdom of the circle” to emerge. Through attentive, non-judgmental listening, and giving voice to personal stories, Council fosters social emotional learning. It deepens self-awareness and nurtures self-expression, self-management, resilience, respectful relationships, team building, and community engagement. In this 3-hour introduction to Council, participants will learn about the origins and fundamental elements of this dynamic practice. We will engage in community-building games that facilitate physical and vocal self-expression. We will explore the process of creating a safe space for seeing and being seen. We will participate in councils around stories we hold from the past and present moment. We’ll then integrate the Council experience into short theater presentations and visual art, in order to deepen the insight, honor the story, and embody it. Council is being utilized in the California prison system, public and private schools, corporations, and social justice organizations worldwide. This compassion-based model can be effectively incorporated into group
clinical situations with populations of all ages, abilities, and needs. No previous experience required.  
This session is not eligible for continuing education credits.

Faculty Bio(s): Camille Ameen

10:00 am  -  1:00 pm  
Eco-Art Therapy: Grounding Clinical Practice in Nature
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, we provide ways for participants to expand their therapeutic practice to include the natural world and enhance clinical work with clients of all ages and abilities. By using art making, poetry, and meditative movement, we explore our interconnection with the world of 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 the entire planet. Participants learn how to reduce the cost of art supplies by gathering materials that can be found outdoors (even in cities). They will also practice working with the metaphors of the earth to enhance their clinical work, thereby expanding therapeutic sensitivity and effectiveness. No previous experience necessary.

Eligible for 3.0 Clock/Credit Hours: NBCC, ATCB; ASWB, APA, MFT, Nursing; LCAT, LCSW (NY State only)  
Not eligible for APT Credits

Faculty Bio(s): Ellen Speert

10:00 am  -  1:00 pm  
Emotional Regulation & Connection through Movement for Families: A Neuroscience-Informed Process
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, APA, MFT, Nursing; LCAT, LCSW (NY State only)  
Not eligible for APT Credits
Exploring Sexuality & Gender Identity as Aspects of Spirituality: Psychodrama with LGBTQ Clients

Paul Lesnik, LCSW, ASW, 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. 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 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, APA, MFT, Nursing; LCAT, LCSW (NY State only)
Not eligible for APT Credits

Exploring the Sacred through Art Psychotherapy

Debra Linesch, PhD, MFT, ATR-BC

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, APA, MFT, Nursing; LCAT, LCSW (NY State only)
Not eligible for APT Credits

Manifesting the Me: The Power of Imagery and Poetry in MeCards®

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, APA, MFT, Nursing; LCAT, LCSW (NY State only)
Not eligible for APT Credits

Faculty Bio(s): Nancy Weiss

10:00 am - 1:00 pm

Music Therapy-informed DIR/Floortime: Attunement & Change for Special Needs Children
Juliana Frias, MT-BC
Alaina Hogue, MT-BC
Rene Torres, MT-BC
Sarah Badano, MT-BC

Learn how to use music to facilitate creative and affective experiences in children on the autism spectrum, those with special needs, as well as with their families. In this 3-hour workshop, we will explore the integration of music therapy techniques within the DIR/Floortime model. DIR provides a structure for guiding clinical work, as well as a format for interpreting client behaviors. Music making enhances DIR/Floortime interactions by facilitating flexibility and range of emotional expression. Attunement to the emotions of another person through musical and non-musical modalities will be both demonstrated and experienced. Participants will gain increased understanding of the interaction between developmental milestones, individual sensory differences, and relationships. This workshop is appropriate for clinicians, educators, creative arts therapists or anyone who wants to learn more about working with these populations. Absolutely no prior music experience is required!
This session is not eligible for continuing education credits.

Faculty Bio(s): Sarah Badano,
Juliana Frias,
Alaina Hogue,
Rene Torres

10:00 am - 1:00 pm

Painting, Prose & Positive Neuroplasticity: The Resilience Triad
Lisa Mitchell, MFT, ATR, LPC

In this highly experiential 3-hour workshop, generalists and specialists alike, can experience The Resilience Triad, a collaborative process integrating painting, prose, and positive neuroplasticity principles for healing. Participants will learn to weave art, writing, and resource enrichment to enhance clinical work and help clients cultivate resilience. This process, for use with individuals and groups, is a powerful way to connect clients with their internal resources, increasing their sense of safety, connection with others, and sense of personal satisfaction.

Eligible for 3.0 Clock/Credit Hours: NBCC, ATCB; ASWB, APA, MFT, Nursing; LCAT, LCSW (NY State only)
Not eligible for APT Credits

Faculty Bio(s): Lisa Mitchell
10:00 am - 1:00 pm  

**Paper Puppets & Healing Narratives for Eliciting Strengths and Resilience in Individual Work**

*Lani A. Gerity, DA, ATR  
Susan Ainlay Anand, ATR-BC, ATCS*

In this 3-hour workshop, we will provide easy-to-follow instructions for making personalized paper puppets and eliciting healing narratives that reflect individual and cultural strengths. These largely non-threatening activities, modeled after the archetypal healing journey/vision quest, help clients to understand the importance of integrating disparate emotions and parts of self. Deep listening in conjunction with the storytelling and creation of puppets, teaches clinician participants how to support resilience and promote integration in their clients though an enjoyable and inspiring sublimation process. This method is effective with clients of all ages and abilities in treatment and community settings of all types. 

*No art skills are necessary.*

**Eligible for 3.0 Clock/Credit Hours: NBCC, ATCB; ASWB, APA, MFT, Nursing; LCAT, LCSW (NY State only)**

*Not eligible for APT Credits*

**Faculty Bio(s):** Susan Ainlay Anand, Lani Gerity

10:00 am - 1:00 pm  

**Sensing Your Inner Landscape: An Awareness Movement Practice**

*Sharon Weil*

We often speak about our “inner life” without having much of a sense of where that is actually located in the body, or what that really feels like—unless we feel the sensations associated with the emotions, such as fear or anxiety. How can we find the more nuanced sensations of wellbeing? In this 3-hour workshop, we will engage in simple breath work, sense awareness, and slow, fluid movement in order to access more nuanced sensations of wellbeing and a sense of knowing what we need at any given moment in life. Movement will be self-directed; you will be your own guide in the process. You will learn to trust your ability to tune into subtle sensations within your body to identify your shifting needs throughout the day. This awareness movement process can be part of a daily practice for stress reduction and insight. This session is appropriate for all ages and abilities, for therapists and non-therapists alike. 

*No previous experience with movement is necessary.*

Please wear comfortable clothing suitable for easy movement.

*This session is not eligible for continuing education credits.*

**Faculty Bio(s):** Sharon Weil

**Thursday Lunch Buffet**

1:00 pm - 2:30 pm  

**Lunch Buffet in the Cafe**

*Hilton Cafe - Lobby Level*

*Get a Great 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 $16 ticket includes meal and tax (please leave a gratuity) — Available for pre-purchase only during the online registration process.
Thursday Afternoon Workshops

2:30 pm  -  5:30 pm  Aligning Dance Therapy Paradigms for Enhanced Insight: Moving Toward Transformation

Marcia B. Leventhal, PhD, CMA, BC-DMT

In this 3-hour workshop, we explore two major paradigms in dance therapy, the Newtonian and the Quantum, and how they can be used to build a treatment model that supports insight, change, and transformation. The Newtonian paradigm deals with concrete, here and now, cause and effect elements as they impact functional and pedestrian body movement. The Quantum paradigm encompasses spirituality, “felt level”, imagery, visualization, inner knowing, and personal locus of control. When therapists are able to align movement elements with these complementary paradigms, they are increasingly able to facilitate experiences for their clients that can lead to higher self-purpose and deeper insight. Workshop participants will learn how to facilitate functional body image and pedestrian movement experiences, allowing Newtonian movement to create a foundation for clients to come into alignment with the Quantum. They will also be able to integrate and apply certain key energetic therapeutic relationship concepts within this model, including “witnessing”, “holding”, and “intent.”

Eligible for 3.0 Clock/Credit Hours: NBCC, ATCB; ASWB, APA, MFT, Nursing; LCAT, LCSW (NY State only)

Not eligible for APT Credits

Faculty Bio(s): Marcia Leventhal

2:30 pm  -  5:30 pm  Creativity & Neuroplasticity in the Treatment of Anxiety Disorders

Pamela M. Hayes, MFT, ATR-BC

In this 3-hour workshop, we will take a biopsychosocial perspective on the symptomatology encountered in clients with a variety of anxiety disorders, and how these thoughts and behaviors impact people’s lives and interpersonal relationships. We will identify art techniques based on positive thinking and neuropsychology that can help clients learn to communicate their needs and express their feelings more effectively. We will explore how the brain works and how the creative process can affect and positively change brain chemistry. Case studies will illustrate symptom management and rational psychotherapy approaches. Opportunities for hands-on art therapy skill development will be provided, with the goal of helping clients achieve more satisfying and productive lives.

Eligible for 3.0 Clock/Credit Hours: NBCC, ATCB; ASWB, APA, MFT, Nursing; LCAT, LCSW (NY State only)

Not eligible for APT Credits

Faculty Bio(s): Pamela Hayes
2:30 pm - 5:30 pm

Cross-Cultural Creative Empathy: Multimedia Experientials Inspired by Art Therapy in Mexico

Einat Metzl, PhD, ATR-BC, CST, LMFT
Ana Laura Treviño Santos, MA

In this 3-hour art-based workshop, we will use art-making exercises to explore the culturally meaningful symbols and techniques arising over the years from inter-cultural collaborations by art therapists from the US and Mexico. Similarities and differences in art therapy practices in these two countries will be examined, and participants will gain greater knowledge of how they can broaden their clinical practices through enhanced understanding of working with art in therapy within a multicultural context. All are welcome.

Eligible for 3.0 Clock/Credit Hours: NBCC, ATCB; ASWB, APA, MFT, Nursing; LCAT, LCSW (NY State only)
Not eligible for APT Credits

Faculty Bio(s): Einat Metzl, Ana Laura Treviño Santos

2:30 pm - 5:30 pm

Disrupting Disruptive Student Behaviors with Compassion & Art Therapy

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

This half-day workshop will introduce techniques used by Cedars-Sinai’s school-based Share and Care program for elementary and secondary school students who have demonstrated challenging behaviors in the classroom. Singing bowls and talking sticks will be incorporated into a process that includes art therapy directives, mindfulness practices, and community building exercises. These creative and mindful strategies can be used in the classroom or in a group setting as a way of helping students develop positive coping skills for dealing with their behavioral issues while helping them learn to focus, listen, and speak spontaneously from the heart without judgment.

Eligible for 3.0 Clock/Credit Hours: NBCC, ATCB; ASWB, APA, MFT, Nursing; LCAT, LCSW (NY State only)
Not eligible for APT Credits

Faculty Bio(s): Suzanne Silverstein, Genia Young

2:30 pm - 5:30 pm

Drums Alive®: Drumming & Dance for Mind, Body & Spirit

Carrie Ekins, MA

Drums Alive® is an evidence-based wellness program that introduces rhythm, moves, and grooves designed to take you on a creative journey toward physically challenging, emotionally satisfying, brain and body fulfillment. This unique multidisciplinary approach blends music, aerobic fitness, and dance choreography with drumming and mindfulness protocols to relieve stress for people of all ages and abilities. In this 3-hour workshop, participants will experience a novel personal fitness protocol by participating in polyrhythmic drum and movement patterns; these have been shown to provide positive effects on brain activity through increasing synchronization between the right and left hemispheres. To demonstrate the versatility of this program, rhythms will be made with drumsticks on large stability balls. Come and discover an experience that will unify your mind, body, and spirit while
introducing you to a format that will enhance your work with clients, students, and others in providing nurturing social support and integration, cognitive stimulation, and stress reduction!

This session is not eligible for continuing education credits.

Faculty Bio(s): Carrie Ekins

2:30 pm - 5:30 pm

Embracing the Sexual Self: Transforming Negative Sexual Scripts through Drama Therapy
Jennifer Stuckert-Knapp, RDT, LMFT
Sexual health issues influence development, identity, self-expression, intimacy, and pleasure across the lifespan. Unfortunately, sexual trauma is a far too common experience, adversely impacting as many as one out of three females and one of six males. In a clinical context, the treatment of sexual health issues necessitates a positive, respectful, and non-judgmental approach that supports clients in processing shame and trauma and in reclaiming their right to a pleasurable and satisfying relationship with their bodies. In this 3-hour experiential workshop, participants will learn safe drama therapy and expressive arts techniques that can be used in daily therapeutic work to help clients explore sexual development, clarify and transform inhibitive sexual scripts, and cultivate playfulness and pleasure. Sex-positive frameworks and research will be referenced, including the PLISSIT model, the Non-Linear Model of Female Sexual Response, and the Dual Control Model. This workshop is appropriate for counselors and psychotherapists of all orientations and disciplines who treat adults in individual, couple, and group therapy settings.

Eligible for 3.0 Clock/Credit Hours: NBCC, ATCB; ASWB, APA, MFT, Nursing; LCAT, LCSW (NY State only)
Not eligible for APT Credits

Faculty Bio(s): Jennifer Stuckert-Knapp

2:30 pm - 5:30 pm

Healing Intimacy & Relationship Issues through Poetry Therapy & Expressive Writing
Jennie Linthorst, MA, CAPF
This 3-hour workshop will introduce expressive writing techniques that will lead to self-discovery on the themes of falling in love, navigating conflict, and choosing commitment in relationships. Participants will experience the process of poetry therapy by responding to selected poems through their own writing, and reflecting on how this self-expression offers insights and opportunities for healing and personal growth. These techniques are appropriate for use with clients dealing with these universal themes in daily therapeutic work, with couples in marriage and family counseling, as well as with groups. Come fall in love with poetry and expressive writing while learning new, essential skills!

This session is not eligible for continuing education credits.

Faculty Bio(s): Jennie Linthorst

2:30 pm - 5:30 pm

Making Messy Art: The Power of Paint and Collage for All Ages, Abilities & Settings
Anna Reyner, ATR, LMFT
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 fun, hands-on "messy" art experiences with a wide variety of fluid paint media and a multitude of sensory collage materials that are suitable for work with individuals and groups of all ages. Learn about the latest neuroscience of art and brain development and view a slide show on the how and why of sensory art experience, as well as the neuroscience behind its efficacy in mental health treatment. Have fun, learn practical skills to use in schools and clinical work, and explore an unforgettable “wild” art experience!

Eligible for 3.0 Clock/Credit Hours: NBCC, ATCB; ASWB, APA, MFT, Nursing; LCAT, LCSW (NY State only)
Not eligible for APT Credits

Faculty Bio(s): Anna Reyner

2:30 pm - 5:30 pm
Self-Regulation for At-Risk Children through Five-Senses Learning & Nature-Based Play
Blair Paley, PhD
Jolie Delja, MS
Clare Gorospe

SEEDS is a family-based intervention program for young children facing early adversities, including trauma, loss, and prenatal exposure to substances. SEEDS leverages the five-senses, nature-based learning, and play to both grow children’s self-regulation skills and build positive parent-child relationships. In this workshop, you will learn how using music, art, and outdoor activities with the guidance of supportive facilitators can help parents and children learn how to regulate emotions and behaviors. Participants in this half-day workshop practice activities that can be easily integrated into work with children and/or parents, separately or together. They will come away with an understanding of the guiding principles of SEEDS, ideas for how to customize the demonstrated activities for their own purposes, and strategies for creating new activities in daily therapeutic work, in educational settings, or in the home.

Eligible for 3.0 Clock/Credit Hours: NBCC, ATCB; ASWB, APA, MFT, Nursing; LCAT, LCSW (NY State only)
Not eligible for APT Credits

Faculty Bio(s): Jolie Delja, Blair Paley

2:30 pm - 5:30 pm
Therapeutic Songwriting with At-Risk Youth: Compositions for LIFE
Cynthia A. Briggs, MM, PsyD, MT-BC
Stephanie Holly, MMT, MT-BC
Brian Owens
Ryan Eversole, MT-BC

Compositions for LIFE, a therapeutic songwriting program, was created for at-risk youth experiencing urban trauma in inner-city St. Louis. In this 3-hour workshop, a St. Louis Symphony artist-in-residence and two board-certified music therapists provide a musical experience based on this model. Therapeutic songwriting gives at-risk youth the opportunity...
to express themselves creatively, increase emotional awareness, discover positive coping mechanisms, and increase self-esteem. Participants will learn the benefits of therapeutic songwriting and music therapy interventions for working with adolescents, especially those living in traumatic circumstances. No previous music experience is required.

