



AMERICAN ART THERAPY ASSOCIATION'S
51ST ANNUAL CONFERENCE

October 24 ■ November 1 ■ November 7



AMERICAN ART THERAPY ASSOCIATION • 51ST ANNUAL CONFERENCE
ART THERAPY CONNECTED:
ADVANCING MENTAL HEALTH
IN A VIRTUAL WORLD
OCT 24 • NOV 1 • NOV 7





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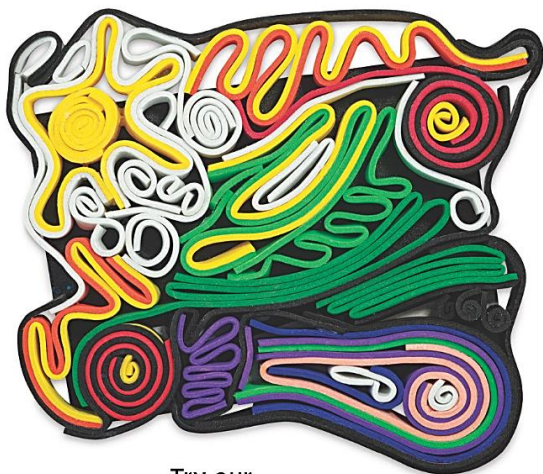
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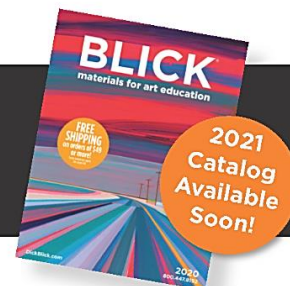
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WELCOME FROM THE PRESIDENT AND EXECUTIVE DIRECTOR OF THE AMERICAN ART THERAPY ASSOCIATION



On behalf of the American Art Therapy Association's Board of Directors and National Office Team, welcome to AATA's 51st Annual Conference, ***Art Therapy Connected: Advancing Mental Health in a Virtual World***, and the first "all virtual" version!

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

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

Thanks to the foresight of the organization's previous board leadership, AATA was already positioned to **transform our online member experience to a new platform** that includes a single sign-on to make accessing content and resources much easier, and a completely redesigned online continuing education website. This major shift in technology has allowed us to improve existing opportunities, as well as explore new ones.

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

And, even during this challenging year, we have continued advancing art therapy at the state and national levels. In collaboration with our chapters, the profession has achieved stand-alone **licensure for art therapists in Virginia and Washington, DC**—with ongoing art therapy legislative activity in more than 20 states! Continuing our advocacy for strong federal behavioral health policies and in support of the arts, we partnered with the **National Council for Behavioral Health** and **Americans for the Arts** for their first-ever virtual Hill days. In addition, **14 art therapy graduate programs have been approved for external accreditation** (and counting!). My thanks to all of our volunteers and members whose time and efforts have helped us make these milestones possible.

And finally, thank you to our conference committee for their incredible spirit of flexibility and dedication in working through the program changes. **Thank you to our conference sponsors and exhibitors** who graciously maintained their support as we took the conference and exhibit hall online!

I'm so glad you are joining us for our very first all-virtual conference, especially now, when we all need community and support more than ever. We look forward to interacting with each of you during our networking times and during the sessions using the online chat feature.

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

Sincerely,

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



A MESSAGE OF GRATITUDE FROM OUR CONFERENCE CHAIR



Dear Colleagues,

On behalf of the Conference Committee, thank you for joining us at the 51st Annual Conference—our very first all virtual conference! We hope you find your experience **enlightening, educational, and fun!** We know this year has been especially difficult for our members and conference attendees and we appreciated your words of support as we pivoted from our planned conference in Washington, DC to this exciting new virtual platform!

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

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

We also invite you to **participate in the optional morning opportunities** such as Yoga, Art-Making and the Mindfulness/Self-Care sessions. These sessions don't provide continuing education, but they *do* offer an inviting way to start your day in camaraderie with other attendees. We hope you enjoy the annual **Conference Digital Art Exhibition** that will be available before the morning plenary sessions. The **evening networking events** will offer you an opportunity to meet colleagues in an informal way while discussing a variety of timely topics for our profession. You can find all of these events on the detailed schedule in this Program Guide on page 11.

I want to **thank our presenters** who have been incredibly flexible as we moved to a virtual format. The new format required them to prepare their sessions about a month earlier than normal. Many presenters are joining us during the virtual conference to further the discussion and to answer questions using **the online chat**—so please engage in this awesome conference feature!

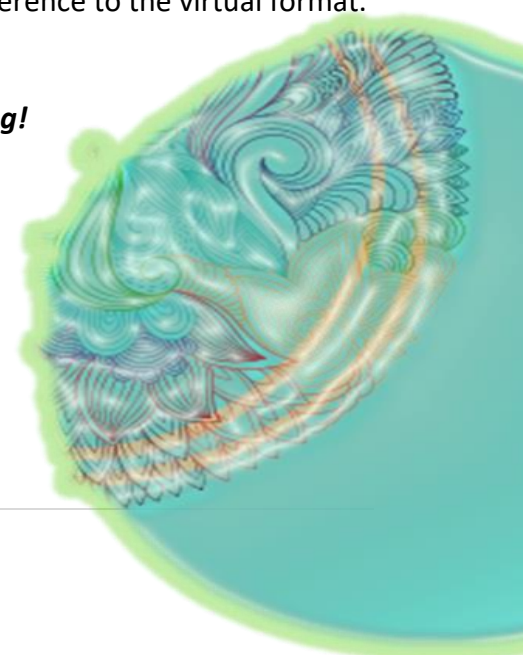
Lastly, I want to thank our **Conference Committee** and our **Program Review Committee** for their outstanding commitment and support which allowed us to pivot our conference to the virtual format. You can find their names on page 5 of this program guide.

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

Sincerely,

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

*Be safe...Be inspired...
Network & Learn!*



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1975-1977 Don L. Jones, ATR-BC, HLM*

1977-1979 Judith A. Rubin, PhD, ATR-BC, HLM

1979-1981 Gwendolyn L. Gibson, ATR-BC, HLM*

1981-1983 Georgiana Jungels, ATR-BC

1983-1985 Gladys Agell, PhD, ATR-BC, HLM*

1985-1987 Sandra L. Graves, PhD, ATR-BC

1987-1989 Catherine M. Drachnik, PhD, ATR-BC, HLM*

1989-1991 Linda M. Gantt, PhD, ATR-BC, HLM

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1997-1999 Deborah A. Good, PhD, ATR-BC

1999-2001 Marcia L. Rosal, PhD, ATR-BC

2001-2003 Shaun McNiff, PhD, ATR, HLM

2003-2005 Lynn Kapitan, PhD, ATR-BC

2005-2007 Paula Howie, ATR-BC, LPC, HLM

2007-2009 Peg Dunn-Snow, PhD, ATR-BC

2009-2011 Joan Phillips, PhD, ATR-BC, LMFT, LPC, HLM*

2011-2013 Mercedes Ballbé (ter Maat), PhD, ATR-BC, LPC

2013-2015 Sarah Deaver, PhD, ATR-BC

2015-2017 Donna Betts, PhD, ATR-BC

2017-2019 Christianne Strang, PhD, ATR-BC

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1976 Elsie Muller, ATR-BC, HLM*

1977 Bernard Levy, ATR, HLM*

1980 Janie Rhyne, ATR, HLM*

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1983 Rawley Silver, EdD, ATR-BC, HLM*

1986 Robert E. Ault, ATR-BC, HLM*

1987 Gladys Agell, PhD, ATR-BC, HLM*

1988 Don L. Jones, ATR-BC, HLM*

1989 Felice W. Cohen, ATR-BC, HLM*

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1992 Harriet Wadeson, PhD, ATR-BC, HLM*

