

Alisha Rappaport-Zubrow, M.S.Ed., M.A., ATR-BC, LCAT, graduated from Hofstra University with a master's degree in creative arts therapy and began working in child life at Schneider Children's Hospital as a child life assistant. She went on to work in an outpatient HIV program in child life at Elmhurst Hospital Center/Queens Hospital Center. From there, she obtained her current position as director of child life at New York Hospital Queens (NYHQ). Ms. Rappaport-Zubrow has been at NYHQ for 10 years and has expanded the program from only the inpatient unit to being involved in the asthma center, ambulatory center, ER, radiology, OR and GI procedures. Recently, Ms. Rappaport-Zubrow was published in the *American Journal of Health-System Pharmacy* with a multidisciplinary team on "Improving pain management for pediatric patients undergoing nonurgent painful procedures," which discussed the uses of diversionary techniques as an alternative way for pain control. This was her first publication.

Mickie Hoffman M.A., ATR-BC, LCAT, is a licensed creative arts therapist, a clinical supervisor, and an artist working in the field of inpatient psychiatry. She has more than eight years of experience: seven as an art therapist, and one as a clinical supervisor to a dynamic team of activity therapists in the South Bronx.

Donnielle Rome, M.A., ATR-BC, ArtAccess coordinator, is active in the field of special education presenting at many professional conferences in the field. Her program annually serves more than 5,000 people of varying cognitive, emotional and developmental levels, through single-day and multi-year experiences. Ms. Rome is a contributor to the NYC Department of Education's *Blueprint for Teaching and Learning in the Arts*. As a steering committee member for the New York State Arts in Correctional Education Network as well as the VSAarts NYC festival committee, Ms. Rome works diligently to expand art experiences to all special populations. Ms. Rome earned a master's degree in creative arts therapy from Hofstra University and a bachelor's degree in fine arts from Adelphi University.

Creative Arts Therapy Conference "Pairing With Other Disciplines" REGISTRATION FORM

Registration forms must be received **no later** than March 23, 2009.

Make checks payable to Hofstra University.

Mail registration form with payment to:

Martin Blum, Assistant Dean
Office of Professional Development Services
School of Education, Health and Human Services
120 Hagedorn Hall
119 Hofstra University
Hempstead, NY 11549-1190

For registration information, call (516) 463-5750; fax (516) 463-4370.

Visa/MasterCard is accepted. To pay by credit card, please visit hofstra.edu/edworkshopreg.

REGISTRATION FEE: *(includes conference, continental breakfast, luncheon and refreshments)*

- \$100** general admission
- \$50** student (attach copy of ID.)
- \$50** senior citizens (over 62)

----- Detach here -----

Name _____

Address _____

Phone (day) _____ (eve) _____

Affiliation _____

Some workshops have limited space; early registration is highly recommended.

Morning Workshops, Session I Workshops: 11:15 a.m.-12:30 p.m.
1 ___ 2 ___ 3 ___ 4 ___ 5 ___ Please mark first (put a "1" in space) and second (put a "2" in space) choices.

Afternoon Workshops, Session II Workshops: 2-3:15 p.m.
6 ___ 7 ___ 8 ___ 9 ___ 10 ___ Please mark first (put a "1" in space) and second (put a "2" in space) choices.

Special Diets: I require a vegetarian lunch _____ I require a kosher lunch _____

For directions to campus and a printable campus map, please visit hofstra.edu/directions.

For appointments, call Sandra Lakotta at (516) 463-5752.
 Phone: (516) 463-7259
 Hempstead, NY 11549-1190
 119 Hofstra University
 163 Hagedorn Hall
 Program Director
 Margaret Carlock-Russo, ATR-BC, LCAT

For more information about the Graduate Creative Arts Therapy program at Hofstra University, please contact:
 adjunct faculty member.

Lisa M. Wisel, M.S., ATR-LCAT, is a nationally registered and New York state-licensed dance/movement therapist, a Gestalt therapist, healer and meditation leader working in private practice with seniors and adults. She also works with students at Hofstra University as an educator at Queens Museum of Art, where she focuses on creating accessible museum programming and education services for visitors with diverse special needs. Ms. Lopez also has experience as an ABA instructor, working individually with children with autism.

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**Creative Arts
 Therapy Conference**
 Tuesday, March 31, 2009

163961109

The Graduate Creative Arts Therapy Program presents
**Creative Arts Therapy:
 Pairing With
 Other Disciplines**
 Tuesday, March 31, 2009 | 8 a.m.-3:30 p.m.
 Multipurpose Room
 Sondra and David S. Mack Student Center, North Campus

HOFSTRA UNIVERSITY
 SCHOOL OF EDUCATION, HEALTH AND HUMAN SERVICES

AGENDA

8-9 a.m. **Registration and Coffee, Mack Student Center Theater, North Campus**

9-9:15 a.m. **Hofstra Welcome**
Martin Blum, Assistant Dean
Margaret Carlock-Russo, Program Director
Dr. Joan Bloomgarden, Associate Professor
Dr. Deborah Elkis-Abuhoff, Assistant Professor

This year's conference focuses on pairing with other disciplines. With current technology and research, art therapists are better able to understand connections between art therapy and neurobiology. Our keynote speaker will share these extraordinary discoveries with conference participants. Other art therapists have discovered various disciplines and formats that they have been able to incorporate successfully into their personal approach to art therapy. Today, we have the opportunity to learn more about these innovative connections and hopefully learn new ideas that will inform our own practices.