Eligible for 3.0 Clock/Credit Hours: NBCC, ATCB; ASWB, APA, MFT, Nursing; LCAT, LCSW (NY State only)

Not eligible for APT Credits

Faculty Bio(s): Cynthia Briggs,
Ryan Eversole,
Stephanie Holly,
Brian Owens

2:30 pm - 5:30 pm

Treating Grief & Loss in 3 Steps: A Multimodal Arts Model for All Ages

Trisha Jauchler, MS, MA, RDT-BCT, CBF

The creative arts can be a powerful way to work with those suffering grief and loss, especially with those who do not respond to traditional approaches. In this 3-hour experiential workshop for all 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, mindfulness, and presence within therapeutic contexts. Please note that this workshop has the potential to stir up strong personal emotions. Great care will be taken in creating a safe and supportive environment.

Eligible for 3.0 Clock/Credit Hours: NBCC, ATCB; ASWB, APA, MFT, Nursing; LCAT, LCSW (NY State only)

Not eligible for APT Credits

Faculty Bio(s): Trisha Jauchler

Thursday Evening Workshops

7:00 pm - 9:00 pm

Auto-Regulation and Play Therapy Interventions: Healing the Body

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 provide 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 2-hour evening 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.

Please Note: There is an additional $30 fee for this session.
Eligible for 2.0 Clock/Credit Hours: NBCC, ATCB; ASWB, APA, MFT, Nursing; LCAT, LCSW (NY State only); APT*
*Play therapy credit will not be awarded to non-mental health professionals.

Faculty Bio(s): Jennifer Lefebre

7:00 pm - 9:00 pm  Solutions Focused Therapy & Improvisation: Exploring Scenarios for Youth in Groups
Sarah Young-Sheppard, MSW
Suelen Yancor, LCSW
Camille Ameen

Solutions Focused Brief Therapy (SFBT), is a solutions vs. problem-focused approach to reaching desired outcomes, developed by pioneers in the field of social work. SFBT focuses on what is already working, effective and successful. Techniques in SFBT involve strategic question-asking around resources and goal setting, such as how one envisions solving a problem in the face of challenge, what life would look like if the problem were gone, best hopes for the session, or ingredients for a happy moment. SFBT assists clients in breaking down goals to concrete and achievable increments. It also invites clients to track their own progress through rating scales. Furthermore, it is culturally sensitive in its placement of client concerns at the center of treatment and respect for their view of the world. In this 2-hour evening continuing education workshop, you will learn how SFBT can be used effectively with youth and explore how the entertaining process of improvisation may enhance their understanding of outcomes related to their choices.

Please Note: There is an additional $30 fee for this session.
Eligible for 2.0 Clock/Credit Hours: NBCC, ATCB; ASWB, APA, MFT, Nursing; LCAT, LCSW (NY State only)
Not eligible for APT Credits

Faculty Bio(s): Camille Ameen,
Suelen Yancor,
Sarah Young-Sheppard

7:00 pm - 9:00 pm  Stressbusting: Writing Through Troubled Times
Kathleen (Kay) Adams, PTR-M/S, 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'll have a valuable new method for your own stress busting!

Please Note: There is an additional $30 fee for this session.
Eligible for 2.0 Clock/Credit Hours: NBCC, ATCB; ASWB, APA, MFT, Nursing; LCAT, LCSW (NY State only)
Not eligible for APT Credits

Faculty Bio(s): Kay Adams
### Thursday Evening Self-Care Sessions

<table>
<thead>
<tr>
<th>Time</th>
<th>Event Description</th>
<th>Faculty Bio(s)</th>
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<tbody>
<tr>
<td>7:00 pm - 9:00 pm</td>
<td><strong>Dancing Mindfulness: A Celebration of Self-Care &amp; Wellness</strong>&lt;br&gt;<strong>Jamie Marich, PhD, REAT, RMT, LPCC-S, LICDC-CS</strong>&lt;br&gt;Experience the Dancing Mindfulness practice in this evening self-care session designed to help attendees let go and let loose! Mindfulness is the ancient practice of noticing without judgment. Whether it is used as a gateway to higher spiritual growth or as a path to more balanced living, the applications of mindfulness are as varied as the ways to achieve it. Dancing Mindfulness uses the art form of dance as the primary medium for discovering mindful awareness. Dancing mindfully through seven primary areas of mindfulness in motion: breath, sound, body, story, mind, spirit, and fusion (of all elements) enables participants to tap into their bodies' deep healing resources. Whether or not you've been sitting in session all day, come join our group and treat yourself to some of “what we're having.”&lt;br&gt;Please Note: There is an additional $30 fee for this session.&lt;br&gt;Eligible for 2.0 Clock/Credit Hours: NBCC, ATCB only</td>
<td>Jamie Marich</td>
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<tr>
<td>7:00 pm - 9:00 pm</td>
<td><strong>Drumming Into Stillness: Rhythmic Improvisation Meets Sensory-Based Mindful Meditation</strong>&lt;br&gt;<strong>Marilyn McLaughlin, MFA, MST, CLMA, RSMT, CPT</strong>&lt;br&gt;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, concentration, creative expression, and community connection. No prior experience in meditation or music is required.&lt;br&gt;Please Note: There is an additional $30 fee for this session.&lt;br&gt;This session is not eligible for continuing education credits.</td>
<td>Marilyn McLaughlin</td>
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<tr>
<td>7:00 pm - 9:00 pm</td>
<td><strong>In Dynamic Rest: Learning to Sense in the Silence</strong>&lt;br&gt;<strong>Sharon Weil</strong>&lt;br&gt;Most of us are likely to simply “zone out” to quiet our busy and noisy contemporary minds, but we can also be dynamically nourished by rest. A restful state is replenishing, especially when we can quiet all outward movement, initiated effort, and inner-mind chatter. Tracking sensation, while in a restful state, offers us an abundance of neurological information, emotional availability, and creative potential. In this evening self-care session, participants will acquire benefits invoked through subtle and nuanced breathing, movement, and mindful awareness. This approach is appropriate for use in treatment with clients of all ages and abilities as well as for anyone who seeks to learn this easy-to-achieve ability. Please wear comfortable clothing suitable for easy movement.&lt;br&gt;Please Note: There is an additional $30 fee for this session.&lt;br&gt;This session is not eligible for continuing education credits.</td>
<td>Sharon Weil</td>
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Mindful Music Meditation: Ancient Sound & Rhythm for Rest, Focus and Rejuvenation

Eliana Gilad

How can we remain clear and calm inside when everything around us feels so overstimulating or anxiety-provoking? Join us in this evening self-care session for a restful and deeply satisfying meditative experience. This experiential journey of ancient sounds and rhythms sung into a biblical drum replenishes energy and clears the mind for creative thinking and effective decision making. Wordless ethereal vocals bypass the intellect and release tension, while ancient rhythms ground the body and increase focus. Participants will learn through experience how to receive and release sound for self care and leave this introductory workshop empowered, replenished, and energized—though with a sense of deep inner calm. Discover how the leader was able to use this almost magical, conscious use of voice and rhythm even as bombs were dropping during the 2006 war in Israel. Come tap into your creative powers and recharge your batteries. No musical aptitude or previous experience is necessary.

Please Note: There is an additional $30 fee for this session.

This session is not eligible for continuing education credits.

Faculty Bio(s): Eliana Gilad

Movement for the 21st Century Lifestyle: Preventing Chronic Pain

Eva Nemeth, PT, CHt

The body talks. Are you listening? Pain is not the enemy. It is your body telling you to take action. In this evening self-care session, we will practice a variety of fluid, harmonious, and multi-dimensional movements to support our daily actions and avoid the painful consequences of habitual patterns. You will learn how to distinguish between correct and incorrect posture and movement—and become your own teacher. Together we will explore what our bodies are capable of doing when all parts move together in harmony and balance. This does not mean having to exercise more or do anything else; it just means doing what you normally do—a little better. Moving effectively throughout the day is exercise for the 21st-century lifestyle. You will take with you plenty of new tools that can be applied immediately—even during your Summit experience!

Please Note: There is an additional $30 fee for this session.

This session is not eligible for continuing education credits.

Faculty Bio(s): Eva Nemeth

Thursday & Friday Intensives

Diagnostic Drawing Series Training: 30 Years of Assessment through Art - Day 2

Day 2 of a 2-day Training Intensive

Participants must register for both days to attend

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 30 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. This session is open to mental health graduate students and professionals only.

Please Note: An additional $20 notebook fee is charged for this 2-Day Training Intensive

REGISTRANTS: Please CLICK HERE to download important DDS collection instructions (Review at least 2 weeks prior to training).

Eligible for 12.0 Clock/Credit Hours (combined total for both days): NBCC, ATCB: ASWB, APA, MFT, Nursing; LCAT, LCSW (NY State only)

Not eligible for APT Credits

Faculty Bio(s): Kathryn Johnson

9:00 am - 4:30 pm

Social Emotional Arts on a Shoestring for Individuals & Groups in All Settings - Day 2

Day 2 of a 2-day Training Intensive.

Participants may register for 1 or both days.

See criteria below for receiving Certificate of Completion.

Kathy Cass, MA, BC-DMT, NCC, C-IAYT, AHC
Erica Curtis, ATR-BC, LMFT
Vanya Green, MA, MT-BC, LPCC
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 UCLA Arts & 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 (available for optional purchase onsite, 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 either 1 or both days of this Training Intensive is possible. A hardbound copy of the 250-page manual will be available for sale on each day for an additional fee of $50 (special Summit half price rate). Purchasing the manual is strongly recommended for clinicians or providers who wish to offer this program.
Please Note: 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, APA, MFT, Nursing; LCAT, LCSW (NY State only)

Not eligible for APT Credits

Faculty Bio(s): Kathy Cass,
               Erica Curtis,
               Vanya Green,
               Myriam "Mimi" Savage

Friday Morning Self-Care Sessions

8:00 am  -  8:45 am  Come Back to Your Senses: Aromatherapy Inspired Watercolor Meditation
Julia Vishnepolsky, MA, R-DMT
Session Full - Wait List Initiated
Join us this morning to discover creative ways to use aromatherapy and watercolor for self care. Watercolor is a fluid artistic medium that can help us embody a sense of flow and surrender, leading to relaxation. With aromatherapy added to the process, we can more deeply experience the moment and move inward toward meditation. Through your own exploration, you will discover a beautiful practice to share with clients. Awaken your senses, establish calm, rejuvenate, and free up bandwidth to stay present and absorb the day ahead.

PLEASE NOTE: Vacant seats at the start of this session will be filled from Wait List registrants at the door. No exceptions. This session is not eligible for continuing education credits.

Faculty Bio(s): Julia Vishnepolsky

Drum & Dance to Ignite the Spirit
Session Full — Wait List Initiated
Carrie Ekins, MA
Drum & Dance is a fun, evidence-based, interactive experience that blends the worlds of dance, drumming, music, and mindfulness as an alternative to traditional fitness and musical protocols. In this morning self-care session, you’ll be using Remo Rhythm Lids both as frame drums and as stationary drums to play easy-to-follow rhythmic patterns that stimulate movement, creative expression, and cognitive processing. This, in turn, may induce a euphoric, stress-reducing experience. Join this all-inclusive, non-intimidating kinesthetic adventure that unifies mind, body, and spirit for all ages and abilities.

No prior experience in music or dance is required.

PLEASE NOTE: Vacant seats at the start of this session will be filled from Wait List registrants at the door. No exceptions. This session is not eligible for continuing education credits.

Faculty Bio(s): Carrie Ekins

Integrative Movement with Live Musical Accompaniment
Kimberly Freesh, CYT, CYTT, AHP
Christo Pellani
As it is in nature, so it is within you. You are a dynamic container of five natural elements: earth, water, fire, air and ether. For example, water in the body ebbs and flows as does water in nature; fire that transforms the mind, nervous and digestive system parallels that which is experienced as heat or intensity. Through self-observation, we will reconnect with these inner elements and apply our awareness of them to a simple somatic yoga session that incorporates the wisdom of authentic movement. Live drum rhythms and soundscapes will assist with the process of exploration, informed by yoga’s sister science, Ayurveda. This 45-minute morning self-care session may inspire you to develop a personal practice to strengthen mind/body connection and health. No experience is necessary. Blanket, towel or yoga mat are recommended.

PLEASE NOTE: Vacant seats at the start of this session will be filled from Wait List registrants at the door. No exceptions. This session is not eligible for continuing education credits.

Faculty Bio(s): Kimberly Freesh, Christo Pellani

Friday Master Classes

9:00 am - 4:30 pm

Facilitating Drum Circles: A Master Class for Clinicians & Educators

John Fitzgerald
Helen G. Dolas, MS, MT-BC
Daniel A. Walsh, MS, MT-BC

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!

Eligible for 6.0 Clock/Credit Hours: NBCC, ATCB; ASWB, APA, MFT, Nursing; LCAT, LCSW (NY State only)
Not eligible for APT Credits

Faculty Bio(s): Helen Dolas, John Fitzgerald, Dan Walsh

9:00 am - 4:30 pm

Finding Rest in the Midst of Stress: Mind-Body Approaches

Carolyn Braddock, MA
Helen G. Dolas, MS, MT-BC

Learn to use and practice 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 3-hour 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.

Eligible for 6.0 Clock/Credit Hours: NBCC, ATCB; ASWB, APA, MFT, Nursing; LCAT, LCSW (NY State only)

Not eligible for APT Credits

Faculty Bio(s): Carolyn Braddock, Helen Dolas

Puppet Making & Storytelling: Fostering Strengths, Resilience & Inclusivity in Group Work

Lani A. Gerity, DA, ATR
Susan Ainalay Anand, ATR-BC, ATCS

In this 6-hour master class, we will provide context and inspiration for using puppet making and storytelling to help generalists and specialists build social cohesion, resilience, and ultimately integration in their clinical work. We will provide easy-to-follow instruction for creating non-threatening, supportive, individual and group puppet making and storytelling projects modeled after the archetypal healing journey/vision quest. We will be creating/eliciting individual stories of cultural strengths and group healing narratives. Examples of case material and arts from various communities experiencing stress will be discussed to illustrate the importance of fostering strengths, resilience, and sublimation in the art studio. Through storytelling, deep listening, and group creation, we will learn how to support a culture of resilience, integration, and inclusivity within our art rooms and communities in virtually any clinical setting.

Eligible for 6.0 Clock/Credit Hours: NBCC, ATCB; ASWB, APA, MFT, Nursing; LCAT, LCSW (NY State only)

Not eligible for APT Credits

Faculty Bio(s): Susan Ainalay Anand, Lani Gerity

Trauma-Informed Movement Practices: A Continuum of Approaches

Amber Elizabeth Gray, MPH, MA, BC-DMT, NCC, LPCC

Do all dance/movement approaches have the same level of effectiveness when it comes to treating trauma? In what contexts are some forms of movement more effective than others? How does our understanding of the nervous system inform how we approach embodied work with clients? This 6-hour master class, grounded in Porges’ polyvagal theory, will offer a broad-ranging overview of trauma treatment, which also provides an evidence basis for the creative arts therapies. Movement exploration will begin with breath, followed by trauma-informed approaches in slow, mindful movement, yoga, Continuum, somatic psychology, and dance/movement therapy. The arc of the day will flow from practices for self (as self-care is critical in working with trauma), to practices for clinical exchange, and finally to
practices for group and community, including the context of international humanitarian work. Theory will be woven into experiential process throughout the day. Although this master class is designed for clinicians who work with traumatized clients, it will also offer simple, adaptable, and profoundly useful movement tools for working with nearly all types of clients in virtually any setting.