1993 Gwendolyn L. Gibson, ATR-BC, HLM*

1994 Linda M. Gantt, PhD, ATR-BC, HLM

1995 Vija B. Lusebrink, PhD, ATR-BC, HLM

1997 Shaun McNiff, PhD, ATR, HLM

1998 Arthur Robbins, ATR, HLM

1999 Bobbi Stoll, ATR-BC, HLM

2000 Shirley Riley, ATR, HLM*

2001 Mildred Lachman-Chapin, ATR, HLM*

2002 Cathy Malchiodi, PhD, ATR-BC, LPAT, LPCC, CPAT, HLM

2004 Virginia Minar, ATR-BC, HLM*

2007 Bruce Moon, PhD, ATR-BC, LPC, HLM

2008 Laurie Wilson, ATR-BC, HLM

2009 Pat Allen, PhD, ATR, HLM

2010 Doris Arrington, EdD, ATR-BC, HLM

2011 Marcia Rosal, PhD, ATR-BC, HLM

2012 Irene Rosner David, PhD, ATR-BC, LCAT, HLM

2013 Patricia "Gussie" Klorer, PhD, ATR-BC, LCSW, LCPC, HLM

2014 Paula Howie, ATR-BC, LPC, HLM

2015 Randy M. Vick, MS, ATR-BC, LCPC, HLM

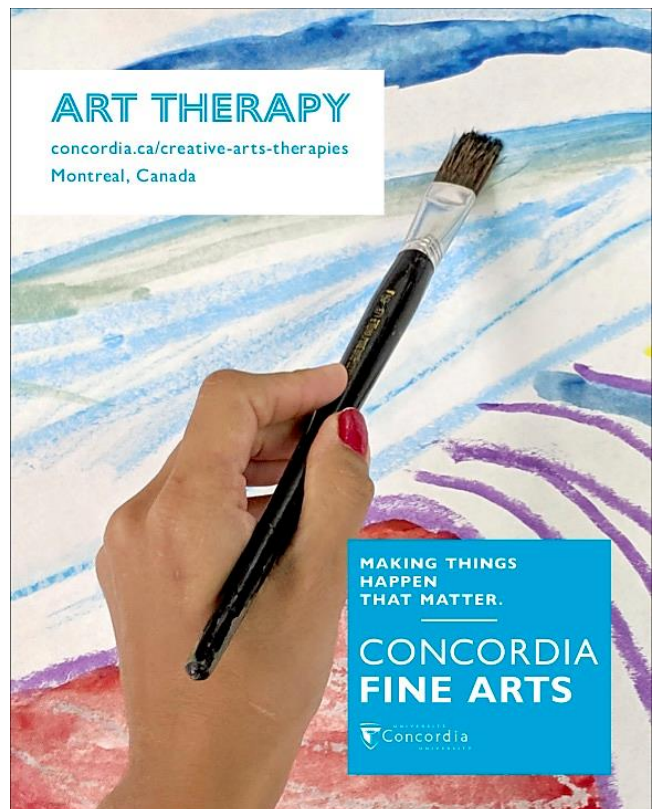
2016 Lynn Kapitan, PhD, ATR-BC, HLM

2017 Sarah Deaver, PhD, ATR-BC

2018 Cheryl Doby-Copeland, PhD, ATR-BC, LPC, LMFT, HLM

2019 Barbara Fish, PhD, HLM, ATR-BC, ATCS, LCPC

*DECEASED



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Zachary Van Den Berg

Arts Events & Studio Art Chair: Marta Cunha

Memorial Ceremony Coordinator:

Patricia Quinn, MS, ATTR-BC

Special Thanks to Members of the Art Shared Interest Group for Assistance with Art-Making Activities and the Free Art Friday Contributions:

Julie Ludwick, MAAT, ATR-BC, LCPC, Sheila Lorenzo de la Peña, PhD, ATR-BC, ATCS, Eric Reiche, BFA

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ABOUT THE AMERICAN ART THERAPY ASSOCIATION

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

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

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

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

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

CONFERENCE CONDUCT POLICY

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

1. The AATA believes that using photos of its members and conference attendees in our print and web publications fosters a greater sense of community. Images from the AATA Conference

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

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

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

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Saturday, October 24

- 1:05 to 1:45 pm EDT
- 3:35 to 3:50 pm EDT

Sunday, November 1 *(Note seasonal time change)*

- 1:05 to 1:45 pm EST
- 3:35 to 3:50 pm

Saturday, November 7

- 1:05 to 1:45 pm EST
- 3:35 to 3:50 pm EST



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PROGRAM TRACKS

The conference is organized into seven main subject tracks to help participants find areas of interest. **Each proposal submitter must select one category to best describe their session.** Two of the subject tracks (Clinical Approaches & Contemporary Issues/Current Trends) include a selection of more specific options.

1. **Clinical Approaches** – Proposals that present information on therapeutic best practices, case studies, and art therapy techniques and methods. Proposal submitters will select one of the following from this category:

<ul style="list-style-type: none">▪ Addictions/Substance Abuse (AS)▪ Child/Adolescents (CA)▪ Forensics (FS)	<ul style="list-style-type: none">▪ Geriatrics (GE)▪ Medical Settings (MS)	<ul style="list-style-type: none">▪ Psychiatric Settings (PS)▪ School Settings (SS)
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2. **Contemporary Issues/Current Trends** – Proposals that present information in the one of the following areas of interest:

<ul style="list-style-type: none">▪ Activism (AC)▪ Autism (AU)▪ Ethics (ET)	<ul style="list-style-type: none">▪ Grief/Mourning (GM)▪ Professional Practice (PP)	<ul style="list-style-type: none">▪ Technology (TE)▪ Trauma (TR)
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3. **Education & Supervision (ES)** – Proposals that present information on updates in art therapy training and education and the latest teaching methods. Or focus on supervision techniques, and educational developments.
4. **Multicultural (MC)** – Proposals that present information about how art therapy heals diverse people, and/or increases multicultural competency by learning about cross-cultural relationships.
5. **Research/Evaluation (RE)** – Proposals that present theory and practice of clinical evaluation, the use of standardized assessments, systematic case studies, outcome studies, and all forms of inquiry, using or exploring various research methodologies.
6. **Studio & Community (SC)** – Proposals that present art studio-based approach, and how artist-centered art therapy practice and community outreach programs are designed to improve our collective well-being.
7. **Theory & Assessment (TA)** – Proposals that present studies in art therapy assessments, current research, and theoretical models which should be presented by experienced researchers.

CONTINUING EDUCATION CERTIFICATES – PLEASE READ

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

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

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

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

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

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

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

ON-DEMAND ACCESS: Attendees will have on-demand access to the sessions included in their conference registration package until December 31, 2021.

SCHEDULE-AT-A-GLANCE

SATURDAY, OCTOBER 24TH (EDT) FEATURING 19 Hours of Learning (*with options*)

9:00 to 9:50 am	Optional Events - Start your day with an optional session (art-making, reflective mindfulness, and/or networking) before the main conference program begins. Enjoy!
9:30 to 10:00 am	Conference Digital Art Exhibition
10:00 to 10:05 am	Welcome: Margaret Carlock-Russo, EdD, LCAT, ATR-BC, ATCS, President, AATA
10:05 to 11:05 am	Plenary Session: <i>Making the Darkness Conscious: Tools for Emotional Communion and Growth</i> , Presented by: <i>Candy Chang, MS</i>
11:10 to 12:00 pm	Educational Concurrent Breakouts (Offer 3 choices)
12:00 to 12:15 pm	Break: Join a Representative from Blick Art Materials for an Art-Making Directive.
12:15 to 1:05 pm	Educational Concurrent Breakouts (Offer 3 choices)
1:05 to 1:45 pm	Lunch Break (Featuring the Virtual Exhibit Hall)
1:50 to 2:40 pm	Educational Concurrent Breakouts (Offer 3 choices)
2:45 to 3:35 pm	Educational Concurrent Breakouts (Offer 3 choices)
3:35 to 3:50 pm	Break (Featuring the Virtual Exhibit Hall)
3:50 to 4:40 pm	Educational Concurrent Breakouts (Offer 3 choices)
4:45 to 5:35 pm	Educational Concurrent Breakouts (Offer 3 choices)
5:35 to 6:35 pm	Daily Wrap & Networking Hour-End your day in a fun way, networking on various topics.