9:30-11 a.m. **Keynote Address: Noah Haas-Cohen, Psy.D., M.A., ATR-BC, LMFT**
“Art Therapy and Neurobiology: The Art Therapy Relational Neurobiological (ATR-N) Approach”

The presentation introduces the CREATE, ATR-N approach: Connectivity in action; Relational resonance; Expressive communication; Adaptive responses; Transformation; and Empathy. This approach explores how learning about brain changes can help art therapists generate powerful art therapy interventions. The presenter explains how art therapy can provide a unique therapeutic view of nervous system arousal and appraisal functions, while at the same time safely engaging clients in art therapy tasks that bring online higher cortical coping functions. In other words, interpersonal sensory-based art therapy interventions may prove to impact neuroplasticity. Most importantly, the empathic art therapist is the catalyst of this process.

DESCRIPTION OF CONFERENCE WORKSHOPS

11:15 a.m.-12:30 p.m. – SESSION I WORKSHOPS

1. Episodic Memory Cut-Outs: Art Therapy Relational Neurobiological (ATR-N)-Based Interventions
Noah Haas-Cohen, Psy.D., M.A., ATR-BC, LMFT

Participants learn about the neuroscience of human memory and experiment with silhouette cut-outs, such as those utilized by artist Kara Walker. Participants directly experience how the manipulation of paper forms can help access and update personal episodic memories. The facilitator shows how black-and-white media can provide for safe and effective art therapy relational neurobiology interventions that capture and convey a diversity of lived experience. The deconstruction of the activity helps the art therapist appreciate that combining autoethic and semantic art forms and narratives may help process autobiographical memories of personal, familial and cultural-collective trauma. The workshop includes a brief review of Kara Walker's work.

2. Art Therapy at the Helen Keller National Center for Deaf-Blind Youth and Adults in Sands Point, New York
Sarah Noderer, M.A., ATR

Ms. Noderer's work with individuals with dual-sensory impairments has changed her perspective on the process and the products of art-making. In this workshop, she shares her experiences with this unique population and shows samples of her students' work. Participants will have the opportunity to “pair up” and take turns teaching their blindfolded partners simple art activities. Join us and discover how altering one's physical experience of art-making can increase sensitivity, empathy and resourcefulness.

3. The Magic of Humor and Dramatic Expression
(offered twice) Elyse A. Miller, M.A., ATR-BC, LCAT

Having a sense of humor is not only important on a personal level, but also on a professional level. Humor can build self-confidence, self-esteem and increase self-expression skills. Creating therapeutic bonds is a difficult task that can take many months, and in some cases, many years to develop. Humor is just another way to strengthen and develop that bond. This workshop helps discover one's humor style, and most of all, allows one to evaluate their overall sense of humor. Discover the power of humor, how to heal through humor, and how to get back the gift of laughter. Participants have the opportunity to tell a joke, laugh, play and create some art.

4. Sandplay: Journey of the Soul (offered twice)
Joan Alpers, MPS, CCLS, ATR-BC, LCAT

Sandplay is a tactile and three-dimensional form of expressive therapy that makes use of miniature figures, houses, animals, trees and objects from nature that are placed in a small portable box filled with sand. By making images and scenes that are reflective of a combination of our inner and outer worlds, sandplay makes the creative process available to everyone, both those who enjoy painting and drawing, and those who prefer to start with existing forms and shapes. Because sandplay can be understood and used on many symbolic levels, it appeals to all ages, children, teenagers and adults. Theoretically, sandplay is a Jungian journey of the soul. Follow the process of one such journey and learn some basic Jungian concepts and how they apply to this form of therapy.

5. Art Through the Eyes of a Hospitalized Child or Adolescent
Alisha Rappaport-Zubrow, M.S.Ed., M.A., ATR-BC, LCAT

This workshop focuses on the link between art therapy and child life and how they work together, and how art can really benefit a child or adolescent who is hospitalized. The coping mechanisms used with hospitalized children and how children utilize these mechanisms for their own healing is also discussed. An experiential integrated art making with medical play will be offered.

12:40-1:50 p.m. – LUNCHEON and SPEAKER

SPECIAL GUEST PRESENTATION:
DR. JEFFREY ROSENFELD, DIRECTOR OF THE GERONTOLOGY PROGRAM AT HOFSTRA UNIVERSITY

Dr. Rosenfeld speaks about the connection between gerontology and art therapy. He will also offer an overview of the upcoming establishment of a specialization in geriatric art therapy at Hofstra University.