**Eligible for 6.0 Clock/Credit Hours: NBCC, ATCB, ASWB, APA, MFT, Nursing; LCAT, LCSW (NY State only)**

**Not eligible for APT Credits**

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**Friday Morning Workshops**

**9:00 am - 12:00 pm**

**Creative Composing for Non-Traditional Learners of All Ages: Social-Emotional Themes & Technology**

*Lisa A. Crawford, MA, PhD*

*Kate Richards Geller, MA, MT-BC, LCAT*

Composing and making music is not only fun, it's a way to meet creativity goals and guidelines in arts education and therapeutic settings. This 3-hour workshop will provide an overview for educators working in non-music topics on the benefits of musical composition activities for non-traditional learners of all ages. This includes English-language learners and students with special needs. Participants will explore the social-emotional themes inherent in music-making through discussion and experiential group activities featuring voice and rhythm instruments. They will also learn about contemporary music technologies, and how they affect the physical and emotional musical experiences of students. *No previous musical experience is necessary.*

**Eligible for 3.0 Clock/Credit Hours: NBCC, ATCB, ASWB, APA, MFT, Nursing; LCAT, LCSW (NY State only)**

**Not eligible for APT Credits**

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**Faculty Bio(s):** Amber Elizabeth Gray

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**9:00 am - 12:00 pm**

**Diversity: A Creative Collective Exchange**

*Denise Boston, PhD, RDT*

*Maria Gonzalez-Blue, MA, REAT, REACE*

*Diana Elizabeth Jordan, MFA/OTA*

*Rahul Sharma, PsyD*

*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 3-hour workshop, facilitated by five diverse 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 3.0 Clock/Credit Hours: NBCC, ATCB; ASWB, APA, MFT, Nursing; LCAT, LCSW (NY State only)
Not eligible for APT Credits

Faculty Bio(s): Denise Boston, Maria Gonzalez-Blue, Diana Elizabeth Jordan, Rahul Sharma, Shelly Tochluk

9:00 am - 12:00 pm
Expanding the Capacity for Joy, Gratitude & Awe through Drama Therapy
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 3-hour workshop 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. No prior drama therapy experience is necessary.

Eligible for 3.0 Clock/Credit Hours: NBCC, ATCB; ASWB, APA, MFT, Nursing; LCAT, LCSW (NY State only)
Not eligible for APT Credits

Faculty Bio(s): Bonnie Harnden

9:00 am - 12:00 pm
Expressive Arts & Play Therapy for Children on the Autism Spectrum: Music, Movement & Art
Seats Just Added!
Jane Ferris Richardson, EdD, ATR-BC, RPT, RPT-S, LMHC
Joanne Lara, MA, CTC, MSEd

This 3-hour workshop will introduce a number of practical (and fun!) expressive arts and play therapy interventions that can be used when working with children on the autism spectrum. Led by an expert team of presenters who have worked collaboratively over the course of a decade, this highly experiential day will include evidence-based information regarding the use of the creative arts and play therapy strategies in the treatment of young clients with special needs, and those who do not typically respond to traditional counseling or psychotherapy approaches. Activities will include vibrant ways to engage children more deeply though integrated art making and play
therapy activities, easy-to-implement movement skills that can be used in a variety of settings, and opportunities for enhancing motor skills and social connections, as well as awareness of feelings through music. Designed for play therapists, arts therapists, and other mental health professionals. Educators, parents, administrators, paraprofessionals, and artists of every discipline are welcome to attend.

Eligible for 3.0 Clock/Credit Hours: NBCC, ATCB; ASWB, APA, MFT, Nursing; LCAT, LCSW (NY State only); APT*

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

Faculty Bio(s): Joanne Lara, Jane Ferris Richardson

9:00 am - 12:00 pm

Managing Big Feelings & Behaviors in Kids through the Arts

Session Full — Wait List Initiated

Erica Curtis, ATR-BC, LMFT

As the saying goes, necessity is the mother of invention, and there is hardly a more necessary time to get innovative than when children are having "big" feelings. After all, while talk- and behavior-based approaches abound, sometimes even tried-and-true strategies don't work. We need creativity as an effective way for working with children who do not typically respond to traditional approaches. In this 3-hour workshop, participants will learn research-grounded, arts-based strategies for addressing big feelings and big behaviors when working with kids and teens. Hands-on art experientials will promote creative problem solving and inspire the development of novel ideas for addressing challenging behaviors whether in the home or in therapeutic settings. This workshop is applicable for generalists and specialists alike.

Eligible for 3.0 Clock/Credit Hours: NBCC, ATCB; ASWB, APA, MFT, Nursing; LCAT, LCSW (NY State only)
Not eligible for APT Credits

Faculty Bio(s): Erica Curtis

9:00 am - 12:00 pm

Managing Cyberbullying, Sexting & Other Digital Dangers through Play Therapy

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

As social media and mobile technology continue to expand, the 21st-century family must confront a whole new set of challenges that include online pornography, excessive information and communication technology (ICT) use, sexting, cyberbullying, and other inappropriate and harmful uses of technology. Moreover, play therapists and their colleagues are increasingly sought out to assist families in managing these issues. 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 increased suicide risk. 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 create an assessment tool intervention and two family play therapy interventions during the workshop. We will also review related research, laws, and ethics, as well as how to assist parents curb overuse of technology and how to develop healthier relationships with it.
Mindful Clay Techniques for Compassionate Clinical Practice

Michael A. 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 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. An appropriate activity for the client and therapist alike, no previous experience with clay is necessary.

Eligible for 3.0 Clock/Credit Hours: NBCC, ATCB; ASWB, APA, MFT, Nursing; LCAT, LCSW (NY State only)

Not eligible for APT Credits

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

Opioid Addiction & Creative Healing: Coaching through Stigma & Chronic Relapse to Recovery

Lisa Hope, ATR-BC, LADC, LCAT

As opioid-related deaths continue to rise due to the staggering number of overdoses daily, it has become increasingly imperative that clinicians familiarize themselves with effective treatment strategies for working with this population. The transformative nature of creativity makes art therapy just a such a strategy. With a focus on the current opioid epidemic, this 3-hour workshop will explore creative interventions that can foster recovery from substance abuse disorders in individuals of all ages and abilities, as well as from other process-based disorders subject to chronic relapse. Participants will examine the core components of relapse, overdose, and recovery from both individual and systemic perspectives, and will be guided through expressive processing and art directives that illuminate the various stages of the disease as well as the influence of stigma on healing. Appropriate for healthcare professionals of all disciplines, this workshop will emphasize how creative interventions can help shift the client's mindset from the disease stages of substance abuse to the stages of recovery, engendering hope and faith for a better future.

Eligible for 3.0 Clock/Credit Hours: NBCC, ATCB; ASWB, APA, MFT, Nursing; LCAT, LCSW (NY State only)

Not eligible for APT Credits

Faculty Bio(s): Michael A. Franklin

Play as Archetype & Agent of Transformational Change

Lorraine R. Freedle, PhD, ABPdN, LCSW

Play is a profound neurobiological process that lies at the core of creativity and innovation. Sandplay therapy, play therapy, and other expressive approaches rooted in play all recognize play as an essential
ingredient for effective healing with children and adults alike. An effective way to enhance treatment across many clinical settings, play is also connected with the archetype of the child: It is regressive in nature, pure, and associated with new beginnings. In this 3-hour workshop, play is explored as archetype and agent of transformational change, as it would pertain to play therapy and other related treatment practices. Neurodevelopmental theories, including the work of Porges, Pankepp, and Perry will “come to life” as participants experience symbolic and embodied dimensions of play therapy through experiential activities involving animal medicine. Participants will also take an inventory of play and play therapy in their personal and professional lives, and uncover ways to enhance productivity, creativity, and life satisfaction so that they can bring these new-found skills into their daily play therapy practices and other clinical work.

Eligible for 3.0 Clock/Credit Hours: NBCC, ATCB; ASWB, APA, MFT, Nursing; LCAT, LCSW (NY State only); APT*
*Play therapy credit will not be awarded to non-mental health professionals.

Faculty Bio(s): Lorraine Freedle

9:00 am - 12:00 pm

Poetry for All Populations & Settings: Clinical Applications for Growth & Transformation

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, APA, MFT, Nursing; LCAT, LCSW (NY State only)

Not eligible for APT Credits

Faculty Bio(s): Robert Carroll

9:00 am - 12:00 pm

Therapeutic Mask Making: Choosing to Conceal or Reveal

Merle Fishman, MA, OTR/L

For over 9,000 years, masks have helped people to fulfill various psychological needs, such as power, protection, expression, and disguise. A mask can make visible its wearer’s hidden beliefs, powers, emotions, injuries, and secrets. In this 3-hour experiential workshop, participants will respond to different mask-making prompts. These include: a 2 or more part mask—worked on both front and back—or a set of 2 different masks created with paint, drawing, and/or collage materials. A variety of traditional art media and other evocative materials will also be provided. Once these masks are created, they will be used to inspire a story, a poem, or a movement that will bring it to life. Participants will be encouraged to journal during the workshop.

Faculty Bio(s): Merle Fishman

9:00 am - 12:00 pm
and reflect upon their thoughts and feelings regarding the process. No previous experience necessary. Appropriate for clinicians at all levels, educators, and community arts professionals.

This session is not eligible for continuing education credits or clock hours.

Faculty Bio(s): Merle Fishman

Transforming Unsettling Imagery in the News through the Arts to Increase Empowerment
Lisa Herman, PhD, MFT, REAT
In therapeutic contexts, our clients are affected not only by their personal stories and experiences, but also the world around them. We can enhance our clinical practice by recognizing how our turbulent times affect the lives of our clients and ourselves, then integrating that knowledge into therapy. This 3-hour workshop explores artful ways to process images of social issues that find their way into our heads through various media: articles, websites, photos, video, poetry, stories, songs, etc. Art-making is presented as a method to cope with news that is often frightening and evokes feelings of powerlessness. When we encounter a disturbing image, incorporating it into creative play can transform resulting worry and anxiety into something inspirational and even galvanizing. Participants should bring an evocative image (visual or verbal) from current events, as well as any special art supplies, scarves, or musical instruments to work with. Basic art supplies will be provided.

Eligible for 3.0 Clock/Credit Hours: NBCC, ATCB; ASWB, APA, MFT, Nursing; LCAT, LCSW (NY State only)
Not eligible for APT Credits

Faculty Bio(s): Lisa Herman

Friday Lunch Buffet
12:00 pm - 1:30 pm
Lunch Buffet in the Cafe
Hilton Cafe - Lobby Level
Get a Great 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 $16 ticket includes meal and tax (please leave a gratuity) – Available for pre-purchase 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 money, guarantee a seat.

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

Friday Lunch & Learns
ATCB and Professional Art Therapy Credentialing: What’s New, What’s Old & What’s Next

Ruth Xilomen Rios, MFA, ATR-BC, LMFT

A profession’s credentialing process protects the public by ensuring minimum standards of competency and holds practitioners accountable to that profession’s code of ethics, conduct, and disciplinary procedures. The Art Therapy Credentials Board (ATCB) has been providing a variety of credentials to art therapists for the past 25 years. These credentials include the “old,” ATR (Registered Art Therapist); ATR-BC (Board Certified Art Therapist); the relatively new ATCS (Art Therapy Certified Supervisor); and the very new ATR-Provisional (Registered Art Therapist - Provisional). For every stage of an art therapist’s career, there is a credential that will communicate their level of accomplishment and practice. During this lunchtime presentation, an overview of ATCB credentials will be provided, including how to access helpful information as well as application processes and requirements for obtaining credentials. Additionally, outcomes of the 2017 ATCB job analysis and updates regarding testing opportunities will be communicated regarding the most recent trends in the field and the resulting changes to the content of the Art Therapy Board Certification Exam (ATCBE). Time will be provided for participant questions.

Eligible for 1.0 Clock/Credit Hour: ATCB only

Faculty Bio(s): Ruth Xilomen Rios

Art as Contemplative Practice: Expressive Pathways to the Self

12:30 pm - 1:30 pm

Michael A. Franklin, PhD, ATR-BC

Yoga joins cognitive, somatic, and socially engaged practices by aligning our finite physical-self with our infinite-Self (Atman). Most, if not all approaches to yoga have two basic goals: transcendence of limiting, ego-based views of our personal nature and the compassionate practice of ahimsa, or to do no harm to self or other. In this lunchtime lecture, discover how contemplative approaches to art awaken deeper insight into these two significant coordinates of human potential. As we will see in this presentation, combining yoga, meditation, and art together offers vast opportunities to visually manifest and transform the fluctuations of our thinking – feeling – relational self.
Friday Afternoon Workshops

1:30 pm - 4:30 pm  A Neurosequential Art Approach for Working with Kids
Peggy Kolodny, ATR-BC, LCPAT
Developmental trauma affects children impacted by chronic and complex traumatic events. This 3-hour didactic and art/play experiential workshop will describe and demonstrate how neurodevelopmental approaches to trauma such as Perry's Neurosequential Model of Therapy (NMT) can be integrated into stages of art development leading to appropriate art and play therapy interventions for each stage. A brief overview of how trauma impacts neurodevelopment and results in trauma responses in children will be presented. The Expressive Therapies Continuum and the benefits of bilateral drawing will also be considered. Art/play therapy experientials will follow the Neurosequential Model to deepen understanding and provide art and play therapists with effective and creative therapeutic interventions in trauma-informed treatment for all ages. Participants will be engaged in joint art activities such as bilateral scribbling leading to The Squiggle Story and the Clay Squiggle techniques. These highly playful creative directives that can be used in play therapy, art therapy, and counseling settings, promote organization of chaotic trauma experiences by offering structured meaning, containment, attunement, and affect regulation, while following the Neurosequential Model. This session is geared toward registered, certified, or licensed healthcare professionals who work primarily with children and young people.

Eligible for 3.0 Clock/Credit Hours: NBCC, ATCB; ASWB, APA, MFT, Nursing; APT; LCAT, LCSW (NY State only)

Faculty Bio(s): Peggy Kolodny

1:30 pm - 4:30 pm  Bridging the Communication Barrier: Techniques for Use with Non-Verbal Clients
Peggy A. Farlow, MAE, MT-BC
How do you work with someone who won't (or can't) respond in words? This half-day workshop will introduce communication systems and techniques that have been proven to be effective in enhancing work with people who typically do not respond to primarily verbal approaches. Participants will learn to use symbol systems, language boards, and low-tech communication devices that are effective for working with mostly non-verbal clients in clinical and educational settings. In addition, non-verbal techniques including direct selection, scanning, and encoding will be reviewed. Examples of music therapy techniques will be demonstrated to show how to practice using these communication systems with clients. Finally, you will have the opportunity to create and take home your own communication system for use with clients.
This session is appropriate for clinicians of all disciplines, as well as educators and others who work with people who have difficulty communicating verbally.

Eligible for 3.0 Clock/Credit Hours: NBCC, ATCB; ASWB, APA, MFT, Nursing; LCAT, LCSW (NY State only)
Not eligible for APT Credits

Faculty Bio(s): Peggy Farlow

1:30 pm  -  4:30 pm
Comedy Improv Therapy Group & CBT for Working with Social Anxiety Issues
Neal King, LCSW
In this highly experiential 3-hour workshop, the four elements specific to Comedy Improv Therapy for working with clients who have social anxiety will be discussed and demonstrated as they pertain to working with adolescents and adults in a variety of settings. Participants will be asked to participate in improvisational games, enabling them to experience first-hand an emotional progression from discomfort to acceptance. We will discuss the points at which therapists are encouraged to bridge a game’s experience into practical application, and ways this dynamic can differ among different types of groups. Lessons on assertiveness training, thought challenging current self-beliefs, and other 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, APA, MFT, Nursing; LCAT, LCSW (NY State only)
Not eligible for APT Credits

Faculty Bio(s): Neal King

1:30 pm  -  4:30 pm
Creative Rituals for Processing Grief & Celebrating Life
Gabrielle Kaufman, MA, LPCC, BC-DMT, NCC
Jennie Linthorst, MA, CAPF
Karen Howard, RMT, CEAP
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 significant transitional occurrences. 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.

Eligible for 3.0 Clock/Credit Hours: NBCC, ATCB; ASWB, APA, MFT, Nursing; LCAT, LCSW (NY State only)
Not eligible for APT Credits
Please Note: This workshop is not intended as a therapy session, and is likely to evoke poignant and/or strong feelings.

Eligible for 3.0 Clock/Credit Hours: NBCC, ATCB; ASWB, APA, MFT, Nursing; LCAT, LCSW (NY State only)
Not eligible for APT Credits

1:30 pm - 4:30 pm

Emotional Development & Violence Prevention for Multicultural Youth: An Embodied Approach
Genevieve Dunn, MA, R-DMT
Whitney Bush, MA, R-DMT
This half-day workshop provides an educational and experiential introduction to "Disarming the Playground," a researched-based curriculum designed to ensure resilient, healthy children and safety in schools. It integrates movement, discussion, and creativity to develop pro-social skills, improve learning, enhance emotional development, and decrease violence in educational settings. Topics include: breath as movement; mindfulness and resilience; proximity to others with attention to awareness and respect for cultural differences; movement strategies for dealing with conflicts; social attunement; self-settling; safe expression of feelings; and ability to resist temptation and increase inner focus. These strategies, which are appropriate for generalists and specialists alike, are an effective way for working with children who do not typically respond to traditional approaches and can also be adapted for use with clients of all ages and abilities.