WEDNESDAY, OCTOBER 28TH 7:30 TO 9:00 PM EDT (OPTIONAL EVENT) *International Shared Interest Group*

SUNDAY, NOVEMBER 1ST (EST) FEATURING 19 Hours of Learning (*with options*)

9:00 to 9:50 am	Optional Events - Start your day with an optional session (art-making, reflective mindfulness, and/or networking) before the main conference program begins. Enjoy!
9:30 to 10:00 am	Conference Digital Art Exhibition
10:00 to 10:05 am	Welcome: Margaret Carlock-Russo, EdD, LCAT, ATR-BC, ATCS. President, AATA
10:05 to 11:05 am	Plenary Session: <i>Altered Altars: Collective Healing</i> , Presented by: <i>Lindsey Vance, MA, ATR-BC, LPC, and Invited Co-Panelists</i>
11:10 to 12:00 pm	Educational Concurrent Breakouts (Offer 3 choices)
12:00 to 12:15 pm	Break
12:15 to 1:05 pm	Educational Concurrent Breakouts (Offer 3 choices)
1:05 to 1:45 pm	Lunch Break (Featuring the Virtual Exhibit Hall & 2 Optional Networking Rooms)
1:50 to 2:40 pm	Educational Concurrent Breakouts (Offer 3 choices)
2:45 to 3:35 pm	Educational Concurrent Breakouts (Offer 3 choices)
3:35 to 3:50 pm	Break (Featuring the Virtual Exhibit Hall)
3:50 to 4:40 pm	Educational Concurrent Breakouts (Offer 3 choices)
4:45 to 5:35 pm	Educational Concurrent Breakouts (Offer 3 choices)
5:35 to 6:35 pm	Daily Wrap & Networking Hour-End your day in a fun way, networking on various topics.

WEDNESDAY, NOVEMBER 4TH 7:30 TO 9:00 PM EST (OPTIONAL EVENT) - ANNUAL AWARDS, HONORS & SCHOLARSHIPS PRESENTATION - AN EVENING WITH THE STARS

SATURDAY, NOVEMBER 7TH (EST) FEATURING 19 Hours of Learning (*with options*)

9:00 to 9:50 am	Optional Events - Start your day with an optional session (art-making, reflective mindfulness, and/or networking) before the main conference program begins. Enjoy!
9:30 to 10:00 am	Conference Digital Art Exhibition
10:00 to 10:05 am	Welcome: Margaret Carlock-Russo, EdD, LCAT, ATR-BC, ATCS, President, AATA
10:05 to 11:05 am	Plenary Session: <i>Policy Strategies to Advance Mental Health, the Arts and Social Justice...During a Pandemic</i> , Presented by: <i>Dr. Margaret Carlock-Russo, EdD, LCAT, ATR-BC, ATCS, President, AATA, Laurel Stine, Director, Congressional Affairs, American Psychological Association, Brian D. Banks, Director, Government Affairs & Public Policy, American Counseling Association, and Marete Wester, MS, Senior Director, Arts Policy and National Initiative for Arts</i>

11:10 to 12:00 pm	& Health in the Military, Americans for the Arts
12:00 to 12:15 pm	Educational Concurrent Breakouts (Offer 3 choices)
12:15 to 1:05 pm	Break
1:05 to 1:45 pm	Educational Concurrent Breakouts (Offer 3 choices)
1:50 to 2:40 pm	Lunch Break (Featuring the Virtual Exhibit Hall & 2 Optional Networking Rooms)
2:45 to 3:35 pm	Educational Concurrent Breakouts (Offer 3 choices)
3:35 to 3:50 pm	Educational Concurrent Breakouts (Offer 3 choices)
3:50 to 4:40 pm	Break (Featuring the Virtual Exhibit Hall)
4:45 to 5:35 pm	Educational Concurrent Breakouts (Offer 3 choices)
5:35 to 6:35 pm	Educational Concurrent Breakouts (Offer 3 choices)
	Daily Wrap & Networking Hour-End your day in a fun way, networking on various topics.

THURSDAY, NOVEMBER 12TH 8:00 TO 9:00 PM EST (OPTIONAL EVENT) - ANNUAL MEMORIAL SERVICE HONORING ART THERAPISTS WHO HAVE PASSED SINCE OUR LAST ANNUAL CONFERENCE

AATA's Diversity, Equity & Inclusion Committee

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

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

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

More details will follow on where to view the exhibition.

Prescott College



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

Apply Today!

prescott.edu/eatcert

Detailed Program Listing

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

SATURDAY, OCTOBER 24

9:00 to 9:50 am Optional Events

Start your day, before the main conference program begins with an optional session (art-making, reflective mindfulness, and/or networking). Enjoy! (Not eligible for continuing education).

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

Art-Making: Showing Gratitude to Ourselves, Moderated by Sheila Lorenzo de la Peña, PhD, ATR-BC, ATCS and Eric Reiche, BFA. Use this time to reflect on showing gratitude to ourselves for doing the mundane things we do on a daily basis that contributes to our overall mental health and wellbeing. Take a few minutes to reflect on what those acts are, making a list, identifying 1 to 2 items from your list to illustrate. **Suggested Art Materials:** 2 sheets of paper (or a journal), a pen or pencil, watercolors or color pencils. We invite participants to take photos of their artwork and submit it to Link. Also consider posting your image to the AATA social media accounts using hashtags: #boringselfcare, #socialdistancedselfcare, #wellness, #AATA2020 and #arttherapistart.

Creative Self-Care: Advancing your Mental Health to Support Personal and Professional Effectiveness, Moderated by Barbara Parker-Bell, PsyD, ATR-BC and Patricia Isis, PhD, LMHC-QS, ATR-BC, ATCS. Therapists face challenges in balancing and sustaining care for others and themselves. When therapist care is neglected,

reduced therapeutic effectiveness and therapist quality of life may result. In this optional session, participants will be provided metaphoric imagery and guided mindful self-compassion meditation practices designed for exploring and supporting dimensions of self-care.

9:30 to 10:00 am

Conference Digital Art Exhibition - Start your morning viewing attendees’ artworks.

10:00 to 10:05 am

Welcome & Review of Program - Margaret Carlock-Russo, EdD, LCAT, ATR-BC, ATCS, President, AATA

10:05 to 11:05 am

**Opening Plenary
SC-344 Making the Darkness Conscious: Tools for Emotional Communion and Growth | Intermediate to Advanced | ATCB, NY LCAT
Candy Chang, MS**



2020 has been a turbulent year, but as Carl Jung said, “One does not become enlightened by imagining figures of light, but by making the darkness conscious.” As the world

feels more uncertain, more tribal, and more alienating, Candy Chang will share insights into the hand-written anxieties, sorrows, fears, resentments, and hopes from her participatory public installations and how these responses have incited changes in our communities, public policy, and emotional health. She will also share design factors that influence vulnerability within groups, as well as tools for emotional and creative growth. This event will also be a space for communion between attendees—a time for catharsis, consolation, and consideration of how 2020 can be a year of profound growth as individuals and as a community.

11:10 am to 12:00 pm

Educational Concurrent Breakouts (3 sessions to select from)

**TR-294 | Creatively Healing Trauma in Communities of Color | Basic | ATCB, NBCC, NY LCAT
Lindsey Vance, MA, ATR-BC, LPC**

This experiential workshop will examine community-based collective group approaches for trauma recovery in youth and adults of color.

Through presentation and hands-on art making, movement, and mindfulness, participants will learn creative approaches to work directly in communities experiencing and impacted by trauma. **Suggested Art Materials:** Paper, drawing materials, collage making materials (magazine clippings, fabric, other and found objects), glue and scissors.

RE-311 | FNIRS and Self-Report Assessment of Artmaking in Virtual Reality | Intermediate to Advanced | ATCB, NBCC, NY LCAT

Girija Kaimal, EdD, ATR-BC, Katrina Carroll-Haskins, MA, ATR, PhD Candidate and Asli Arslanbek, MA, ATR-P

We present results from a study examining outcomes of a virtual reality-based art therapy session on reward perception, as measured using functional near infrared spectroscopy (FNIRS), and self-perceptions of quality of life in healthy adults (18-70 years old). Differences in results based on olfactory stimulation will also be shared.

PP-313 | The Role Of Art History In Art Therapy Today | Basic | ATCB, NY LCAT

Lida Sunderland, MA, ATR-BC, LGPC

This paper reviews the history of weaving art history and art therapy together in clinical practice. The paper then examines how integrating social art history frameworks into art therapy treatment benefits participants' processes of expression and discovery. By offering new models for intervention, this paper further argues that art therapy as a field can benefit from a more robust presence of art historical methods in training and practice.

12:00 to 12:15 pm BREAK

BLICK
art materials

Join a Representative from Blick Art Materials, one of our conference Sponsors for an Art-Making Directive, [Foam Quillies](#).