Eligible for 3.0 Clock/Credit Hours: NBCC, ATCB; ASWB, APA, MFT, Nursing; LCAT, LCSW (NY State only)
Not eligible for APT Credits

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

Exploring Ancestral & Cultural Landscapes through Movement, Storytelling & Art
Betsy Funk, LCSW, LIMHP, MPA, REAT
Topaz Weis
In this 3-hour workshop, we will explore how people whose ethnic and spiritual heritage might have been lost through migration from their homeland can find a basis for spiritual practice that is connected to the land without culturally appropriating practices from indigenous people. Using movement, visual arts, and creative writing, participants will examine the nature of their own spirituality, what it means to grieve a heritage lost, and how the expressive arts can connect people through nature-based spiritual practices without engaging in cultural appropriation. These processes can be effective tools for healing in treatment, and can deepen one's cultural understanding of spirituality in connection through the expressive arts. Effective for use in training, counseling, and community engagement situations, this approach can be modified for use with clients of all ages and abilities in individual and group treatment.
Eligible for 3.0 Clock/Credit Hours: NBCC, ATCB; ASWB, APA, MFT, Nursing; LCAT, LCSW (NY State only)

Not eligible for APT Credits

Faculty Bio(s): Betsy Funk, Topaz Weis

1:30 pm - 4:30 pm

Group Sandplay for Couples & Groups of All Ages

Gita Morena, PhD, CST-T, LMFT

Communicating with imagery stimulates a profound connection among participants that surpasses verbal dialogue and allows intuitive understanding and energetic contact. It can be used with couples and groups in virtually any clinical setting, to facilitate self awareness, share personal experiences, resolve differences, and explore problem solving options. Unconscious material can be integrated into group conversations in a safe and protected way within therapeutic contexts by using imagery in a non-interpretative manner. In this workshop you will have a chance to experience or witness the group sandplay process, explore how it can be used in therapeutic settings with couples and groups, and experience how it can enhance your work as a clinician. This approach can be used for treatment with clients of all ages and abilities.

Eligible for 3.0 Clock/Credit Hours: NBCC, ATCB; ASWB, APA, MFT, Nursing; LCAT, LCSW (NY State only)

Not eligible for APT Credits

Faculty Bio(s): Gita Morena

1:30 pm - 4:30 pm

Image and Imagination in Expressive Arts Therapies

Linney Wix, PhD, ATR-BC

In working with images, an imaginal or archetypal approach, which 'particularizes' the image, differs from a Jungian approach, which symbolizes the image. Working imaginally asks for a poetic sensibility, which may be neither logical nor literal. Using ideas and practices developed by various archetypal thinkers and practitioners, this 3-hour workshop will offer participants opportunities to deepen their hearing and seeing of images by 'sticking to the image' via methods core to archetypal art therapy practice. When listening to or looking at a literal event with an ear/eye toward metaphor, the event may take on meanings that might otherwise go unnoticed. Hearing and seeing literal occurrences poetically involves slowing down the listening and the seeing in order to consider what the imagination might offer. While you'll work with your own images in this workshop, you may later use what you've practiced in the workshop to hear from the images, dreams, and stories that clients bring to you in therapy. Hillman developed a set of "gadgets" to assist in hearing and seeing images with precision. We will play with those to access metaphor and listen for poetic insight.

Eligible for 3.0 Clock/Credit Hours: NBCC, ATCB; ASWB, APA, MFT, Nursing; LCAT, LCSW (NY State only)

Not eligible for APT Credits
Faculty Bio(s): Linney Wix

1:30 pm  -  4:30 pm
Integrating Somatic & Sensory Therapies with Play for Treating Complex Trauma Across the Lifespan
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. Through the lens of somatic and sensory-based therapies, this 3-hour workshop 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 decrease trauma symptoms and increase resiliency, adaptive meaning-making, and new competencies for use by play therapists and other clinicians in their work with children, adolescents, and adults who have complex trauma histories.

Eligible for 3.0 Clock/Credit Hours: NBCC, ATCB; ASWB, APA, MFT, Nursing; LCAT, LCSW (NY State only); APT*
*Play therapy credit will not be awarded to non-mental health professionals.

Faculty Bio(s): Jennifer Lefebre

1:30 pm  -  4:30 pm
Making Messy Art: The Power of Paint and Collage for All Ages, Abilities & Settings
Anna Reyner, ATR, LMFT
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 fun, hands-on "messy" art experiences with a wide variety of fluid paint media and a multitude of sensory collage materials that are suitable for work with individuals and groups of all ages. Learn about the latest neuroscience of art and brain development and view a slide show on the how and why of sensory art experience, as well as the neuroscience behind its efficacy in mental health treatment. Have fun, learn practical skills to use in schools and clinical work, and explore an unforgettable "wild" art experience!

Eligible for 3.0 Clock/Credit Hours: NBCC, ATCB; ASWB, APA, MFT, Nursing; LCAT, LCSW (NY State only)
Not eligible for APT Credits

Faculty Bio(s): Anna Reyner

1:30 pm  -  4:30 pm
Pongo Poetry Project: Writing As Healing for Vulnerable Populations
Richard Gold, MA
For 22 years, the Pongo Poetry Project has facilitated poetry in detention centers, homeless shelters, psychiatric hospitals, and other settings in which the participants' writing has focused on childhood abuse, neglect, exposure to violence, and more. At the heart of Pongo's work is a carefully developed and uniquely successful methodology that has been taught and replicated nationally. Four pilot studies have strongly suggested that this methodology is an effective way for working with underserved people who do not typically respond to
For example, in over 1300 surveys from youth in detention and the Washington State psychiatric hospital for children, the results show that 100% enjoyed writing, 81% felt better after writing, 93% expected to write more in the future, and, notably, 75% wrote about things they don’t normally discuss. In this 3-hour introductory workshop, participants will learn about the history and theory of this structured program and learn multiple techniques that can be used immediately in virtually any clinical setting by counselors, psychotherapists, educators and others to enhance the emotional development of vulnerable clients. Please Note: These techniques may elicit sensitive personal issues and strong emotions.

Eligible for 3.0 Clock/Credit Hours: NBCC, ATCB; ASWB, APA; MFT, Nursing; LCAT, LCSW (NY State only)
Not eligible for APT Credits

Faculty Bio(s): Richard Gold

Role Work for Addiction: Healing the Effects of Trauma, Shame & Regret
Danielle Levanas, MA, RDT, LCAT
Clients dealing with addiction may also have a history of unaddressed trauma accompanied by feelings of shame and regret. This 3-hour discussion and experiential-based workshop aims to enhance our work as clinicians by providing drama therapy-based tools for individuals and groups that can be used to address the impact of addiction. Using the lens of Landy’s drama therapeutic Role Theory, along with addiction theorist Wegscheider-Cruse’s Family Roles, participants will explore how these “roles” can facilitate a trauma-informed approach in understanding addiction. Counselors and therapists will have the opportunity to integrate this playful approach (using objects and embodiment) into their practices, and enhance their clinical skills in working with resistant, traumatized, and/or institutionalized clients. Participants are asked to bring in 5-10 small objects found in their home or work space that can be shared during the experiential portion of this workshop. These items will be returned to their owners at the end of the workshop, but they might be handled by other participants during the exercise, so they shouldn’t be too expensive or irreplaceable.

Eligible for 3.0 Clock/Credit Hours: NBCC, ATCB; ASWB, APA; MFT, Nursing; LCAT, LCSW (NY State only)
Not eligible for APT Credits

Faculty Bio(s): Danielle Levanas

Friday Afternoon Plenary

Trial, Error & Joy in Learning and Creativity
Robert Duke, PhD
Effective learning requires that learners generate ideas and try out solutions to problems. Doing so inevitably leads to error making, a
feature of learning that is essential to intellectual, physical, and emotional development. As we witness everyday behavior of infants and toddlers, we see that our brains learn through generative experiences, which are by definition creative. The joy that comes from the successful accomplishment of meaningful goals inspires learners of all ages to persist in pursuing ever-increasing challenges. In this plenary presentation, learn how the brain is wired to maximize learning and creativity. Discover how purpose, meaning, and emotion affect our ability to learn.

Eligible for 1.0 Clock/Credit Hour: NBCC, ATCB; ASWB, APA, MFT, Nursing; LCAT, LCSW (NY State only)
Not eligible for APT Credits

Faculty Bio(s): Robert Duke

Friday Evening Workshops

7:00 pm - 9:00 pm  Aesthetic Empathy in the Art and Teaching of Friedl Dicker-Brandeis
Linney Wix, PhD, ATR-BC
Friedl Dicker-Brandeis was the remarkable teaching artist who brought art materials and practices to children interned in the Terezín concentration camp between 1942 and 1944. Later in their lives, some of her students referred to her as “the first art therapist.” This 2-hour evening lecture/workshop begins with a presentation illuminating Dicker-Brandeis’s art and teaching practices, grounded firmly in the earliest Basic Course of the Weimar Bauhaus. It emphasizes Dicker-Brandeis’s teaching approach as it philosophically embraces, and is embraced by, what the facilitator terms ‘aesthetic empathy.’ The lecture will highlight the relevance of Dicker-Brandeis’s approach in the context of aesthetic empathy to the practice of art therapy. Following this introductory talk, participants will engage in art practices core to Dicker-Brandeis’ teaching. This will include working in two to three of the several studies areas taught by her in Terezín. Using a variety of mediums, participants will engage in selected focus areas of hers, including color study, nature/plant study, materials study, texture study, form study, Old Master study, and free art. The evening will close with conversation and questions.
Please Note: There is an additional $30 fee for this session.
Eligible for 2.0 Clock/Credit Hours: NBCC, ATCB; ASWB, APA, MFT, Nursing; LCAT, LCSW (NY State only)
Not eligible for APT Credits

Faculty Bio(s): Linney Wix

7:00 pm - 9:00 pm  Ribbon, Cord, Twine, & String: Weaving Thread Arts into Psychotherapy Practice
Betty Jackson, CST-T, LSW
Thread, the single elemental strand, appears universally in myth and fairytale as a symbol of individual life and destiny. While the length, quality, and form of the single strand can represent the course of individual life, strands in combination stand as metaphors for relationship in many permutations; thick/thin, knotted/loose, solid/frayed, smooth/tangled, extended/cut. Therapeutic thread arts
exercises present opportunities for clients to explore, work with, and create forms expressing the strands of their lives and relationships. This 2-hour session explores the archetypal meaning of thread, cord, twine, and the associated crafts of spinning, braiding, weaving, and sewing. During the hands-on part of the day, participants will learn and practice a number of Thread Art exercises designed to help clients explore and express life and relationships: individual, familial, friendship, and community. No sewing experience necessary.

Please Note: There is an additional $30 fee for this session.

Eligible for 2.0 Clock/Credit Hours: NBCC, ATCB: ASWB, APA, MFT, Nursing; LCAT, LCSW (NY State only)

Not eligible for APT Credits

Faculty Bio(s): Betty Jackson

Social Media for the Arts in Healthcare Practitioner: A Crash Course
Robyn Flaum Cruz, PhD, BC-DMT, LPC
Lora Wilson Mau, MA, BC-DMT
Join us in a collaborative exploration of the ways we can use the Internet and social media to support our arts in healthcare practices. From locating resources to inform your clinical practice and improve clinical care, to making it accessible to those who need it, or creating diverse community connections to enrich your practice, key tools that we probably use every day can be employed in new ways to make a difference. In this 2-hour evening session, we hope to excite participants about using the Internet and social media as useful research tools while also expanding their research and social media competencies. We will cover how to use the Internet and social media to locate research from valid online sources that can be used to formulate new practices or simply inform existing practices. In addition, we will explore ways to make practices accessible to those who need them, and create community with other practitioners. Come experience a new way of organizing and embodying practices that can help your arts and healthcare practice flourish!

Please Note: There is an additional $30 fee for this session.

Eligible for 2.0 Clock/Credit Hours: NBCC, ATCB only

Faculty Bio(s): Robyn Flaum Cruz,
Lora Wilson Mau

Friday Evening Self-Care Sessions

All Bodies Dance: Expressive Movement for Creativity & Connection
Marilyn McLaughlin, MFA, MST, CLMA, RSMT, CPT
Dancing is your birthright. All Bodies Dance™ is a simple, accessible and structured approach to dance for adults that integrates fundamentals of modern/ethnic dance, creative movement, fitness, sensory awareness and meditation. These basic movements are adaptable to all bodies and abilities, so you can express the movements your own way, providing a rich experience for both the novice and experienced mover. In this evening self-care session, we will ride the power of music to influence mood and self-expression by dancing to a delicious smorgasbord of music: from jazz, blues, funk, and classical, to world drumming, instrumental and pure tone. Come claim your unique body song and then float on the deep inner peace and stillness that remains. No prior dance experience is necessary.

Please Note: There is an additional $30 fee for this session.
Marilyn McLaughlin

Brain Cleanse Massage

Marci Javril, BCTMB, CST, CMT
Did you ever wish you could wash out brain fog, shake off muddy thinking, and get focus and clarity? In 2015, the Journal of Experimental Medicine announced the discovery of lymphatic vessels in the meningeal linings of the brain that link directly to the bodily lymphatic system, drain fluid, and flush out waste from the brain. In this evening self-care workshop, you'll experience the Melting Touch Method of gentle, repetitive massage to “wash” the brain of toxic debris and excess proteins. We will work in pairs on the head only, no oil needed. Be ready for a fun experience, relax your mind, learn how to ease congestion in the sinuses, ears, and head, and fortify your immune system. This 15-minute sequence teaches effective self-healing using your own hands.

Please Note: There is an additional $30 fee for this session.
This session is not eligible for continuing education credits.

Marci Javril

Candlelit Evening Labyrinth Walk: A Moving Meditation

Chantel Zimmerman
Labyrinth walking is an ancient form of moving meditation that quiets the mind and enables participants to go inward while following a fluid, sinuous path. In this evening self-care workshop, gentle music, coupled with dim lighting, supports walkers as they listen within to hear their own source of wisdom. Focusing one's attention on the labyrinth's path enables walkers to notice what spontaneously emerges internally as they meander the twists and turns embedded in the labyrinth pattern. Using each experience on the labyrinth as a metaphor for daily life, participants gain deeper insight into their actions and behaviors. Bring your journal for use during or immediately after the labyrinth walk. Paper, pens, and art supplies will be available to help capture insights and ideas that arise during the walk. The practice of labyrinth walking can enhance our work as clinicians both personally and professionally in promoting it with our clients.

This session is not eligible for continuing education credits.

Chantel Zimmerman

Rhythm, Ritual & Revelry: Group Drumming for Ceremony and Celebration in Community

Giavanni Washington, PhD, MPH
Drumming is a long-established, joyous conduit for promoting change. Found in most cultures throughout the world, it is used in community ceremonies for healing and social bonding while creating transformative, compelling rhythms. Drumming is scientifically proven to reduce stress, increase serotonin production, elevate mood, strengthen the immune system, and increase the cells that destroy cancer and viral infections. During this interactive evening workshop, designed for clinicians and laypersons alike, participants can experience the therapeutic power of the drum circle by completing a series of sonic exercises that guide them through a three-part transformative experience: an initiation, a threshold crossing, and a
community celebration. They will leave with a deeper understanding of how drumming can enhance daily therapeutic work for themselves and with clients of all ages and abilities. No prior musical experience necessary. Also, there may be some dancing!

Please Note: There is an additional $30 fee for this session. This session is not eligible for continuing education credits.

Faculty Bio(s): Giavanni Washington

7:00 pm  -  9:00 pm  

Sound, Movement & Energy Healing Techniques Rooted in the 5 Elements

Christo Pellani
Kimberly Freesh, CYT, CYTT, AHP

Harmonize and vitalize your bioenergy field through the sound of instruments used in healing practices, expressive movement, and voice techniques. This 2-hour evening self-care workshop will also integrate qigong, meditation, and visualization, rooted in the five alchemical elements of nature. This process helps to balance the mind and emotions while improving physical strength and flexibility. This evolutionary mindfulness approach can be applied in a broad range of settings with all ages, stages of life, abilities, and cultural backgrounds. Training or experience in therapeutic arts is not required. Yoga mat and/or blanket is optional.

Please Note: There is an additional $30 fee for this session. This session is not eligible for continuing education credits.

Faculty Bio(s): Kimberly Freesh, Christo Pellani

Saturday, 04/28/18

Saturday Morning Self-Care Sessions

8:00 am  -  8:45 am  

Come Back to Your Senses: Aromatherapy Inspired Watercolor Meditation

Julia Vishnepolsky, MA, R-DMT

Session Full - Wait List Initiated

Join us this morning to discover creative ways to use aromatherapy and watercolor for self care. Watercolor is a fluid artistic medium that can help us embody a sense of flow and surrender, leading to relaxation. With aromatherapy added to the process, we can more deeply experience the moment and move inward toward meditation. Through your own exploration, you will discover a beautiful practice to share with clients. Awaken your senses, establish calm, rejuvenate, and free up bandwidth to stay present and absorb the day ahead.

PLEASE NOTE: Vacant seats at the start of this session will be filled from Wait List registrants at the door. No exceptions. This session is not eligible for continuing education credits.

Faculty Bio(s): Julia Vishnepolsky

8:00 am  -  8:45 am  

Sacred Circle Dance: Morning Reflective Practice

Margaret Migliorati, MA, R-DMT, NCC, LPCC

Session Full – Wait List Initiated
Since time immemorial, humans have come together to dance in prayer, sorrow, celebration, and ceremony. Join us in simple, meditative dances from across time and cultures. All dances steps that will be taught are basic, allowing you to deeply enter the experience of the circle. Start your morning in community with this quiet, reflective practice. Absolutely no dance experience is necessary.

PLEASE NOTE: Vacant seats at the start of this session will be filled from Wait List registrants at the door. No exceptions.

This session is not eligible for continuing education credits.

Faculty Bio(s): Margaret Migliorati

8:00 am - 8:45 am
Sound Circles: Harmony & Connection in Community
Session Full – Wait List Initiated
Omid Naim, MD
Nacho Arimany

Since the beginning of civilization, sound circles have served as a sacred healing practice for health, consciousness and community. In this 45-minute morning self-care session, you will experience how an embodied and relational practice of body percussion, vocal sound making, and stepping enables the authentic self to emerge, find harmony, and feel connection. These qualities are essential for restoring wholeness and healing trauma. We will begin with a brief review of research in interpersonal neurobiology to illuminate how this practice works and then briefly describe an integrative mental health model that incorporates sound circles into clinical practice.

PLEASE NOTE: Vacant seats at the start of this session will be filled from Wait List registrants at the door. No exceptions.

This session is not eligible for continuing education credits.

Faculty Bio(s): Nacho Arimany, Omid Naim

Saturday Master Classes

9:00 am - 4:30 pm
Emotional Renaissance: Enhancing Affective Experience & Development
Brant Wadsworth, PhD, RDT

In this daylong master class, participants receive an introduction to, and experiential training in, Emotional Renaissance, also known as Rocky Mountain Alba Emoting, a psychophysiological method for recognizing, inducing, expressing, and regulating basic emotions. Through guided exercises from the instructor, participants will seek to induce genuine, subjective emotions, and then explore and evaluate their experience individually and as a group. Appropriate for generalists and specialists alike, this session will present research findings regarding the impact of this training on creative arts therapists and its potential benefits within therapeutic contexts. Discussion will center around how the process can enhance emotional experience and development for both practitioners and their clients. Information will be available about how to get further training.

Eligible for 6.0 Clock/Credit Hours: NBCC, ATCB, ASWB, APA, MFT, Nursing; LCAT, LCSW (NY State only)
Not eligible for APT Credits

Faculty Bio(s): Brant Wadsworth
Rhythmic Attunement: Attachment, Embodied Empathy & Interpersonal Neurobiology

Mitchell Kossak, PhD, REAT, LMHC

Rhythm is present in brain waves, circadian rhythms, breathing, circulation, and in the various pulses in the central nervous system. It is the underlying heartbeat of the universe found in all matter including the construction of thoughts, emotions, and somatic states of consciousness. Although rhythm is most often associated with music, it can be experienced in all of the arts, as well as our environments and our interpersonal neurobiology. In this daylong master class, participants learn how biological rhythms can be affected through breath, sound, visual imagery and movement to enhance emotional development in treatment. Simple techniques will be introduced to create profound shifts in sensory, neurological, and perceptual awareness, leading to a more balanced nervous system and deeper states of awareness and relaxation. These techniques are key to restoring an overall sense of health and well-being.

Eligible for 6.0 Clock/Credit Hours: NBCC, ATCB; ASWB, APA, MFT, Nursing; LCAT, LCSW (NY State only)
Not eligible for APT Credits

Faculty Bio(s): Mitchell Kossak

9:00 am - 4:30 pm

Taming the Bully Within through Inner Family Healing

Ashley J. Smith, MS, LMFT

Please Note: Dr. Lucia Capacchione is unable to teach this year, and has asked Ashley Smith to lead this session.

Through such expressive arts techniques as the Creative Journal method of writing and drawing with both hands, movement, and inner family voice dialogue, participants will be guided to access their Inner Child (sensory awareness, emotions, playfulness, and creativity), Nurturing Parent (self-care) and Protective Parent (boundary setter) within. This self-repair process includes identifying and managing the Critical Parent Within (Inner Bully), activating the Witness Self (mindfulness) and contacting the Higher Power (unconditional love). This daylong master class is open to all who are interested, but designed for clinicians and others working with adolescents as well as adults at all stages of life. It is especially useful for working with family issues, abuse and trauma, addictions, and chronic or life-threatening illness.

Eligible for 6.0 Clock/Credit Hours: NBCC, ATCB; ASWB, APA, MFT, Nursing; LCAT, LCSW (NY State only)
Not eligible for APT Credits

Faculty Bio(s): Ashley Smith

9:00 am - 4:30 pm

The Wizardry of Oz: Clinical Applications of Baum’s Classic Fairy Tale for Healing Trauma

Gita Morena, PhD, CST-T, LMFT

You’ve seen the movie dozens of times, but did you know that The Wizard of Oz can help clinicians facilitate change when working with clients who have experienced trauma? In this daylong master class, the great-granddaughter of Oz author Frank L. Baum, will discuss this archetypal fairy tale in light of Campbell’s hero’s journey and Jung’s process of individuation. She’ll illustrate and demonstrate the classic
film’s healing potential when working with clients of all ages and abilities. Case material will be shown in which Oz imagery pertains to clinical practice and appears in sandplay therapy scenes. Using active imagination, expressive arts, and ritual, participants will learn how to use this story to connect with others as they travel down the Yellow Brick Road of their inner worlds, and explore how these experiences can be used to enhance daily therapeutic practice.

Eligible for 6.0 Clock/Credit Hours: NBCC, ATCB; ASWB, APA, MFT, Nursing; LCAT, LCSW (NY State only)
Not eligible for APT Credits

Faculty Bio(s): Gita Morena

Saturday Morning Workshops

9:00 am - 12:00 pm  Bridging Spiritual Concepts with Clinical Approaches: Person-Centered Expressive Arts Therapy

Maria Gonzalez-Blue, MA, REAT, REACE
In this 3-hour workshop, participants will discuss and experience ways to create a safe and trusting healing environment that allows for diversity of cultures, personalities, perspectives, and forms of expression. Establishing a safe environment requires agreement among all parties to be honest and open while being conscious of our effect on one another, and the acknowledgment that transformative work is never easy. The basis of this workshop is rooted in Carl Rogers’ Person-Centered approach, along with his daughter Natalie Rogers’ Creative Connection® arts process, an approach that opens portals into the self. We'll bridge these clinical processes with spiritual concepts from Huichol cosmology in Mexico, where art is always created in prayer. Participants will explore deep listening, active imagination, guided movement, writing, and ceremony. They will have the opportunity to experience community-based growth, a deeper sense of self, and a strengthening of the authentic self in the world.

Eligible for 3.0 Clock/Credit Hours: NBCC, ATCB; ASWB, APA, MFT, Nursing; LCAT, LCSW (NY State only)
Not eligible for APT Credits

Faculty Bio(s): Maria Gonzalez-Blue

9:00 am - 12:00 pm  Constructing Balinese Baskets for Communication, Community & Harmony

Denise Malis, PhD, MFA, ATR-BC, LMHC
Kelly Reedy, MED, MA, AThR
Canang sari, or small basket-making, is a Balinese ritual tradition stemming from the deep-seated belief that human beings and their environment are inextricably related. The basket as a concretized symbolic reflection of universal ‘holding space’ represents both the maker and the community, as well as how both are interwoven/interrelated. This hands-on tradition of cutting/folding/looping/stitching a container from palm leaves allows for the individual to maintain harmony between the self, the community, and the natural environment. Art therapists typically work in urban settings with populations that have limited access to nature. Despite living in close proximity to others, urban dwellers often experience feelings of isolation as well as a lack of community. This half-day workshop will explore the relationship that exits between...
natural materials, ‘making special,’ and interpersonal connections. Balinese basket techniques will be used to construct unique containers and other small objects that form expressions of harmony between the maker and the community and that symbolize a therapeutic holding space.

**Eligible for 3.0 Clock/Credit Hours: NBCC, ATCB; ASWB, APA, MFT, Nursing; LCAT, LCSW (NY State only)**

**Not eligible for APT Credits**

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**Faculty Bio(s):** Denise Malis, Kelly Reedy

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9:00 am - 12:00 pm

**Cultivating Emotional Resiliency in Kids through Mindfulness, Meditation & Imagination**

*Charlotte Reznick, PhD*

Would you be able to calm a five-year-old who’s having a nightmare, a six-year-old, frightened by the first day of school, or a nine-year-old, having a temper tantrum? While our ability to manage children’s symptoms and behaviors is helpful for them, children need to be equipped with their own skills for survival and growth. And they can be! In this 3-hour workshop, we explore the healing power of childhood imagination through nine mindful meditation tools, coupled with art 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 children. Whether you are a therapist, health professional, educator, or parent, come learn how to use these creative techniques to help children not only survive, but thrive.

**Eligible for 3.0 Clock/Credit Hours: NBCC, ATCB; ASWB, APA, MFT, Nursing; LCAT, LCSW (NY State only)**

**Not eligible for APT Credits**

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**Faculty Bio(s):** Charlotte Reznick

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9:00 am - 12:00 pm

**Expressive Movement & Integrative Art for Enhanced Attunement and Insight**

*Jody Wager, MS, BC-DMT*

The embodied therapist mindfully connects to present moment experiences within the body for information about self in relationship to a client. In this 3-hour workshop, participants will learn how to attune to the somatic sense of self and other through expressive movement and integrative artmaking. Discover and develop trust in your ability to “attend” empathically, respond authentically, and translate non-verbal experience into cognitive insight. Learning these skills can enhance the quality of your clinical work with individuals and groups of clients regardless of your professional background. No previous experience with creative movement or art necessary.

**Eligible for 3.0 Clock/Credit Hours: NBCC, ATCB; ASWB, APA, MFT, Nursing; LCAT, LCSW (NY State only)**

**Not eligible for APT Credits**

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**Faculty Bio(s):** Jody Wager
9:00 am  -  12:00 pm

Expressive Writing as Reflective Practice for Clients and their Therapists

Kate Thompson, MA, CJT

In this 3-hour workshop, clinicians will learn how to employ classic expressive writing techniques for helping their clients to engage in reflective practice for enhanced growth in treatment. These same techniques can be used by counselors and therapists for self-supervision and professional development, an important process that is often overlooked as a source of professional support. Our focus will be on a three-part process of writing, reading, and reflecting, as it can be applied to a variety of written activities, including: dialogues; unsent letters; captured moments; and perspectives. By becoming both writer and reader of their own experience, clients and clinicians can begin to change their own scripts and deepen therapeutic encounters with each other. Workshop participants will gain a general understanding of the use of expressive writing in treatment, and how they can apply it in their work with clients to gain greater insight, and by extension, as a tool for self-supervision.

Eligible for 3.0 Clock/Credit Hours: NBCC, ATCB; ASWB, APA, MFT, Nursing; LCAT, LCSW (NY State only)

Not eligible for APT Credits

Faculty Bio(s): Kate Thompson

9:00 am  -  12:00 pm

Facilitating Sensation, Emotion & Transformation through Art Therapy Theory: A Crash Course

Michael A. Franklin, PhD, ATR-BC

Not everyone has the time 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 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, APA, MFT, Nursing; LCAT, LCSW (NY State only)

Not eligible for APT Credits

Faculty Bio(s): Michael A. Franklin

9:00 am  -  12:00 pm

Family Relationships & Communication: Multicultural Art Therapy Approaches

Janice Hoshino, PhD, ATR-BC, ATCS, LMFT

In this 3-hour workshop, we will explore working with family relationships through a multicultural art therapy lens. Common issues brought into art therapy sessions by couples and families will be introduced through case studies and hands-on experientials. Themes will include issues such as communication, family patterns—nuclear and multigenerational, parenting concerns, and relationship styles. Cultural considerations will be discussed and illustrated with case material. Appropriate for mental health professionals as well as those who work in other non-therapy fields. 

No previous art therapy experience required.
Mandala Symbolism in Sandplay and Art

Jill Kaplan, MA, MFT, CST-T

Jung saw the appearance of a mandala (Sanskrit for “circle”) configuration in a dream or artwork as a healing symbol, and over the years mandala symbolism has become a special interest for many creative arts therapists. In Kallian sandplay, for instance, the appearance of a mandala within a tray (or series of trays) can represent the Self archetype and suggest a new relationship between Self and ego. In this 3-hour workshop, we will create mandalas using collage materials, and also experience the mandala through expressive movement. Images from sandplay case material will be shown to illustrate the power of the mandala symbol in process work. Therapists, counselors, and others will learn how working with this ancient configuration can be used to enhance treatment with clients of all ages and abilities, particularly in regard to fostering emotional development.

Power, Privilege & Identity in Therapy: Arts-Based Exercises for Ethical Clinical Practice

Christine Mayor, MA, RDT

This workshop takes participants through a series of arts-based exercises aimed at deepening conversations and processing issues of identity, difference, power and oppression that can directly impact clinical practice. These activities can promote dialogue and offer effective healing techniques for treatment of groups and individuals. This 3-hour session will serve to deepen sensitivity to interactions in clinical practice that may be affected by self-reflexive responses—on the part of both therapist and client—related to identity, power and privilege. For practicing clinicians and mental health graduate students only.

Revitalizing Elder Care through Music & Community: Taking the Tired Out of Retired

Becky Wellman, PhD, MT-BC, LPMT

The Boomer generation has always shaken things up throughout their lives and they continue to do so during their golden years. Seeking quality in virtually every aspect of life now dominates their
expectations of the aging process and related services. Creative arts therapists can provide for this, and more. In this 3-hour workshop, we will engage in music activities that can support the physical and emotional needs of older adults; ease the anxiety and distress of chronic and degenerative disorders; explore community-based therapy practices; and create a safe space for clients and caregivers to feel heard and be refreshed. Whether you've been working with older adults for years, or are new to working with population, come ready to make some music, have some fun, and shake up the accepted views of aging and what can be done to keep it vital and creative.

Eligible for 3.0 Clock/Credit Hours: NBCC, ATCB; ASWB, APA, MFT, Nursing; LCAT, LCSW (NY State only)
Not eligible for APT Credits

Faculty Bio(s): Becky Wellman

9:00 am  -  12:00 pm
Suicide Prevention & Risk Assessment with Youth: What Therapists Need to Know
Leslie Baker, MFT, NCC
Mary Ruth Cross, RPT-S, LMFT

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 is crucial in the practice of play therapy with youth and teens. This 3-hour workshop for play therapists, counselors, psychotherapists, and school counselors working with youth, teens, and their families will provide the basics of suicide prevention, assessment of suicide risk, and features the use of play therapy interventions to assist children and teens in decreasing suicidal thoughts and behaviors. We will also explore the unique challenges facing child and teen survivors who have lost a loved one through suicide. Participants will explore the use of guided imagery, mindfulness, play-therapy interventions, and creative modalities with individuals and groups of youngsters who suffer from suicidal ideation and behaviors, as well as those who grieve for loved ones. 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 3.0 Clock/Credit Hours: NBCC, ATCB; ASWB, APA, MFT, Nursing; LCAT, LCSW (NY State only); APT*
*Play therapy credit will not be awarded to non-mental health professionals.

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

9:00 am  -  12:00 pm
The Neurobiology of Music-Facilitated Imagery
Sherry Raley, PhD, FAMI, MT-BC

Clinical and neurological research both support the use of imagery and the imaginal process as ways to create physical, behavioral, and psychological change in the clinical setting. In this 3-hour session, we will review research on neural processes underlying imagery, and what is currently known about how music interacts with this process. We'll focus on the contributions of Helen Bonny, the pioneering music therapist who developed the Guided Imagery and Music (GIM) method. Together, we will examine the evolution of imagery over time through a GIM case study. Participants will also engage in music listening and imagery analysis as a way to concretize their learning. Many non-music
therapists have been trained in these methods, including psychiatrists, social workers, marriage and family therapists, and expressive art therapists.