12:15 to 1:05 pm

Educational Concurrent Breakouts (3 sessions to select from)

GM-76 | Resin Techniques in Art Therapy: Creating Objects, Preserving Memories, Holding Meaning | Basic | ATCB, NBCC, NY LCAT

Gaelynn Wolf Bordonaro, PhD, ATR-BC and Lauren Tunnell, MS, ATR-P

Workshop participants are invited to explore resin as non-traditional media in art therapy. Presenters will introduce directives which invite meaning-making and memory honoring. Participants will learn basic resin techniques. **Suggested Art Materials:** We suggest Easy Cast brand; purchase a "kit;" it will have both parts, table cover, mixing cups, stirring sticks, and plastic pipettes. Have a piece of cardboard handy to transport forms to a place to set overnight. Forms: silicone molds, bezels, packing tape, and/or hot glue. Pigment suggestions (optional): food coloring, alcohol ink, mica powder, acrylic paint, or spices. Casting items suggestions: dried leaves, flowers, moss, seashells, beads or buttons, or images printed on water-proof (photo) paper. Wear clothes that can get messy! [Click here for handout](#).

MS-103 | Bereavement Photography: Art Therapist as Photographer, Grief Support, and Witness | Intermediate to Advanced | ATCB, NY LCAT

Meg Weryha, MA, ATR-BC

Using evidence-based art therapy practices and bereavement counseling models, Bereavement Photography can be taken to new depths in support of grieving families. With an art therapist and counselor behind the lens, photographing death develops into a compassionate and careful honoring of a family's deep love, laying the groundwork for healing.

MC-119 | Resiliency Through Art Therapy with Pre-School Children of Latinx Farm Working Families | Basic | ATCB

Angela Quintero, MS and Theresa Van Lith, PhD, ATR-BC, AthR

Latinx farmworker preschool children are an undeserved and highly disparate group. Compelling evidence suggests that chronic adversity is a meaningful contributor to mental health problems exacerbating later in life. We examine the impact of a culturally-informed art therapy program based on trauma-informed narrative therapy evaluated in several settings.

1:05 to 1:45 pm

Lunch Break (Featuring the Virtual Exhibit Hall, when representatives will be accessible to attendees).

1:50 to 2:40 pm

Educational Concurrent Breakouts (3 sessions to select from)

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

Jennifer Lawrence, MA, ATR-BC, LPC

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

for experiential can be accessed

here: bit.ly/collage2020, or QR Code



ET-270 | Ethics of Art Therapy Telehealth | Intermediate to Advanced | ATCB, NBCC, NY LCAT

Mary Attridge, MPS, CMHC, ATR-BC, ATCS, and Carolyn Brown Treadon, PhD, ATR-BC, ATCS

This presentation will cover considerations and current trends in the practice of mental health through the vehicle of telehealth. Issues specific to therapists and the practice of art therapy including ethical, legal, logistical, and clinical considerations will be covered.

TE-20 | Implementing Digital Art Therapy in Adolescent Group Work | Intermediate to Advanced | ATCB, NBCC, NY LCAT

Gretchen Miller MA, ATR-BC, ACTP

This presentation offers an overview about introducing digital art therapy to adolescents in a partial hospitalization program. Content will include sharing the benefits, challenges, and ethical considerations experienced when implementing digital media with this population and for a group setting. Digital art therapy interventions and examples will also be presented.

2:45 to 3:35 pm

Educational Concurrent Breakouts (3 sessions to select from)

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

Erin Partridge, PhD, ATR-BC

Ageist beliefs can have profound impacts on the lives of older adults, communities, and institutions. This

session will explore how and where ageism shows up in art therapy, strategies to address internalized ageism, and the use of art to call attention to ageism in our daily lives and institutions. **Suggested Art Materials:** Paper, Journal, and any art media you prefer including oil pastels, colored pencils, watercolor/acrylic paints, mixed media, etc.

FS-45 | Advancing Progress in Corrections: Introducing a Statewide Art Therapy in Prisons Program | Basic | ATCB, NY LCAT

David Gussak, PhD, ATR-BC Casey Barlow, MS, ATR-P, Evie Soape, MS, ATR, LMHC, and Jerry Brown

Recognizing what art therapy can offer their inmate population, the Florida Department of Corrections contracted the Florida State University Art Therapy Program to develop the FSU/FL-DOC Art Therapy in Prisons Program in which full-time art therapists were hired to provide art therapy for young inmates to help overcome their challenges.

ES-190 | Exploring Art Therapy in the Online Environment | Intermediate to Advanced | ATCB, NY LCAT

Erin Carter, MS, ATR-BC and Katrina Wehr, MEd

Learn how a large research university in the Mid-Atlantic region proposed, developed, and successfully implemented an online introductory art therapy course for undergraduate distance learners. This general education course prioritizes art-making and aims to correct misconceptions about art therapy and other expressive therapies for non-art majors.

3:35 to 3:50 pm

Break (Featuring the Virtual Exhibit Hall, when representatives will be accessible to attendees).

3:50 to 4:40 pm

Educational Concurrent Breakouts (3 sessions to select from)

PP-47 | Mandalas for Clinician Self-Care: Using the Sacred Circle as Our Guide | Intermediate to Advanced | ATCB, NY LCAT

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

This workshop will engage participants in a contemplative mandala-making process for professional invigoration and self-care. Participants will make a mandala through a contemplative process that can be easily replicated outside of the virtual conference. The process will open attendees' potential for reflective inner-dialogue aimed to

chronicle professional growth and generate wholeness for the practitioner. Attendees will leave the workshop having experienced an artistic wellness practice that can enrich and revitalize their professional work.

Suggested Art Materials: (1) Surface: mixed media or watercolor paper; While the surface does not need to be square, it does need to accommodate your mandala: 7x7, 8x12, 12x12 are some options; (2) Pencil (for tracing circle); (3) Bowl or other circle (approx. 6-7 inches in diameter). Media suggestions (one or two of these items will suffice): (1) Oil pastels (+napkins); (2) Watercolors (+water, brush, napkins); (3) Watercolor markers (+water, brush, napkins)

MC-345 | Textiles in Art Therapy with Women: Interweaving Historical and Personal Connection | Basic | ATCB

Samantha Kimberly Wright and Margaret Carlock-Russo, EdD, LCAT, ATR-BC, ATCS

For centuries, women have sewn, stitched, and woven worldwide to create community, externalize experiences, and sustain mental health and wellbeing. We will explore the history and socio-political significance of textile art media for women and the potential therapeutic benefits, inviting art therapists to integrate textile media into their practice.

PP-197 | Political Talk: Art Therapists' Opinions About Political Discussion within Sessions | Intermediate to Advanced | ATCB, NBCC, NY LCAT

Elizabeth Smith, MA

In therapy, are there off-limit discussion topics? This presentation will lead attendees through research which surveyed therapists' opinions about the inclusion or exclusion of political discussions within therapeutic sessions. Attendees will be encouraged to continue the dialogue regarding the risks and benefits of political discussion.

4:45 to 5:35 pm

Educational Concurrent Breakouts (3 sessions to select from)

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

Michael Pretzer, MA, ATR-BC, LCPAT and Sara Blevins
Response art is commonly used reflectively for insight or self-care. It can also be used to communicate directly with clients. In this session we will review the types of response art made with

clients and after client sessions, using cases studies of adolescents as examples. Participants will be given opportunities to briefly make response art and are encouraged to make art throughout the presentation. Directives for making response art at a later time will also be given. **Suggested Art Materials:** Drawing pad or sketchbook for two-minute drawings. Your preferred mark-making material (graphite, charcoal, ink, pastels, paint).

ES-321 | Historically Black Colleges/Universities as Fertile Grounds for the Future of Art Therapy | Intermediate to Advanced | ATCB, NY LCAT

Monique Major, PhD, Kaalex Ash-Green, BS, Daudreanna D. Baker, Lillian Lo, and Rael Crews

We will discuss the direct and indirect impact of Historically Black Colleges and Universities in the field of art therapy, ways to cultivate more graduates from HBCUs in the field of art therapy, and some of the barriers that impede students when applying to art therapy graduate programs.

RE-42 | Progressive Partnerships: Neuroaesthetics and Art Therapy in the Museum | Intermediate to Advanced | ATCB, NBCC, NY LCAT

Juliet King, MA, ATR-BC, LPC, LMHC and Jessica Kay Ruhle

The research emerging from the field of neuroaesthetics deepens the understanding of what makes a successful intervention in a range of environments. Museums are collaborating with art therapists more than ever and future arts-based interventions in real-world environments such as a museum can offer a revitalized approach to art therapy research. Collaborations will be key to this ground-breaking work and partnerships offer their own sets of challenges and rewards.

5:35 to 6:35 pm

Daily Wrap & Networking Hour (3 sessions to select from). End your day in a fun way networking with other attendees and colleagues on various topics. Feel free to use your audio and webcams as you network. Enjoy! (Not eligible for continuing education).