Eligible for 3.0 Clock/Credit Hours: NBCC, ATCB; ASWB, APA, MFT, Nursing; LCAT, LCSW (NY State only)
Not eligible for APT Credits

Faculty Bio(s): Sherry Raley

9:00 am - 12:00 pm

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

_Shemaya Blauer, MSW, LCSW_

_Deborah Koff-Chapin_

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, APA, MFT, Nursing; LCAT, LCSW (NY State only)
Not eligible for APT Credits

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

9:00 am - 12:00 pm

**Transformation of Failure & Self-Blame: Techniques from Theater of the Oppressed**

_Brent Blair, PhD_

_Mady Schutzman, PhD_

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 Augusto Boal’s Theater of the Oppressed, tableaux and texts will be developed based on participants’ lived experiences. The session will culminate in brief collaborative scenes that illustrate how arts-based modalities can transform perceived failure, stimulating flow, resilience, active learning, and potential change.
Saturday Lunch Buffet

12:00 pm - 1:30 pm  
Lunch Buffet in the Cafe  
Hilton Cafe - Lobby Level  
Get a Great 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 $16 ticket includes meal and tax (please leave a gratuity) – Available for pre-purchase 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 money, guarantee a seat.

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

Saturday Lunch & Learn

Entrepreneurial Strategies for Reaching Your Career Summit

12:30 pm - 1:20 pm

Kathleen (Kay) Adams, PTR-M/S, LPC

Is it possible for a self-employed helping professional to make a sustainable living and also a life made by hand? Join Kay Adams, founder/director/CEO of the Center for Journal Therapy based in Denver, for an inspiring lunchtime conversation about the principles and success strategies she has used to go from teaching a journal workshop in her living room in 1985 to pioneering the burgeoning field of journal therapy across five continents in 2018. You'll enjoy beautiful photography of Kay's beloved Rocky Mountains as she explores hiking metaphors leading to the view from the Summit.

Eligible for 1.0 Clock/Credit Hour: NBCC, ATCB only

Faculty Bio(s): Kay Adams
Bringing Psychiatric Care to Life: The Recovery Centered Clinical System

Stephen Breithaupt, MS, RDT

Inpatient mental health systems typically leave our clients feeling depersonalized and disempowered, reducing them to filling out paperwork instead of actively engaging them in their treatment. In this 3-hour workshop, participants will explore what that is like when contrasted with a dynamic, embodied model of recovery. The Recovery Centered Clinical System (RCCS), a comprehensive wellness and resilience approach developed by Telecare corporation, is based on two complementary components that address the goals of recovery: The Conversations (Exploring Identity, Awakening Hope, Making Choices, Making Connection, and Reducing Harm) and The Cultures (Judgment, Motivation, Individual Uniqueness, Respect, and Power). This workshop blends drama therapy with Yalom’s “here-and-now” interactional experience and the RCCS. Features of this integrated creative arts approach include: physicalizing parts of identity, reducing harm through art and storytelling, making connections with others through here-and-now interactions, and coping with stress by working to develop cultural, social, and personal identity. Appropriate for clients of all ages, participants in this workshop will get to experience what it’s like to work with The Conversations in the present, and discover the benefits of engaging clients actively in their ongoing recovery.

Eligible for 3.0 Clock/Credit Hours: NBCC, ATCB; ASWB, APA, MFT, Nursing; LCAT, LCSW (NY State only)

Not eligible for APT Credits

Culturally-Informed Clinical Practice: A Narrative Approach with African Americans

Denise Boston, PhD, RDT

This 3-hour workshop 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, participants may consider how it can be applied to other populations.

Eligible for 3.0 Clock/Credit Hours: NBCC, ATCB; ASWB, APA, MFT, Nursing; LCAT, LCSW (NY State only)

Not eligible for APT Credits

Digital Media Arts: Therapeutic Interventions for Adolescents and Others

Faculty Bio(s): Denise Boston

Faculty Bio(s): Stephen Breithaupt
Jeffrey Jamerson, MA, PhD

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, APA, MFT, Nursing; LCAT, LCSW (NY State only)
Not eligible for APT Credits

Faculty Bio(s): Jeffrey Jamerson

1:30 pm - 4:30 pm
Drum Circle Dialogues: Fostering Multicultural Competency & Respect
Rahul Sharma, PsyD

Drum circles offer an inclusive setting for self-reflection and dialogue—both musical and verbal—regarding challenging issues of diversity and social justice. In this 3-hour workshop, we will demonstrate how a well-facilitated drum circle can be used to help affirm identity in its participants and promote empathy for multicultural competence. The session will begin with a brief overview of theoretical underpinnings of important multicultural psychology issues including: affirming identity, creating empowerment and accountability, as well as facilitating healthy communication and mutual respect among members. The balance of the workshop will be dedicated to participating in the multicultural drum circle process itself. We will discuss issues and themes that come up along the way, and identify solutions for how to navigate them effectively. No previous drumming experience is necessary.

Eligible for 3.0 Clock/Credit Hours: NBCC, ATCB; ASWB, APA, MFT, Nursing; LCAT, LCSW (NY State only)
Not eligible for APT Credits

Faculty Bio(s): Rahul Sharma

1:30 pm - 4:30 pm
Expressive Movement for Older Adults & Neurocognitively-Challenged Populations
Donna Newman-Bluestein, BC-DMT, CMA, LMHC

Dance can provide a common language that allows those with limited communication skills to express themselves. It can be an effective way of working with elderly populations who have dementia, and those who do not typically respond to traditional approaches. This 3-hour workshop is based upon a model for a therapeutic dance/expressive movement program that is fun, engaging, and esteem-building. Through movement, discussion, and visual aids, we explore how to apply this multimodal approach to engage participants, regardless of physical or cognitive abilities, in a healing experience that promotes a greater sense of vitality and belonging. Expressive arts and play therapists, counselors, and psychotherapists working with older adults will discover
how a group leader’s embodied presence can facilitate powerful healing relationships with people who have neurocognitive challenges, allowing them to feel affirmed. No prior dance experience is necessary.

Eligible for 3.0 Clock/Credit Hours: NBCC, ATCB; ASWB, APA, MFT, Nursing; LCAT, LCSW (NY State only)
Not eligible for APT Credits

1:30 pm  -  4:30 pm

Labyrinth Walking and Labyrinth Symbolism to Support Expressive Arts Experiences

Kathryn (Kat) Kirby, ATR-BC
Chantel Zimmerman

Labyrinth walking is an ancient form of moving meditation that quiets the mind and enables participants to go inward while ambulating a fluid, sinuous path. The labyrinth configuration provides, in itself, a graphic symbol that can be used to stimulate expressive arts activities and explorations, and labyrinth symbolism offers us insight into how the walker operates in the world. In this 3-hour workshop, participants will walk the labyrinth and partake of a variety of expressive arts tools; learn the history of the labyrinth; the components of the labyrinth; symbols in the labyrinth; and how to use labyrinth symbolism to enhance their work as clinicians. Participation and group discussion will demonstrate how clinicians and others can integrate the labyrinth experience into the work they do with clients.

Eligible for 3.0 Clock/Credit Hours: NBCC, ATCB; ASWB, APA, MFT, Nursing; LCAT, LCSW (NY State only)
Not eligible for APT Credits

1:30 pm  -  4:30 pm

Music Together®: A Worldwide Program for Families with Young Children

Carol Ann Blank, PhD, MT-BC, LCAT, LPC

Music Together® boasts 2500 centers in 40 countries with its early childhood music-making curriculum based in research and practice from a variety of disciplines, including child development, early intervention, music therapy, music education, and family therapy. Designed for anyone wishing to include music making in their practice with families of young children, participants in this 3-hour workshop will experience a variety of musically-accessible activities for children and their parent/adult caregivers that support development from birth to age five. We’ll discuss clinical benefits of a variety of formats for use at home and in schools, and address working with mixed ages, families, school programming, therapy contexts, intergenerational applications, and adults. No formal music training is necessary for participation in this session; however, music educators, performers, musicians, and clinicians may be particularly interested in the content as well as career opportunities that Music Together® provides.

Eligible for 3.0 Clock/Credit Hours: NBCC, ATCB; ASWB, APA, MFT, Nursing; LCAT, LCSW (NY State only)
Not eligible for APT Credits
Faculty Bio(s): Carol Ann Blank

1:30 pm  -  4:30 pm

Personal Evolution & Social Activism through Journaling: From Hurt to Healing
Tristine Rainer, PhD

“I go in to come out,” an inspirational quote from renowned diarist Anais Nin, beautifully describes the process uniting creativity, healing, and activism in the world. In this 3-hour journal writing workshop, participants will discover how “going in” to discover their individual story will lead them to discover its relevance to the greater good. Diary devices including free intuitive writing and guided imagery will connect participants’ early psychological wound to an ecological or sociological issue they are destined to address. In this way, the writer’s path for healing self and world will be unveiled, and the steps toward progress on that path will manifest. The narrative structure of this workshop will generate motivation drawn from the participants’ pasts to counter burnout and propel them toward happiness as they discover their personal roles in a collective evolutionary future. Clinicians learning this process will be able to teach it to their clients, guiding them toward insight, healing, and fulfillment.

This session is not eligible for continuing education credits.

Faculty Bio(s): Tristine Rainer

1:30 pm  -  4:30 pm

Postcards from the Self: Developing Arts-Based Experientials for All Ages
Karen Estrella, PhD, REAT, ATR-BC, MT-BC

Postcards typically carry an image, tell a story, or serve as a souvenir. In this half-day workshop, we will use this simple, everyday medium to explore the development of arts-based experientials in expressive arts therapy for a variety of clients at a variety of ages across a developmental continuum. Participants will explore ways to brainstorm, improvise, implement and evaluate the use of various arts media with the postcard as a prompt across the developmental continuum. Using the Expressive Therapies Continuum as a guidepost for the selection of task, structure, and media, we will experiment with several arts-based explorations using postcards as their starting points, and explore the use of storytelling, visual art, drama, poetry and music in a therapeutic context. In addition, cultural considerations will be considered. Specific activities and resources for using expressive arts in clinical settings will be offered with the goal of helping participants expand repertoire and develop new resources in working with their clients to promote expression and facilitate insight.

Eligible for 3.0 Clock/Credit Hours: NBCC, ATCB; ASWB, APA, MFT, Nursing; LCAT, LCSW (NY State only)
Not eligible for APT Credits

Faculty Bio(s): Karen Estrella

1:30 pm  -  4:30 pm

School-Based Expressive Arts: Multimodal Groups for Growth & Change
**Faculty Bio(s): Betsy Funk**

This 3-hour workshop, based on a successful, recurring school-based expressive arts group will illustrate and demonstrate how its structure can promote growth and change related to such contemporary challenges as bullying, self-harm, and conflict resolution. Participants will learn how and why this particular group format was developed and implemented for working with elementary and middle school-aged youth. Additionally, they will be invited to participate in several multimodal art processes that have been specifically designed for a particular target population and behavioral issue. Appropriate for psychotherapists, counselors, and educators interested in learning this creative group process for helping to empower elementary and middle school children in their daily lives at school.

Eligible for 3.0 Clock/Credit Hours: NBCC, ATCB; ASWB, APA, MFT, Nursing; LCAT, LCSW (NY State only)
Not eligible for APT Credits

**Faculty Bio(s):** Betsy Funk

1:30 pm - 4:30 pm

**Strength-Based Techniques Integrating Narradrama, Creative Arts & Phototherapy**

**Pam Dunne, PhD, RDT, BCT**

In recent years, we’ve experienced a paradigm shift away from a focus on what is wrong with people to what is strong in them. This 3-hour workshop explores strength-based interventions anchored in neuroscience that integrate narradrama, creative arts approaches, phototherapy, and theatre techniques to find new ways to celebrate our clients' uniqueness and harness the power of positive emotions. Workshop participants will join in therapeutic games, preferred role explorations, and image-to-action exercises, all of which are central to the toolkit. Neuroscience cards describe neuroscience principles and related interventions. Research results regarding neuroscience and positive emotions will be discussed.

Eligible for 3.0 Clock/Credit Hours: NBCC, ATCB; ASWB, APA, MFT, Nursing; LCAT, LCSW (NY State only)
Not eligible for APT Credits

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

1:30 pm - 4:30 pm

**The Healing Power of Stones: Play Therapy Interventions that Rock**

**Tammi Van Hollander, RPT, LCSW**

Stones and rocks have been sacred symbols since ancient times, and can be used as a powerful healing tool for play therapists and other mental health professionals working with nearly any population, including children and families. In this interactive 3-hour workshop, participants will be introduced to a handful of simple-yet-effective play therapy interventions that can help clients develop a variety of life skills; these range from decreasing anxiety and verbalizing feelings, to fostering resiliency, and making connections. Participants will engage in a variety of hands-on experiences, including: storytelling, bibliotherapy, game play, mindfulness, mandalas, sandtray work, and other rock-and-stone-themed group activities. Case examples will illustrate the healing power of stones through non-directive client-centered play therapy, as well as directive play therapy interventions.
Unplug from the grid, reconnect with nature, and come “rock out” with us!

Eligible for 3.0 Clock/Credit Hours: NBCC, ATCB; ASWB, APA, MFT, Nursing; LCAT, LCSW (NY State only); APT*
*Play therapy credit will not be awarded to non-mental health professionals.

Faculty Bio(s): Tammi Van Hollander

1:30 pm  -  4:30 pm
Touch Drawing: Authentic, Soulful Expression in Clinical & Creative Practice (afternoon)
Shemaya Blauer, MSW, LCSW
Deborah Koff-Chapin
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, APA, MFT, Nursing; LCAT, LCSW (NY State only)
Not eligible for APT Credits

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

Saturday Afternoon Plenary
4:40 pm  -  5:40 pm
The Art Hives Network and the Emergence of Public Practice Arts Therapy
TO ATTEND THIS SESSION, YOU MUST SELECT IT DURING THE REGISTRATION PROCESS
Janis Timm-Bottos, PhD, ATR-BC
Paige Asawa, PhD, MFT, ATR-BC, Discussant
Imagine neighborhoods filled with creative spaces that inspire imagination, awaken hearts, and mobilize action. The remarkable Canadian Art Hive movement of small and sustainable, community art studios began in 2011 with the intention of creating a network of informal opportunities for diverse individuals to learn from and support each other as a way of addressing the growing challenges of an increasingly disconnected world. Last year, Art Hive numbers doubled to 125. Led by art therapists, art therapy students, and others, these liminal spaces are located in storefronts, libraries, social service institutions, museums, schools, religious facilities, and universities. Moreover, the movement itself has led to collective innovation, such as music hives, mobile units, floating units, cooperative art cafes, shared
In this plenary presentation, we will learn how creative arts therapies can be used in social spaces to build relationships, foster well-being, enhance self-care, and positively influence an entire community’s sense of agency. These techniques, which can also be used in clinical settings, will be introduced in the context of liberation psychology, as articulated by Watkins and Shulman. The rapid growth of the Art Hive movement is ushering in a new field of public practice art therapy.

Eligible for 1.0 Clock/Credit Hour: NBCC, ATCB; ASWB, APA, MFT, Nursing; LCAT, LCSW (NY State only)
Not eligible for APT Credits

Faculty Bio(s): Paige Asawa,
Janis Timm-Bottos

Saturday Evening Celebration
6:30 pm  -  9:00 pm  World Rhythms at the Summit: Our Second Annual Celebration
John Fitzgerald
Giavanni Washington, PhD, MPH
Robin Sukhadia
Ava Nahas
Melena Francis

Immerse yourself in an embodied experience of rhythms from Africa, Asia, Latin America, and the Middle East, featuring an amazing lineup of drumming professionals. Each expert will offer a brief solo performance with insights into its cultural significance, followed by an opportunity for us to drum and/or dance along with these soul-stirring rhythms.

Building on a tradition begun at last year’s Saturday evening event, we will begin the evening at 6:30 pm with an international-themed buffet dinner followed by a facilitated group warm-up at 7:00 pm to get our rhythmic juices flowing.

Let your fingertips dance to the drumbeats! Summit faculty Deborah Koff-Chapin and Shemaya Blauer will host a Touch Drawing station throughout the evening to introduce you to this simple yet profound artmaking creative process.

Join us for this one-of-a-kind celebratory experience at our extraordinary second annual LA Summit!

$45 Fee includes Dinner Buffet • Guest Tickets Available • $50 at Door
Those not registering for the Summit can purchase tickets for this event directly through UCLArts & Healing.
This session is not eligible for continuing education credits.