Art Therapists of Color, Moderated by DeLora Putnam-Bryant, MA, ATR BC and Charlotte Boston, MA, ATR-BC, LCPAT. Art therapists of color are invited to share their clinical, personal and career experiences. This is an opportunity to connect and support other art therapists of color.

STUDENTS: From an Online Art Therapy Grad Student, Here are 5 Tips for Making the Transition

to Virtual, Moderated by Trica Zeyher and Carolyn Brown Treadon, PhD, ATR-BC. Many art therapy graduate students are transitioning to telehealth from face-to face services during coronavirus in our practicum and internship sites. Some of us have also transitioned to fully online education. Join this networking session to learn tips about how to navigate these situations, share ideas and inspire each other.

Men in Art Therapy, Moderated by Michael Galarraga, MS, LPC, ATR-BC, CSAC, CSOTP and Robert Belgrod, LPAT, LCAT. This networking session provides a venue for us to come together in camaraderie and share professional stories.

WEDNESDAY, OCTOBER 28

7:30 to 9:00 pm - Mid-Week Conference Session: International Shared Interest Group (*Not eligible for continuing education*)

This meeting is for conference attendees who live and work in other countries. Come to network, and unwind with art-making. In this meeting, we will explore our intentions for future global work in art therapy while expressing the impact of the pandemic on our current work, travel, or global collaborations. Let's bring as much connection as we can during our virtual time together!



Ever think about volunteering for the Art Therapy Credentials Board (ATCB)? Are you looking for ways to advance the art therapy profession? If you're looking for ways to get involved, the time is now! There are many ways to get involved, be it with the development of items for the national examination to reviewing the standards for registration. Interested in helping identify future leaders of the ATCB or how we communicate with credential holders—we have opportunities for that too! **Learn more about the many ways to can make a difference by visiting our website www.atcb.org**

ART THERAPY
CREDENTIALS BOARD, INC. **ATCB**

SUNDAY, NOVEMBER 1

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

9:00 to 9:50 am Optional Events

Start your day, before the main conference program begins with an optional session (art-making, reflective mindfulness, and/or networking). Enjoy! (Not eligible for continuing education).

YOGA Instructed by Ellen Horovitz, PhD, ATR-BC, LCAT, E-RYT, LFYP, C-IAYT. Ellen G. Horovitz, is in private practice, Creative Arts Therapy Practice, PLLC. She has authored over 8 books, is a registered art therapist, yoga teacher and certified yoga therapist. – **Namaste!**

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

Coffee or Cocktail International Networking Hour, Moderated by Bani Malhotra, MA, ATR and Susan Anand, MA, ATR-BC, ATCS, LPAT and others listed below. This meeting is for those conference attendees living and working in other countries, international students in the U.S., or anyone interested in international art therapy. Come network with art therapists from various regions of the world; discover the momentum of art therapy, discuss issues and concerns, and share your interests and skills. Let's bring as much connection as we can during our virtual time together! For more information please,

contact bani.malhotra13@gmail.com.

Moderators: **Africa:** Dr. Alexis Decosimo, DrPH, ATR, LCMHC, and Rachel Crawford, MA, ATR-BC, LCMHCA; **Asia:** Sunhee K. Kim, Ph.D., ATR-BC, ATCS, LCAT and Sojung Park, Ph.D., ATR-BC, LCAT; **Australia:** Holly Bowen, B.Psych.Sc., B.Hlth.Sc. (Hons); **Latin America:** Gabriela Osorio. MTFs, MTA and Ric Avila, M.Ed. AT / CNSLR; **Canada:** Dr. Sharona Bookbinder, BSc, DTATI, MBA, DAT, OATR, RCAT, RP; **Europe:** Elizabeth Stone, MA, ATR-BC, LP, LCAT; **The Middle East:** Heidi Bardot, MA, ATR-BC, LCPAT and **International Students:** Salma Moustafa

9:30 to 10:00 am

Conference Digital Art Exhibition - Start your morning viewing attendees' artworks.

10:00 to 10:05 am

Welcome & Review of Program - Margaret Carlock-Russo, EdD, LCAT, ATR-BC, ATCS, President, AATA

10:05 to 11:05 am

Plenary Session

MC-363 | Altered Altars: Collective Healing | Intermediate to Advanced | ATCB, NBCC, NY LCAT
Presented by: Lindsey Vance MA, ATR-BC, LPC, Elizabeth Dale-Deines, Wayne "DK" Watts, Yusha Assad, Kirk "Coach K" Keys, and LaToya Pegram



Historically altars are known as raised sacred spaces in which sacrifices and offerings are placed to honor or worship. In a time in which so much is happening in our world and it is filled with loss and hardship many have found new ways in which to honor and sacrifice for the purpose of healing. This idea of an altered altar will join together the creative ways in which the DC community has begun collective healing through celebration and remembrance. This interactive panel will share the work they have done to create collective healing spaces and offer the participants an opportunity to heal as well.

11:10 am to 12:00 pm

Educational Concurrent Breakouts (3 sessions to select from)

MC-15 | Working with African American Women & Men in Therapy: The Intersection Between Trauma, Race, Culture and Gender and Its Impact on Psychological Well-Being (Narratives as Art & Storytelling) | Basic | ATCB, NBCC, NY LCAT
Angela Clack, PsyD, LPC, ACS

For several decades now, the knowledge base about psychological trauma has continually expanded in the professional literature. This expanding base has not increased its scientific attention and focus on the intersection of race, ethnicity, gender, culture and psychological trauma. In this workshop, the attendee will be both participant and observer in the witness of the role and place storytelling has as an art and its significance in helping Black Indigenous People of Color (BIPOC) be seen in White America and in the facilitation of healing through art forms. Attendees have the opportunity to create their own work of art that tells the story of one's family of origin history, ancestors' narratives, migration story, or one's birth story.

Suggested Art Materials: Paper, Journal, and any art media you prefer including oil pastels, colored pencils, watercolor/acrylic paints, mixed media, etc.

RE-237 | Introducing the Children's Section to the FEATS Rating Manual | Intermediate to Advanced | ATCB, NBCC, NY LCAT

Amy Bucciarelli, MS, ATR-BC, LMHC and Linda Gantt, PhD, ATR-BC, HLM

The Formal Elements Art Therapy Scale Rating Manual (FEATS) has been revised to include a children's section. This paper presentation will outline the new section. Presenters will review how the FEATS can be used in clinical and research settings to study children's drawings and will suggest opportunities for research collaborations.

SC-196 | Weaving a Community Together: The Traveling Loom | Basic | ATCB, NY LCAT

Leara Glinzak, MSAT, ATR-BC

The Traveling Loom is a project that utilized a community based art therapy approach to address needs in the community and break down barriers. This session will include essential steps to organize your own project, make art therapy more accessible and learn how to expand your project beyond your community.

12:00 to 12:15 pm BREAK



Join a Franz Spohn, a Representative from Faber-Castell, one of our conference Sponsors for a dynamic demonstration called "A Super Hero...the Gel Crayon." Franz is an industry expert, a Professor of Illustration, a Host and Co-Producer of Television series for PBS, Amazon Prime, and the Food & Game Channels. [Read more about the demonstration here.](#)

12:15 to 1:05 pm

Educational Concurrent Breakouts (3 sessions to select from)

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

Elissa Arbeitman, MA, ATR-BC, LCAT

Give yourself the opportunity to rediscover your creative self, alongside others without pressure to perform, produce or succeed. Focus on the act of painting itself and your experience while painting rather than the final art product. Return to the idea that creative expression can serve as a tool to heal and connect. **Suggested Art Materials:** Tempera or Acrylic paint. If you do not have paints at home a mixture of the following will work: colored pencils, crayons, craypas, pastels and the like. Feel free to use these mediums, in addition to your paint (if you have it). This process calls for you to paint on large paper, typically 20 x 26. However, any size paper will do! Cardboard, large paper bags will work. Palette knife, plastic knife, sponges are optional. Water and paint palette. **You may want to review the directive before the session begins, and feel free to paint during the presentation.** [Click here for instructions.](#)

MS-177 | Medical Art Therapy with Young Children | Intermediate to Advanced | ATCB, NBCC, NY LCAT

Kristin Ramsey, MA, ATR-BC, LPC, Tracy Council, MA, ATR-BC, LCPAT, Jessica Girard, MA, ATR and Elizabeth Burks, MA, ATR-BC, LCPAT, LGPC

Very young children diagnosed with cancer and blood disorders process medical experiences largely through non-verbal means. Art therapy at the treatment center engages toddlers and preschoolers in creative exploration and self-expression, creating opportunities for emotional regulation and rebuilding a sense of boundaries and control.

PP-174 | The Act of Creation: Therapist as Entrepreneur | Intermediate to Advanced | ATCB, NBCC, NY LCAT

Jennifer DeLucia, DAT, ATR-BC, LCAT, Emery Mikel, MA, ATR-BC, LCAT, LPAT, Reina Lombardi, MA, ATR-BCCS, LMHC-QS, Emily Nolan, DAT, ATRL-BC, LPC, Mitra Reyhani Dejkameh, PhD, MFA, MA, ATR-BC, LCAT and Chandra Davis, MA, ATR-BC, LCPC, LCPAT
Therapists seek opportunities in new settings, build programs to address unmet needs, and contribute to growth through job creation and increased access to services. Panelists present their entrepreneurial experiences, exploring how they identified opportunity, managed risk, and used resources and skills to contribute to their success.

1:05 to 1:45 pm

Lunch Break (Featuring the Virtual Exhibit Hall, when representatives will be accessible to attendees).

1:50 to 2:40 pm

Educational Concurrent Breakouts (3 sessions to select from)

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

Cheryl Feldman, MA, Doctoral Candidate at Notre Dame de Namur University, LMFT, ATR-BC
Touch is our first sense to develop, clay is from the earth. Both can access parts of the self that ground a person. This workshop will contain a brief overview of clay use in a variety of cultures, a discussion of clay as a medium for change, and conclude with personal art making. **Suggested Art Materials:** Any raw clay you feel comfortable using, or some air dry clay that you have. Different options for air dry clay are as follows: Stonex, DAS, Jovi, or Plus. They have both white and terra cotta colors, so you can choose whichever type of clay you would like to try. A last option would be Model Magic, as it does not act like true clay for this purpose. If you want to have some simple modeling tools for clay, that will work too, but they are not necessary. A small bowl of water and a flat surface you can leave your clay on to dry may be helpful as well.

TA-56 | How Coloring Contributes to Mental Health | Basic | ATCB, NBCC, NY LCAT

Rebecca Wilkinson, MA, ATR-BC, LCPAT
This presentation identifies how coloring fits within different clinical models of art therapy. We will

examine research into the benefits and clinical applications of coloring. We will outline how the ongoing popularity of coloring books provides opportunities for us to educate the public about art therapy.

TR-66 | The Experience of Empathy Within Law Enforcement: An Art Exploration | Basic | ATCB, NBCC, NY LCAT

BriAnne Timmons, MA, AMFT, Isabella Williams, MA, AMFT, ATR-P and Joyce Yip Green, PhD, LMFT, ATR-BC

This presentation explores the experiences and perspectives of empathy among law enforcement officers who participated in an art-based research study. Art responses reveal themes that reflect ways that law enforcement officers balance emotions and their roles in order to protect themselves from suffering vicarious trauma.

2:45 to 3:35 pm

Educational Concurrent Breakouts (3 sessions to select from)

PS-178 | Introduction to Mentalizing in Art Therapy | Basic | ATCB, NY LCAT

Kula Moore, MA, ATR-BC, LPC, CPRP and Kate Marder, MA, ATR-BC, LPC, CPRP

This workshop will provide an introduction to mentalizing and its application to art therapy. The presenters will describe art therapy directives and methods to promote conditions for mentalizing and to address nonmentalizing. Participants will engage with mentalizing interventions through case examples and experiential art making.

Suggested Art Materials: 8 x 10 or bigger paper, any art media you prefer including oil pastels, colored pencils, watercolor/acrylic paints, mixed media, etc. [Click here](#) for directive that you may want to have prepared before the session begins.

TR-138 | Art Therapy with Sex Trafficking Survivors: Using a Trauma-Informed Approach | Intermediate to Advanced | ATCB, NBCC, NY LCAT

Mary K. Kometiani, MA, ATR-BC, LPCC, Sharon Doering, PhD, ATR-BC, LPAT-S, EMDRt, and Chris Drosdick, NCC, CSAC, ATR-BC, ICS

Human trafficking is a disturbing crime resulting in unspeakable tragedy. This presentation will discuss the benefits of art therapy with sex trafficking survivors. Current research and best practice recommendations will be provided. Participants will learn how to identify survivors, access resources, and

apply theories of recovery for this burgeoning population.

ES-176 | Integrating an Art Therapy and Neuroscience Lens in Education, Training, and Practice | Intermediate to Advanced | ATCB, NY LCAT

Erin Rafferty Bugher, MAAT, ATR-BC, LPCC, Kristin Kane, MA, ATR-BC, LMFT, Jennifer Kleinhans, Student (2021), Angela Dirks, Student (2021), and Dr. Andy Paulson, LP

This panel will provide a framework that supports the intentional integration of neuroscience principles into art therapy education, training, and practical application. Representatives from faculty, students, and field site partners share their collaborative experiences and the results of the integrated art therapy neuroscience-informed approach.

3:35 to 3:50 pm

Break (Featuring the Virtual Exhibit Hall, when representatives will be accessible to attendees).

3:50 to 4:40 pm

Educational Concurrent Breakouts (3 sessions to select from)

PP-187 | When the Helper is Hurt: Survive and Thrive After a Workplace Trauma | Intermediate to Advanced | ATCB, NBCC, NY LCAT

Christine Czuhajewski, MA, MT-BC, Janet Kempf, MA, LPC, ATR-BC, and Stacey Nelson, MA, LCPC, LCPAT, ATR-BC

Assault by clients is an occupational hazard that can be physically and psychologically devastating. However, there are limited discussions regarding harm to mental health professionals on the job. The panelists will present proactive strategies in creating safer work settings and describe post incident professional issues including trauma recovery and growth.

RE-68 | Expanding Artistic Literacy in Art Therapy Education: Assessing Artwork and Art-based Research | Intermediate to Advanced | ATCB, NY LCAT

Michael A. Franklin, PhD, ATR-BC

This presentation addresses the quandary art therapy educators and practitioner-researchers face when evaluating artwork. A multidimensional rubric created by the presenter is described in detail for use when grading art and tracking the process-product outcomes of art-based research.

AU-336 | Art Therapy within an Adult Education Centre for Individuals with Special Needs | Basic | ATCB, NY LCAT

Erica Nicole Onofrio, MA, ATPQ

Limitations arise when working as an art therapist within the school environment. By incorporating art into an adult with special needs' day, they are encouraged to create unique artwork to respond to their needs and level of functioning, allowing them to create connections with others within a safe space.

4:45 to 5:35 pm

Educational Concurrent Breakouts (3 sessions to select from)

TR-75 | The Art Therapy Genogram: Modernist & Postmodernist Approaches to Exploring Relationships | Basic | ATCB, NBCC, NY LCAT

Tanya Alexander, MA, LMFT, ATR-BC, AADC

As society evolves, there is a call for therapists to be more creative in practice to meet the needs of a diverse clientele. This session explores modernist & postmodernist Art Therapy genogram relational exploration, with the incorporation of specific theory concepts & working in the miniature.

RE-85 | Considering a Strategic Plan for Art Therapy Research: Next Steps and Future Directions | Intermediate to Advanced | ATCB, NY LCAT

Nancy Gerber, PhD, ATR-BC and Theresa Van Lith, PhD, ATR-BC, AThR

This presentation focuses on the next steps of a multi-phasic proposal to formalize a research strategic plan for art therapy. We will share our findings drawn from collecting, analyzing, and synthesizing data from multiple critical sources involving past and current art therapy research practices.

SS-220 | Introducing Art Therapy to the Education System | Basic | ATCB, NBCC, NY LCAT

Susan Kappel, MA, ATR-BC, LCAT, CGP and Samantha Barone, MA-CAT

Art therapy has long been an underused resource when it comes to the education system. Social worker's and guidance counselors have been tasked to oversee these settings. In impoverished Neighborhoods, trauma and crisis are likely to occur. Art Therapy can be introduced to create community support to students and faculties.

5:35 to 6:35 pm

Daily Wrap & Networking Hour (3 sessions to select from). End your day in a fun way networking with other attendees and colleagues on various topics. Use your audio and webcams as you network. Enjoy (*Not eligible for continuing education*).