Faculty Bio(s): John Fitzgerald,
Melena Francis,
Ava Nahas,
Robin Sukhadia,
Giavanni Washington

Sunday Morning Self-Care Sessions
8:00 am  -  8:45 am  Candlelit Morning Labyrinth Walk: A Moving Meditation
Chantel Zimmerman
Take a walking meditation around the spiral labyrinth, supported by candlelight, gentle music, and dim lighting. Notice what comes forward and tune in to your inner source of wisdom as you walk. Let these insights guide your journey through the day.

**PLEASE NOTE:** First come, first served. Seating not guaranteed.

This session is not eligible for continuing education credits.

**Faculty Bio(s):** Chantel Zimmerman

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8:00 am - 8:45 am

**Savoring the Soundscape Soundbath: An Immersive Journey into Wellbeing**

**Jahna Perricone, CMF**  
**Michael Perricone, CAS**

Come bask in this enchanting sound bath, which uniquely gathers the energy of 300-500-year-old (!) museum grade Tibetan singing bowls from the Himalayan region, and allow them to resonate within your inner being. You will be taken on an amazing vibrational journey designed to enhance open awareness and elevate your spirit through the sounds of these ancient bowls and ethereal vocal harmonies along with mindful meditation. Join us for this one-of-a-kind, powerful, and meaningful experience.

**PLEASE NOTE:** Vacant seats at the start of this session will be filled from Wait List registrants at the door. No exceptions.

This session is not eligible for continuing education credits.

**Faculty Bio(s):** Jahna Perricone, Michael Perricone

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8:00 am - 8:45 am

**Zumba à la Dance/Movement Therapy**

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

Experience the popular Zumba Fitness dance/movement, therapy-style. In this 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.

**PLEASE NOTE:** First come, first served. Seating not guaranteed.

This session is not eligible for continuing education credits.

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

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Sunday Morning Plenary

9:00 am - 9:45 am

**Urban Voices Project: Using Music to Transform Lives**

**TO ATTEND THIS SESSION, YOU MUST SELECT IT DURING THE REGISTRATION PROCESS**

**Kate Richards Geller, MA, MT-BC, LCAT**  
**Leeav Sofer**  
**Christopher Mack**

Meet a choir of people who are creating joy and beauty in the largest homeless community in the United States. The Urban Voices Project, composed of artists and performers from the Skid Row neighborhood in downtown Los Angeles, brings music, health, well-being, and community to individuals living in the condition of homelessness and disenfranchisement. In this plenary presentation, members of “UVP” will sing songs from their inspiring repertoire, offer testimonials of how music has changed their lives, and share about the process of building a sanctuary by creating a singing initiative intended to welcome people
out of isolation and into an ensemble. There will be an opportunity to speak with choir members after the presentation. This session is not eligible for continuing education credits.

Faculty Bio(s): Kate Richards Geller,
Christopher Mack,
Leeav Sofer

### Sunday Master Classes

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<thead>
<tr>
<th>Time</th>
<th>Session</th>
<th>Faculty(s)</th>
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<tbody>
<tr>
<td>10:00 am - 5:15 pm</td>
<td><strong>Focusing-Oriented Expressive Arts: A Mindfulness-based Somatic Approach</strong></td>
<td><strong>Laury Rappaport, PhD, MFT, REAT, ATR-BC</strong></td>
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<td><strong>Zoe Rappaport</strong></td>
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<td>Focusing-Oriented Expressive Arts (FOAT®), developed by Laury Rappaport, is a mindfulness-based 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. FOAT® can be applied to a variety of settings including: art/expressive arts therapy, psychotherapy, community settings, coaching, consulting, organizational development, health and wellness, meditation, spirituality, creativity, and personal growth. This 6-hour Master Class provides a combination of experiential learning and didactic material, starting with a basic overview of FOAT®, the Focusing attitude of “being friendly” to the felt sense and creative process, and how to access a felt sense and symbolize it through artistic expression. An overview of three main approaches: Theme-Directed FOAT®; Clearing a Space with Arts; and FOAT® Psychotherapy Process will be presented. The workshop includes an intermodal experience of FOAT® integrating movement, visual art, and writing, along with examples from psychotherapy/expressive arts and community settings. We will demonstrate applications for use with individuals and groups that can be adapted for all ages and populations. Eligible for 6.0 Clock/Credit Hours: NBCC, ATCB; ASWB, APA, MFT, Nursing; LCAT, LCSW (NY State only) Not eligible for APT Credits</td>
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<td></td>
<td><strong>Faculty Bio(s):</strong> Laury Rappaport, Zoe Rappaport</td>
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<td>10:00 am - 5:15 pm</td>
<td><strong>Jungian Sandplay Therapy: An Interactive Introduction</strong></td>
<td><strong>Marion Anderson, PhD, STA/ISST, CGJLA/IAAP</strong></td>
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<td><strong>Marion Anderson, PhD, STA/ISST, CGJLA/IAAP</strong></td>
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<td>Sandplay is a mostly nonverbal form of psychotherapy in which clients arrange miniature figures and objects, as well as a variety of natural materials, within a container of sand to create dynamic symbolic scenarios. The sand tray offers a safe and protected space where images from the psyche can be externalized, manipulated, and contemplated. This process can enable clients of all ages to work through a variety of issues, including the symptoms of depression, anxiety, and loss, as well as the impact of trauma. In this 6-hour masterclass, counselors, arts therapists, and other clinicians will learn how this creative approach—which can represent daily life scenes as well as deep soul images—can facilitate progress and healing in treatment. They will also discover how playful engagement with sand, paired with figures and water, can enable clients to engage more actively in their healing. Additionally, the archetypal and symbolic importance of the various sandplay components, and how each element can be understood within the transference relationship, will be discussed. Case vignettes will illustrate how clients can achieve</td>
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<td><strong>Faculty Bio(s):</strong> Laury Rappaport, Zoe Rappaport</td>
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psychological healing using sandplay in conjunction with Jungian-oriented talk therapy.

Eligible for 6.0 Clock/Credit Hours: NBCC, ATCB; ASWB, APA, MFT, Nursing; LCAT, LCSW (NY State only)
Not eligible for APT Credits

Faculty Bio(s): Marion Anderson

10:00 am  -  5:15 pm

SoulCollage® for Insight & Transformation: Clinical Applications
Kathryn (Kat) Kirby, ATR-BC
Chantel Zimmerman

Need a break from your work? Immerse yourself for the day in the soul-satisfying process of SoulCollage®, where you'll create a personalized deck of collaged cards. Step inside the images that call to you and realize how simple yet profound this process can be in helping to provide guidance and self-exploration. In the clinical realm, SoulCollage® provides a way to bring people back to themselves, to all their parts, especially if they have been traumatized or compromised. Therapists and counselors find that this structured format for self-expression can open up doors to new understanding. In this hands-on experiential, you'll learn an enjoyable way to access intuition, insight, and transformation through the cards, processing them alone or in a group, while journaling the wisdom these cards impart. No artistic skill is necessary.

Eligible for 6.0 Clock/Credit Hours: NBCC, ATCB; ASWB, APA, MFT, Nursing; LCAT, LCSW (NY State only)
Not eligible for APT Credits

Faculty Bio(s): Kat Kirby, Chantel Zimmerman

10:00 am  -  5:15 pm

The Dancing Mindfulness Approach to Expressive Arts Therapy: Transforming Trauma & Shame
Jamie Marich, PhD, REAT, RMT, LPCC-S, LICDC-CS

Dancing Mindfulness is a trauma-informed expressive arts practice that utilizes spontaneous creative movement as a way of practicing mindful awareness. Also integrating elements of psychodrama, meditation, and yoga, this accessible technique can be customized to meet the needs and abilities of a wide range of populations. In this daylong master class, participants will experience the seven elements of the Dancing Mindfulness practice (breath, sound, body, story, mind, spirit, and fusion) in the context of a complete multimodal expressive arts therapy process. We will examine why body-based coping skills are optimal for treating trauma and/or addiction and the shame that accompanies them, and discuss how integrative mindfulness approaches can help clients in clinical settings. Dancing Mindfulness class participants learn to recognize the rhythmic qualities of their own breathing and heartbeats; discover the healing, lyrical properties in even the most simple movements; and express their own personal stories through movement. Counselors and therapists who experience this method are better able to integrate spontaneity and individuality into their daily work. No previous dance experience is necessary.

Eligible for 6.0 Clock/Credit Hours: NBCC, ATCB; ASWB, APA, MFT, Nursing; LCAT, LCSW (NY State only)
Not eligible for APT Credits
Faculty Bio(s): Jamie Marich

10:00 am - 5:15 pm
The Trauma Continuum: An Exploration through One Canvas Process Painting
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, APA, MFT, Nursing; LCAT, LCSW (NY State only)
Not eligible for APT Credits

Faculty Bio(s): Paige Asawa

Sunday Morning Workshops

10:00 am - 1:00 pm
At the End of Life’s Journey: Creative Arts & Storytelling for Resolution and Acceptance
Trisha Jauchler, MS, MA, RDT-BCT, CBF
Counselors, therapists, social workers, and other helping professionals must consider the sense of loss that seniors are likely to face at the end of their lives, and apply effective techniques to aid them in coming to terms with issues of grief. Creative arts therapies techniques have been proven effective in this regard and art, music, dramatic enactment, and imagery can be used by specialists and non-specialist alike in helping the elderly as well as the terminally ill. In this half-day workshop, we will examine Byock’s Five Tasks of Dying, the Dying Role, and explore creative ways to apply these theories in treatment.
Participants will learn how creative storytelling can facilitate healing in treatment, in addition to specific self-care techniques that enhance clinical work and prevent emotional burn-out.
Please Note: This topic has the potential to stir personal emotions in caregivers. Care will be taken to establish an environment that is safe and supportive.

Eligible for 3.0 Clock/Credit Hours: NBCC, ATCB; ASWB, APA, MFT, Nursing; LCAT, LCSW (NY State only)
Not eligible for APT Credits

Faculty Bio(s): Trisha Jauchler
10:00 am  -  1:00 pm  

**Ayurvedic Counseling in Clinical Practice: Balancing Seasonal & Life Rhythms**

*Kathy Cass, MA, BC-DMT, NCC, C-IAYT, AHC*

Over 5,000 years ago, Ayurveda, a personalized mind-body approach to health, taught that each day, season, and lifetime has an inherent rhythm. Just last year, when the Nobel Peace Prize for medicine was awarded for the discoveries of how internal clocks and biological rhythms govern human life, they pointed out how precisely one's internal clock adapts physiology to the different phases of the day, governing critical functions including behavior, hormone levels, sleep, body temperature and metabolism. In this 3-hour workshop, ancient wisdom meets modern science, and participants will learn the “Ayurvedic clock” perspective to enhance their personal life and professional practice. Together, we will explore tools including rhythm, sound, and movement to reconnect with self and community. These wellness-based yoga, breath, and meditation/visualization practices empower clinicians to guide clients of all ages and abilities to individualized, sustainable lifestyle practices and self-care plans that improve and support clinical treatment outcomes for more effective healing. *No previous yoga experience necessary.*

**Eligible for 3.0 Clock/Credit Hours: NBCC, ATCB; ASWB, APA, MFT, Nursing; LCAT, LCSW (NY State only) Not eligible for APT Credits**

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**Faculty Bio(s): Kathy Cass**

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10:00 am  -  1:00 pm  

**Discovering Dream Wisdom: An Exploration through Art & Journaling**

*Nancy Weiss, BCD, LCSW*

Dreams hold the power to surprise, delight, terrify, and heal. This 3-hour workshop introduces a structured, four-step dream-tending format that helps access images, energies, and emotions. It enhances emotional development by bringing dream-based insights into the waking world. Working in dyads, participants will share a dream or powerful image with the intent of deepening understanding, rather than making interpretations. Then, through an adapted SoulCollage format and writing exercise, they'll capture the essence of the dream in both images and words. Using dream work, collage, and journaling together invites discovery on a deeper level and provide participants with a captivating, deeply personal document of their dreams’ essential healing nature. This workshop will prepare counselors and therapists to use the dream-tending process with clients, including those who do not typically respond to traditional approaches. Participants are encouraged to bring a journal or small notebook.

**Eligible for 3.0 Clock/Credit Hours: NBCC, ATCB; ASWB, APA, MFT, Nursing; LCAT, LCSW (NY State only) Not eligible for APT Credits**

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**Faculty Bio(s): Nancy Weiss**

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10:00 am  -  1:00 pm  

**Edith Kramer & Strength-Based Art Therapy: Fostering Resilience**

*Darcy Marlow, ATR, MEd, LMHC*

This workshop will integrate concepts from Edith Kramer’s theory, Art as Therapy and Strength Based Therapy offering a theoretical perspective that would be appropriate for virtually any clinical setting.
First, an overview of the development and practice of Edith Kramer's theory, Art as Therapy, will be presented. Information will include the implications of her societal, familial and cultural experiences as a survivor of Austria during the emergence of the Nazi party and how they informed her theoretical development. Kramer's resiliency and strength will then be presented in relationship to the goals and tenets of Strength Based Therapy. The similarities between the two theories including the therapeutic relationship, treatment goals and counseling strategies will be discussed. Methods for incorporating these theories will be presented with a focus on facilitating effective healing in treatment. An art experiential will be led to clarify the purpose and value of integrating the two theories. Participants will experience writing and art directives that model how to incorporate the use of strength based art therapy within the therapeutic context.

Eligible for 3.0 Clock/Credit Hours: NBCC, ATCB; ASWB, APA, MFT, Nursing; LCAT, LCSW (NY State only)
Not eligible for APT Credits

Faculty Bio(s): Darcy Marlow

10:00 am  -  1:00 pm
Exploring & Facilitating Pivotal Moments in Treatment through Neurobiology-Informed Drama Therapy

Pam Dunne, PhD, RDT, BCT
Recognizing and working with pivotal moments—epiphanies in response to a shift in thinking or experience—can enhance our efficacy as clinicians. In this 3-hour workshop, we'll review the neurobiology of pivotal moments and introduce a creative arts-based approach to facilitating and benefitting from them. Participants will learn to identify, examine, and reflect upon a pivotal moment's significance through drama, art, and photography techniques plus the creative use of "scaffolding questions." Using this approach, mental health professionals will be better able to help clients to explore their internal lives and enhance their emotional development.

Eligible for 3.0 Clock/Credit Hours: NBCC, ATCB; ASWB, APA, MFT, Nursing; LCAT, LCSW (NY State only)
Not eligible for APT Credits

Faculty Bio(s): Pamela Dunne

10:00 am  -  1:00 pm
Guided Imagery for Behavioral Change: Practical & Safe Techniques for Clinical Success

David S. Gordon, PhD
Cynthia Costas Cohen, MA, LMFT
Guided imagery in healing techniques date back to ancient times across many cultures. This half-day workshop will focus on a dynamic form of guided imagery that can be adapted to many clinical, educational, and artistic settings. We will discuss the parallels of guided imagery approaches to hypnotherapy, including the critical role of the therapist in tracking the client’s image process, the importance of fully accepting and acknowledging the client’s reality, and how the therapist’s analysis can get in the way. The use of symbols combined with metaphorical language, and how to interpret and evaluate imagery content based on different psychological approaches, 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, APA, MFT, Nursing; LCAT, LCSW (NY State only)
Not eligible for APT Credits

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

10:00 am - 1:00 pm
Navigating Transitions through Writing & Art: From Resistance to Renewal
Leslie Teyssier, CHTP, JTTS
Transitions are the emotional response to changes in life view, roles, or situations that significantly affect how we function. In this 3-hour experiential workshop, participants will see how writing prompts, poetry, metaphor, and art making can help them to reap the creative benefits of life transitions. These can be transitions that are planned or not; they can be perceived as positive, negative, or a mix of both. The three stages of the transitions model by William Bridges will be presented. They are: endings, the neutral zone, and new beginnings. Tools for navigating transitions will also be presented. These include: personal assessment, structure, support, and plan. “Pinging transitions” and “non event transitions” will also be introduced. Engaging in this creative process can facilitate creativity and renewal at any stage of transition, and enhance healing and growth in virtually any clinical or non-clinical setting. This approach is appropriate for all ages and abilities.
This session is not eligible for continuing education credits.