Practice for Art Therapists Who Identify as Black, Indigenous, and People of Color, Moderated by Miki Goerdt, MSW, LCSW, ATR-BC. Intracultural practice is defined as working with clients from the same ethnic/racial group of the therapist. Intracultural practice for BIPOC art therapists consists of different challenges from Caucasian-to-Caucasian encounters. During this networking event, we will explore the shared experiences of BIPOC art therapists in order to strive for culturally sensitive practice.

STUDENTS: Getting Involved as Students – Learning How to Advocate for Art Therapy and for Yourself, Moderated by Claire Kalala, Clara Keane, and McKeon Dempsey. During this fun and informative networking session for students we will discuss ways you can be your own best advocate for your career, and the art therapy profession!

Best Practices for Using Art Supplies Hygienically During the COVID-19 Outbreak, Moderated by Andrea Davis, ATR-BC, LPC-AT-S. As we navigate the current coronavirus pandemic, it is a good time to be mindful about art supplies and ways to prevent the spread of illness. The Center for Disease Control (CDC) describes COVID-19 as an airborne illness. Droplets in the air can be breathed in and also land on surfaces including work spaces and art supplies. Join this discussion for tips and advice on how to use art supplies with clients during this challenging time.

WEDNESDAY, NOVEMBER 4

7:30 to 9:00 pm - Mid-Week Conference Session: Honors, Awards and Scholarships Presentation: An Evening with the Stars (*Not eligible for continuing education*). Come celebrate AATA's 2020 Scholarship, Awards, and Honors recipients as they are presented their awards.

SATURDAY, NOVEMBER 7

9:00 to 9:50 am Optional Events

Start your day, before the main conference program begins with an optional session (art-making, reflective mindfulness, and/or networking). Enjoy! (*Not eligible for continuing education*).

YOGA Instructed by Ellen Horovitz, PhD, ATR-BC, LCAT, E-RYT, LFYP, C-IAYT. Ellen G. Horovitz, is in private practice, Creative Arts Therapy Practice, PLLC. She has authored over 8 books, is a registered art therapist, yoga teacher and certified yoga therapist. – **Namaste!**

Art-Making: Art for Peace Process Inspiration, Moderated by Julie Ludwick, ATR-BC, LCPC and Lisa Hassler Thomas, ATR, LPC. Join us for this art making session with our intention to ground ourselves and promote peaceful, responsive expression in our lives. **Suggested Art Materials:** Gather art materials of your choosing. Post your art on #ATA2020, #arttherapistart, #artforpeace.

Cultural Humility, Presented by Louvenia Jackson, PhD, ATR-BC, MFT. In this morning session, Dr. Jackson, author of Cultural Humility in Art Therapy will lead attendees through a directive on cultural humility that includes self-reflection. The session will introduce concepts of self-awareness about how we present ourselves, awareness of other's perspectives and an openness to exchange. **Suggested Art Supplies:** Structured materials, paper, pencil, markers, crayons, color pencils, color paper, collage materials, scissors, cut/rip paper, glue, model magic, yarn, fabric, pastels, tissue paper, paint, watercolors.

9:30 to 10:00 am

Conference Digital Art Exhibition - Start your morning viewing attendees' artworks.

10:00 to 10:05 am

Welcome & Review of Program
Margaret Carlock-Russo, EdD, LCAT, ATR-BC, ATCS, President, AATA

10:05 to 11:05 am

Plenary Session
AC-365 | Policy Strategies to Advance Mental Health, the Arts and Social Justice...During a Pandemic | Intermediate to Advanced | ATCB, NY LCAT | *Laurel Stine, JD, MA, Senior Director, Congressional Affairs & Partnerships, American Psychological Association, Brian D. Banks, MA, Director, Government Affairs & Public Policy, American Counseling Association, Marete*

Wester, MS, Senior Director, Arts Policy and National Initiative for Arts & Health in the Military, Americans for the Arts, and moderator Dr. Margaret Carlock Russo, EdD, LCAT, ATR-BC, ATCS, President, AATA



Government affairs experts will share their perspectives on advancing mental health and the arts at a time when the Coronavirus pandemic has drastically reshaped national, state and local policy priorities. They will offer insight on how to call on lawmakers to address systemic inequities within existing systems, particularly in access to mental health care. Panelists will also discuss strategies to secure funding for programs during uncertain economic times.

11:10 am to 12:00 pm

Educational Concurrent Breakouts (3 sessions to select from)

MS-347 | Digital Art Therapy Reframes Feelings With Youth-In-Crisis In The Pediatric Emergency Department | Intermediate to Advanced | ATCB, NBCC, NY LCAT

Kendra Carlson, MAAT, ATR-BC

This paper will discuss how engagement in digital art therapy may reframe the affect states of behavioral health patients in the pediatric emergency department and address emotional regulation, increased communication and treatment readiness goals. Pilot study case examples will present the validated assessment tool, pediatric self-expressions and associated mood outcomes.

MC-159 | Collective Collage Making in A Multicultural Setting In Singapore | Basic | ATCB, NBCC, NY LCAT

Xiangting Bernice Lin, MA Candidate and Ronald P.M.H. Lay, MA, AThR, ATR-BC

This paper distinguishes between collective and individual collage making in a group art therapy setting. It explores variables in group collage making that can potentially enhance or diminish interpersonal connection and social support. Case examples in a multicultural context from Singapore will be used to illustrate these points.

CA-201 | Using Mandalas As Regular Art Therapy Practice With Military Dependents | Basic | ATCB, NBCC, NY LCAT

Casey Frederick, MA, LGPAT, LGPC, Christlyn McCaskill, MA, LGPAT, LGPC and Lacy Mucklow, MA, ATR-BC, LPAT, LCPAT, ATCS

Teen military dependents face myriad mental health challenges. Mandalas offer structure, consistency, and openness of expression to explore and to resolve their issues. Two case studies describe Kellogg's theory of The Great Round of Mandala to exemplify the use of mandalas as a part of regular treatment.

12:00 to 12:15 pm BREAK



Join a representative from CommonwealthOne to learn more about services available.

12:15 to 1:05 pm

Educational Concurrent Breakouts (3 sessions to select from)

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

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

Because language is power, how we use language to name, describe, represent, and “construct” others is a pressing concern in counteracting oppression. This workshop offers practice in examining language within relational ethics. Attendees will explore bias in language on race/ethnicity, gender, and disability, and construct bias-free alternatives that serve liberation. **Suggested Materials: Journal, sketchbook, or a notebook or any art materials you prefer. It is suggested that attendees review the directive before the session and complete the reflection exercises. [Click here](#) for the directions.**

MC-280 | Art Therapy and Diagnostic Assessments for Asylum Seekers: A Call to Action | Intermediate to Advanced | ATCB, NY LCAT

Joann Lundberg, MA LPC, ATR

The immigration crisis has reached an unprecedented level. Art therapists can help migrants by giving a voice to children whose perspective is lost through traditional assessment. After completing 60 psychological reports for asylum seekers I provide an overview of legal visas, integrating art into evaluations, cultural considerations and resources.

CA-331 | Child-Centered Art Therapy in a Family Systems Model (AT/FS) | Intermediate to Advanced | ATCB, NBCC, NY LCAT

Michael Fogel, MA, ATR-BC, LPC

Imagine a powerful holding environment for outpatient individual therapy. Engage resistant children and involve caregivers! Learn how every session injects COGNITIVE coping skill development for child AND CAREGIVER, along with deep AFFECT-BASED art psychotherapy. Discover the three-session child/family assessment protocol and parent-training promoting supportive home structure and coping skills generalization.

1:05 to 1:45 pm

Lunch Break (Featuring the Virtual Exhibit Hall, when representatives will be accessible to attendees).

1:50 to 2:40 pm

Educational Concurrent Breakouts (3 sessions to select from)

MS-250 | Resiliency Beads: A (Bite-Sized, Strength-Based, and Practical) Response Art Ritual | Basic | ATCB, NY LCAT

Kytana N. Priebe, MA, ATR-BC

Art therapists face many challenges working in a medical setting, but a clinician's professional processing often gets understated and/or neglected. Learn an innovative and time-sensitive response art directive that addresses the unique difficulties of providing art therapy in a medical setting to better prevent empathy fatigue, vicarious trauma, and burnout. **Suggested Art Materials:** Decorative paper (or DIY paper), Bead roller or skewer, Mod Podge or watery glue, pencil and/or pen, old paint or foam brush, scissors. **Optional materials include:** thin wire, wire cutters (for stringing finished beads) and nail polish.