Faculty Bio(s): Leslie Teyssier

10:00 am - 1:00 pm
Portrait Photography & Selfies: Facing Shame, Imaging Empowerment
Deborah Cluff, PhD
In this 3-hour therapeutic photography workshop, we'll explore how shame is exposed in portraits, related to how it is experienced somatically. Shame (vs. guilt and secondary shame) will be defined and explained relative to its significance in working with clients, and how it impedes self-expression, and therefore artistic expression. Examples of self-portraits will be visually projected for group discussion/interpretation. A guided imagination exercise will be used to connect participants with the somatic aspect of the felt shame experience. We will make and discuss some phone camera selfies to explore and combat the felt shame experience and discuss how to harness it in treatment for clients of varied ages and issues. An examination of self-portraits and sharing shame stories will occur in triads or dyads, then the full group will reconvene to process. No technical photography experience is required, just bring your phone camera.

Eligible for 3.0 Clock/Credit Hours: NBCC, ATCB; ASWB, APA, MFT, Nursing; LCAT, LCSW (NY State only)
Not eligible for APT Credits
Faculty Bio(s): Deborah Cluff

10:00 am - 1:00 pm

Songs, Chants & Fingerplays: High-Energy Music & Movement for Promoting Child Development
Carol Ann Blank, PhD, MT-BC, LCAT, LPC
This high-energy, fast-paced workshop introduces fingerplays, small and large movement activities, use of props, and instrument experiences that generalists and specialists can immediately implement in their work with young children. Participants will also learn original client-centered songs and chants specifically designed to be learned easily by adults and loved by children. We will also review songs available in the public domain and explore new ways to work with them. You will not only experience activities but also learn how they contribute to cognitive, physical, language, and social-emotional development, as well as proprioceptive and vestibular sensory system development. The use of instruments and props provides additional, multisensory avenues for practitioners to support children’s development while maintaining a high level of musicality and fun. Participants will engage in large and small group music experiences. Appropriate ways to implement these activities and strategies in a variety of settings will be discussed, including community-based family classes, early learning centers, and in clinical practice.

Eligible for 3.0 Clock/Credit Hours: NBCC, ATCB; ASWB, APA, MFT, Nursing; LCAT, LCSW (NY State only)
Not eligible for APT Credits

Faculty Bio(s): Carol Ann Blank

10:00 am - 1:00 pm

Starting an Art Hive: Creative Recycling for Community Wellbeing
Janis Timm-Bottos, PhD, ATR-BC
Anna Timm-Bottos, MA
An art hive is an accessible, sustainable, and therapeutic creative space for community members or clients to teach and learn from each other across socially constructed divides. Art hives embrace democratic and folk art-based processes of engagement, such as “each one, teach one,” non-juried community art exhibits, creative reuse, gardening, and zine practices. In this 3-hour workshop, you will experience and learn how art hives are currently being used and researched at La Ruche d’Art: Community Studio and Science Shop in Montreal, affectionately known as Montreal’s first art hive. Bring your vision and ideas for an art hive network in your area to strengthen multiple clinical practices!

Eligible for 3.0 Clock/Credit Hours: NBCC, ATCB; ASWB, APA, MFT, Nursing; LCAT, LCSW (NY State only)
Not eligible for APT Credits

Faculty Bio(s): Anna Timm-Bottos, Janis Timm-Bottos

10:00 am - 1:00 pm

Trauma-Informed Approaches to Bullying & Violence: Dramatic Options for Safer Schools
Bradford Bancroft, RDT, LMFT
Diana Feldman, RDT, LCAT
Some students, traumatized simply by going to school each morning, become “put-at-risk,” and require specialized intervention. In this 3-hour workshop, participants will learn about working with put-at-risk youth in challenging situations through both interactive and didactic means. They will gain a better understanding of how trauma can affect classroom climate by resulting in negative behavioral manifestations including violence and bullying, defiance, and apathy. To do this, we engage in fun, interactive games; role play; active discussion; and an empathy-based model for understanding trauma and trauma-informed approaches. Counselors, therapists, and educators will leave this session with a stronger understanding of the struggles that students face at school daily, and novel strategies for identifying and working with these put-at-risk youth.

Eligible for 3.0 Clock/Credit Hours: NBCC, ATCB; ASWB, APA, MFT, Nursing; LCAT, LCSW (NY State only)
Not eligible for APT Credits

Faculty Bio(s): Bradford Bancroft,
Diana Feldman

Sunday Lunch Buffet
1:00 pm - 2:15 pm
Lunch Buffet in the Cafe
Hilton Cafe - Lobby Level
Get a Great 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 $16 ticket includes meal and tax (please leave a gratuity) — Available for pre-purchase 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 money, guarantee a 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.

Sunday Afternoon Workshops
2:15 pm - 5:15 pm
Breema: The Art of Being Present
Angela Porter, MA, CATC, CMT, LMFT
Carrie Gray, MA, LMFT

Breema, a dynamic and playful interoceptive 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 guides the practitioner to support the body’s instinctive healing energy, nurturing vitality instead of focusing on symptoms of illness or imbalance. Breema’s exercises use nurturing touch, tension-relieving stretches, and rhythmic movements to foster physical, mental, and emotional balance. 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 3-hour experiential workshop, emphasis will be placed on the experience of the practitioner using individual movement and partner self-care exercises. We will explore the principles underlying this practice: No Judgment, Body Comfortable, Mutual Support, and No
Force, to discover how they can foster a relaxed and openhearted 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 workshop. 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

2:15 pm  -  5:15 pm

**Cultural Humility & the Expressive Arts: Benefits for Therapists & Community Providers**

Einat Metzl, PhD, ATR-BC, CST, LMFT
Louvenia Jackson, PhD, ATR-BC, LMFT

In this 3-hour art-based workshop, two faculty members from the Loyola Marymount University Art Therapy/Marriage and Family Therapy program will build on the concept of cultural humility and facilitate a mixed media exploration of personal and collective knowing.

Participants will integrate this innovative theoretical frame of cultural humility with personal art making and learn how to apply these insights in daily therapeutic work, across multiple settings. All are welcome to join this experiential workshop, including psychotherapists, students, and other community members.

Eligible for 3.0 Clock/Credit Hours: NBCC, ATCB; ASWB, APA, MFT, Nursing; LCAT, LCSW (NY State only)

Not eligible for APT Credits

**Faculty Bio(s):** Louvenia Jackson, Einat Metzl

2:15 pm  -  5:15 pm

**Developing Social Games for Special Needs & Other Populations: Attention, Affect, Action**

Stephen Breithaupt, MS, RDT

Social games are popular ways to teach social skills and conflict resolution in therapy. For clients with special needs, they can be particularly effective. This 3-hour workshop will demonstrate a variety of social games and inspire participants to use them to increase their knowledge about their clients, develop their own customized activities, and to engage their clients in virtually any clinical setting. To that end, types of developmental games are separated into three sections: Attention highlights games that grab the participants' initial attention. They are oriented toward basic social behaviors, such as eye contact and interpersonal communication. Affect challenges game participants to recognize and respond to emotions, helping to clarify certain emotions that might be unexpected and perhaps even unwanted. Action helps participants to demonstrate what was practiced in the previous two game types, while giving game participants a framework for improvising social scenes and practicing acceptable social behaviors.

Workshop participants will have the opportunity to experience social games in all three areas as well as practice developing their own games for use with their clients. This is not only an effective way of working with developmentally delayed clients, but with clients of all populations who wish to learn how to connect more effectively with the
world around them. This session is appropriate for educators as well as mental health professionals.

**Eligible for 3.0 Clock/Credit Hours: NBCC, ATCB; ASWB, APA, MFT, Nursing; LCAT, LCSW (NY State only)**

**Not eligible for APT Credits**

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2:15 pm  -  5:15 pm

**Empowered Sexuality: Integrating Neuroscience, Narrative & Somatic Practices**

*Hilary Kern, ATR, CYT, LMFT*

*Michelle Bee, LMFT, CPT Trainee*

From our deepest inner desires and fears to the way we inhabit our bodies and manifest self-expression, sexuality is a core part of our human experience that influences nearly every domain of our lives. In addition to the personal factors, historical, socio-cultural, and familial conditioning can have a major impact on how we experience and comprehend our sexuality, and can oftentimes lead to feelings of disconnection, confusion, and shame. Drawing upon the neuroscience of brain integration, this 3-hour workshop will explore the interplay of narrative and somatic practices in empowering people who suffer from inherited beliefs on sexuality. Through a multi-sensory play of poetry, breath, and imagery, the connection between the creative self and the tantric principle of core essence will be examined. Participants will learn a new method for fostering a healthy, personal narrative of sexuality that can be used in their clinical practices.

**Eligible for 3.0 Clock/Credit Hours: NBCC, ATCB; ASWB, APA, MFT, Nursing; LCAT, LCSW (NY State only)**

**Not eligible for APT Credits**

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2:15 pm  -  5:15 pm

**Freeing the Voice: A Transformative Group Process for Confidence & Connection**

*Kate Richards Geller, MA, MT-BC, LCAT*

Singing as a physical and emotional activity can help to enhance freedom of expression, which is essential to healing. In this 3-hour workshop, we will tap into our inherent musicality to co-create soundscapes through an easy and playful process. Our spontaneous music will nurture creativity, confidence, and community. Moreover, singing naturally energizes the body, calms the mind, reduces stress, supports immune function, and creates a sense of balance and well-being. Developing comfort with voice and body through singing can also facilitate meaningful connection with clients and enhance a daily therapeutic practice. This workshop is applicable to both community and clinical practice settings. All are welcome.

Absolutely no singing or specialized experience is necessary.

This session is not eligible for continuing education credits.

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2:15 pm  -  5:15 pm

**Faculty Bio(s): Stephen Breithaupt**

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**Faculty Bio(s): Michelle Bee, Hilary Kern**

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**Faculty Bio(s): Kate Richards Geller**
Integrating Ancient Jewish Wisdom & the Arts for a Balanced Life: Lights of Mussar™ Cards

Nancy Weiss, BCD, LCSW

Lights of Mussar™ Cards for Creating a Balanced Life is a powerful tool for accessing inner wisdom. All of the 90 cards are printed with an ethical value ("soul-trait") and are spiritually and psychologically related. Rooted in the ancient Jewish wisdom of “mussar”—an everyday, holistic and spiritual practice—these traits inform behavior and relationships. In this way, each card conveys a part of our selves. Some serve to support our growth, while others represent obstacles. In embracing those parts of ourselves, symptomatology lessens, enabling us to become more whole, and leading the user to live a more conscious and balanced life. In this 3-hour experiential workshop, participants will learn how to facilitate self-exploration for their clients' journey by engaging in several expressive modality experientials, including: journaling, sharing in the larger group and in dyads, drawing, collage, creative writing, and movement. Having a large quantity of cards at-hand provides clients with a concrete, visual representation of these traits that can serve as tangible reminders of life goals for those working in therapy. Learn to help your clients open a portal to their very best selves by working with this structured, psychoeducational, inspirational, and fun activity. For therapists, educators and others. Participants are encouraged to bring a journal or small notebook.

Eligible for 3.0 Clock/Credit Hours: NBCC, ATCB; ASWB, APA, MFT, Nursing; LCAT, LCSW (NY State only)
Not eligible for APT Credits

Faculty Bio(s): Nancy Weiss

Introduction to Music Imagery Techniques

Sherry Raley, PhD, FAMI, MT-BC

The Bonny Method of Guided Imagery and Music (GIM) uses classical music sequences to stimulate and contain imagery. GIM sessions facilitate growth and healing of the whole person and the issues they bring to therapy. Through the course of a GIM series, there are times when less expansive Music and Imagery (MI) techniques are clinically more appropriate to address issues such as anxiety, pain management, and loss/grief. This 3-hour workshop will provide an overview of GIM and MI techniques focusing on the structure, clinical function, and differences in music used for each. Participants will engage in MI and music listening experiences to deepen understanding of the method. MI experiences have the potential to evoke strong emotions in the participants. Case study material will be used to illustrate the clinical applications of MI, and no music therapy training is needed to understand this material. Participants will understand how this process can be used to facilitate effective treatment in a wide variety of populations and settings. Many non-music therapists have been trained in these methods, including psychiatrists, social workers, marriage and family therapists, and expressive art therapists.

Eligible for 3.0 Clock/Credit Hours: NBCC, ATCB; ASWB, APA, MFT, Nursing; LCAT, LCSW (NY State only)
Not eligible for APT Credits

Faculty Bio(s): Sherry Raley
2:15 pm - 5:15 pm  
**Ragdolls & Writing: Transforming Trauma, Facilitating Growth**  
*Ebony Williams, MFA, MA*

In the Ragdoll Project process, doll making and writing merge to address a range of adverse life experiences. Workshop participants will be introduced to the use of doll making as a tool to process trauma and facilitate the development of social, emotional, and cognition skills. In addition, participants will learn about the theoretical orientations underlying this model, and the application of crafting/making as a culturally relevant approach to addressing trauma across identities, experience, and family structure. Participants are asked to bring a notebook, a piece of clothing from someone who has been important/supportive, an inspirational quote or music lyrics, and any other materials that you would like to add to your doll. All other materials will be provided. *No previous sewing or crafting experience required.*

Please Note: This session may elicit strong emotions. To facilitate the full Ragdoll Project protocol, one must obtain certification, which this workshop does not provide.

**Eligible for 3.0 Clock/Credit Hours: NBCC, ATCB; ASWB, APA, MFT, Nursing; LCAT, LCSW (NY State only)**  
**Not eligible for APT Credits**

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Faculty Bio(s): Ebony Williams

2:15 pm - 5:15 pm  
**Sensory Tools for Mindful & Joyful Living: Enhancing Grounding, Presence & Resiliency**  
*Aimee Levine Dickman, OTR/L, SEP*

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.

**Eligible for 3.0 Clock/Credit Hours: NBCC, ATCB; ASWB, APA, MFT, Nursing; LCAT, LCSW (NY State only)**  
**Not eligible for APT Credits**

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Faculty Bio(s): Aimee Levine Dickman

2:15 pm - 5:15 pm  
**Six Viewpoints-Informed Drama Therapy: Balancing Group Process & Contemplative Self Awareness**  
*Daniel Doyle, RDT, LMFT, LPCC*

Beginning with an overview of the Six Viewpoints, a method of movement improvisation developed by dancer and choreographer Mary Overlie, and adapted for stage acting, this 3-hour workshop will provide an introduction to this method featuring information on how the Six Viewpoints can be adapted for use in treatment with clients. For example, the six viewpoints can address issues of self-soothing, tolerating external stimuli, tuning-into one's own impulses, and trust building. Material will be presented in both a didactic and experiential
manner. Participants will be led through a series of exercises starting with a focus on one particular viewpoint, and gradually building toward incorporating all six viewpoints in movement improvisations with groups of 3-6 participants working at a time. This will move into a demonstration of how drama therapy exercises can be informed by the six viewpoints work in which the group has been engaged. Both the contemplative and the dynamic aspects of working in this manner will be explored.

Eligible for 3.0 Clock/Credit Hours: NBCC, ATCB; ASWB, APA, MFT, Nursing; LCAT, LCSW (NY State only)
Not eligible for APT Credits

Faculty Bio(s): Daniel Doyle

2:15 pm  -  5:15 pm
Zentangle Drawing for Stress Management: Applications for Patients & Staff
Amy Pfenning, MPS, ATR, CZT
Marian Husted, MScAT, CZT
Everyone experiences stress, and virtually all people who seek treatment have a need for managing theirs. In this 3-hour workshop, two art therapists teach the popular structured drawing format known as Zentangle, an easy-to-learn, relaxing method that combines creativity and meditation. Zentangle has proven to improve mood through calming and focus; it can also be used as a tool for anger management. Participants will learn how the speakers use Zentangle drawing in a forensic facility, arguably one of the most stressful and anger-centric settings imaginable. Implications for using Zentangle in nearly any clinical setting with populations of all ages and abilities—as well as for staff self-care—will be discussed.

Eligible for 3.0 Clock/Credit Hours: NBCC, ATCB; ASWB, APA, MFT, Nursing; LCAT, LCSW (NY State only)
Not eligible for APT Credits

Faculty Bio(s): Marian Husted, Amy Pfenning

Sunday Afternoon Closing Ceremony

5:25 pm  -  6:00 pm
Closing Ceremony
Margaret Migliorati, MA, R-DMT, NCC, LPCC
Kate Richards Geller, MA, MT-BC, LCAT
Lora Wilson Mau, MA, BC-DMT
Reflect and connect in this closing ceremony of dance and song, basic enough to enable everyone to participate comfortably and feel the power of learning, creativity, and community.
This session is not eligible for continuing education credits.

Faculty Bio(s): Kate Richards Geller, Lora Wilson Mau, Margaret Migliorati