RE-13 | Do Graduate Students' Mandalas Exhibit Archetypal Patterns Based on Kellogg's MARI®? | Basic | ATCB, NY LCAT

Renee Van Der Vennet, PhD, ATR-BC, ATCS, LCAT, LMHC, CGP

This research investigated whether a "mandala set" (N = 143) drawn by art therapy graduate students (n = 36) depict archetypal patterns and stages as defined by Kellogg's Great Round of archetypal stages in mandalas in the MARI® and if these patterns relate to significant events in their lives.

TE-30 | Robots In The Art Studio: A Transdisciplinary Research Collaboration | Intermediate to Advanced | ATCB, NBCC, NY LCAT

Anastasia K. Ostrowski, M.S.E., and Erin Partridge, PhD, ATR-BC

New technologies are part of our clients' daily lives and many therapists are exploring ways to incorporate new media into therapy. This presentation will cover a multi-year collaboration between researchers in social robotics and art therapy, focusing on the use of art-based research and client art about technology.

2:45 to 3:35 pm

Educational Concurrent Breakouts (3 sessions to select from)

MC-208 | Art Therapy at Hawaii's Forensic Hospital | Basic | ATCB, NY LCAT

Kate Madigan, MA, ATR-BC

Kate Madigan, a social action art therapist, works with forensic patients in Oahu, Hawaii. Through stories and images, she will explore how and why our lives and experiences are shaped by social ideologies and locations. Participants will also learn how to make three varieties of Hawaiian leis. **Suggested Art Materials:** Construction paper, scissors, yarn or string, 3 straws, and a pencil.

PP-50 | Learning From Failures in Art Therapy Practice: Four Practitioners Share Their Stories | Intermediate to Advanced | ATCB, NY LCAT

Denise Rochelle Wolf, MA, ATR-BC, ATCS, LPC, Gretchen Miller, MA, ATR-BC, ACTP, Sangeeta Prasad, MA, ATR-BC and Susan Anand, MA, ATR-BC, ATCS, LPAT, LMFT

This panel provides an interactive dialogue facilitated by four credentialed professional art therapists, each who have unique experience understanding the value of "failures" in art therapy practice. They will illuminate their use of theoretical underpinnings to make meaning towards improved clinical practice.

ES-350 | The Ekphrastic Encounter: When Poetry Meets Art | Intermediate to Advanced | ATCB, NY LCAT

Nancy Choe, MFA, MA, LMFT, ATR

The phenomenological experience of writing and reading poetry in response to visual art can aid in self-reflection and self-reflexivity. Using the close reading method of narrative medicine, this presentation will discuss the practice of ekphrasis

and how it can be used in art therapy group supervision and education settings.

3:35 to 3:50 pm

Break (Featuring the Virtual Exhibit Hall, when representatives will be accessible to attendees).

3:50 to 4:40 pm

Educational Concurrent Breakouts (3 sessions to select from)

PP-263 | Creativity in Private Practice: Building a Solid Foundation in Marketing and Accountability | Intermediate to Advanced | ATCB, NY LCAT

Emery Mikel, MA, ATR-BC, LCAT, LPAT

Learn how to set up a solid base from which to tackle both marketing and self-driven accountability in private practice. Ways to market, set up a flexible schedule, and how to use both creativity and curiosity will be explored and illuminated through stories from over a decade of self-employment adventures. [Click here to download the directive and you may want to begin working on the projects before the session begins.](#)

MC-64 | A Web over the Map: Intersecting Mindfulness, Somatization, and Cultural Narratives | Basic | ATCB, NY LCAT

Laura Zeisler, MAAT, ATR-BC, LISW-CP

Explore the interrelationship between somatic responses and the construction of cultural narratives. Witness the capacity of imagery and mindfulness to put a crucial pause between narrowness and widespread reactivity. Discover how the limbic system engages, and observe art's ability to mitigate this feedback loop, as we shape an intersectional consciousness.

AC-301 | Wounded Healer as Artist: Therapists with Mental Illness Utilizing the Creative Process | Basic | ATCB, NBCC, NY LCAT

Haley Triolo, MAAT, and Michelle Dean, MA, ATR-BC, LPC, CGP

The wounded healer offers a powerful metaphor to explore the lived experience of therapists with mental illness. Participants will learn how to conceptualize effective self-disclosure and manage difficult countertransference through art making and imagery of the wounded healer. Stigma will be identified and suggestions for activism will be offered.

4:45 to 5:35 pm

Educational Concurrent Breakouts (3 sessions to select from)

PP-215 | Can You Teach Me to Knit? Considerations for Developing Fiber Arts Groups | Basic | ATCB, NY LCAT

Bethany Altschwager, MPS, ATT-BC, LCAT

Fiber arts have been around for centuries and remain popular in the modern era, yet many training programs do not provide instruction about them. This presentation explores differences in goals, potential risks and benefits, directives, ethical concerns, and logistical considerations when developing fiber arts groups for clients, students, and professional peers.

MC-156 | A Multi Perspective Discussion on Global Art Therapy | Basic | ATCB, NY LCAT

Monica Ventura, MA, Caroline Alexis Decosimo, Drph, MA, LCMHC, ATR, Heidi Bardot, MA, ATR-BC, LCPAT and Sangeeta Prasad, MA, ATR-BC

Art therapy is becoming a popular approach in the global health world in humanitarian and low resource community responses. A panel of four art therapists working in a diversity of settings within global art therapy will discuss their rich experiences, lessons learned, and various approaches to training, research, and development.

SC-104 | Printmaking in an Open Art Therapy Studio with Oncology Patients | Intermediate to Advanced | ATCB, NBCC, NY LCAT

Patricia Cavanaugh, MA, ATR-P, LMHCA

This session will feature research on printmaking in an open art therapy studio with adult oncology patients. Printmaking methods, techniques, and properties will be discussed in this context. The findings will include the experiences and artwork of patients who engaged in printmaking within the community of an open studio.

5:35 to 6:35 pm

Daily Wrap & Networking Hour (3 sessions to select from). End your day in a fun way networking with other attendees on various topics. Use your audio and webcams as you network. Enjoy! (Not eligible for continuing education).

Practicing as a LGBTQ+ Identifying Art Therapist, Moderated by Jessica Stallings, DAT, ATR-BC, LMHP, LMHC, LPC and Lyrah Wallace. The LGBTQ+ networking group will provide a safe space for LGBTQ+ identifying students and practitioners. Join the discussion about your experiences as minority members within the profession of art therapy and exchange views on the unique hardships LGBTQ+

identifying practitioners face within the therapeutic relationship.

STUDENTS AND OTHERS: "Credential Conversations"
Perusing the ATCB Blog for Professional Resources, Moderated by Charlotte Boston, MA, ATR-BC, LCPAT, Deborah Murphy, MA, ATR-BC, LPC-AT-S, Katy Barrington, PhD, ATR-BC, CT and Deborah Elkis-Abuhoff, PhD, LCAT, ATR-BC, ATCS, BCPC. This networking session will provide a group discussion on our professional practice and credentialed membership. Participants will have an opportunity to ask questions to ATCB Directors on topics: Exam News, Credential Updates, Ethics Spotlight, Supervision, Credential Holder Profile and Volunteerism.

Latinx and/or Spanish Speaking Art Therapist Networking Group, Moderated by Sheila Lorenzo de la Peña, PhD, ATR-BC, ATCS. Transitioning to telehealth has brought many challenges to our students, profession, and the comunidades we serve – yet where a door closed, a window of communication opened. Join us in this networking window and connect with other spanish speaking art therapists to exchange stories, inspire each other, and connect. Bring your favorite art supplies.

THURSDAY, NOVEMBER 12

8:00 to 9:00 pm – Annual Memorial Service. All are invited to this annual session where we will honor art therapists who have passed away since our conference in 2019. Send program inclusion notices to sberhan@arttherapy.org.

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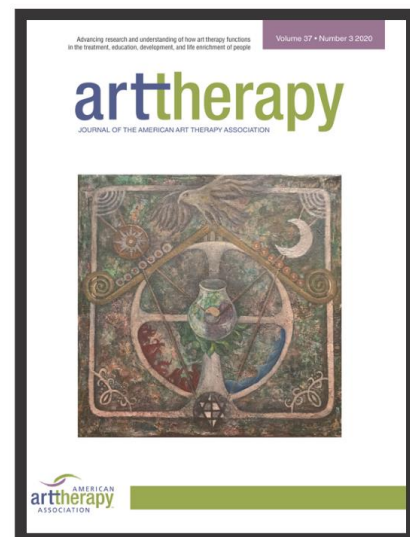
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