BOOK SIGNING

Noah Haas-Cohen will be available during lunch to sign copies of her new book, *Art Therapy and Clinical Neuroscience*. Copies will also be available for purchase.

2-3:15 p.m. – SESSION II WORKSHOPS

6. The Magic of Humor and Dramatic Expression
(offered twice) Elyse A. Miller, M.A., ATR-BC, LCAT

Having a sense of humor is not only important on a personal level, but also on a professional level. Humor can build self-confidence, self-esteem and increase self-expression skills. Creating therapeutic bonds is a difficult task that can take many months, and in some cases, many years to develop. Humor is just another way to strengthen and develop that bond. This workshop helps discover one's humor style, and most of all, allows one to evaluate their overall sense of humor. Discover the power of humor, how to heal through humor, and how to get back the gift of laughter. Participants have the opportunity to tell a joke, laugh, play and create some art.

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8. Art Therapy and Supervision
Mickie Hoffman, M.A., ATR-BC, LCAT

This presentation is meant to be an open discussion of the roles of art therapists, and specifically the role of art therapist as supervisor. Hoffman explores the various “hats” that art therapists wear, and how

those hats change when working collaboratively with others. She also talks about transitions, specifically the transition from art therapist to supervisor. This presentation is beneficial for those who are looking to take on supervisory roles, be it on a student basis, or departmentally. Participants also look at some techniques for utilizing art in supervision.

9. The Invitation Institution
Donnielle Rome, M.A., ATR-BC and
Michelle Lopez, M.A., ATR

This session describes in detail how art therapy can be utilized in a museum. A case study of ArtAccess, a community-based art therapy program for children and adults with special needs at the Queens Museum of Art, will be discussed, as well as other art therapy programs in the museum field. Participants gain knowledge of how museums and art therapy can intertwine with each other to create enhanced experiences.

10. Dance Therapy and Gestalt Therapy:
Partners in Healing

Lisa M. Wisel, M.S., ADTR-LCAT

Dance therapy and Gestalt therapy share parallels in theory and practice that inform and illuminate the path toward body-centered integration and the therapeutic process. Through experiential awareness activities (movement, music, prop-work, verbal dyads, music and meditation), participants create and expand partnerships within themselves to better serve those in their care.

3:20 p.m. – Conference Evaluations and CEC or Attendance Certificates

Each attendee will be given a certificate that is accepted by ATCB for four CECs toward BC recertification at no additional cost.

ABOUT THE KEYNOTE SPEAKER:

Noah Haas-Cohen, Psy.D., M.A., ATR-BC, LMFT, is founder and chair of the Art Therapy program at Phillips Graduate Institute in Encino, California, and a national and international presenter on art therapy relational neuroscience approaches. Her most recent publication, *Art Therapy and Clinical Neuroscience*, underscores how developments in clinical neuroscience may relate to art therapy theory and practice. Her other publications, available online at pgi.edu, have similarly incorporated the fine arts, art therapy and interpersonal neurobiology approaches. Trained in psychodiagnostic and neuropsychological testing, Noah's current clinical work is in addictions research in UCLA David Geffen School of Medicine's Department of Family Medicine. During her 30 years of clinical work, she has developed expertise with youth and families impacted by gang violence and first generation migration issues, adult dual diagnoses, and adolescent residential treatment.

About the Workshop Presenters:

Sarah Noderer, M.A., ATR, is a registered art therapist who received a master's degree in clinical art therapy from Long Island University in 2001. During her graduate training, she was employed at Pederson-Krag Continuing Day Treatment Center, where she worked with adults with chronic mental illness. She has been supervising the creative arts department at Helen Keller National Center since 2002. During her tenure there, Ms. Noderer had the pleasure of working with numerous interns from Long Island University and Hofstra University. She also teaches oil painting to children at the Roslyn School of Painting, and is an oil painter herself.

Elyse A. Miller, M.A., ATR-BC, LCAT, currently works in the psychiatry and psychiatric rehabilitation departments at the North Shore-Long Island Jewish Health System, and as adjunct professor at Hofstra University. She received a bachelor's degree from the Fashion Institute of Technology and a master's degree in creative arts therapy from Hofstra University. She currently maintains a private practice in Massapequa Park, New York. She works with children, adolescents and adults, both individuals/families, in the areas of depression, trauma, bereavement, eating disorders and divorce, and supervises professionals toward their ATR.

Joan Alpers, MPS, CCLS, ATR-BC, LCAT, is a board-certified art therapist, a New York state-licensed creative art therapist and a certified child life specialist with more than 20 years' experience working with children, teens and adults. Ms. Alpers maintains a private practice for people of all ages in sandplay therapy, art therapy and verbal psychotherapy. In addition to private practice work, Ms. Alpers is a professor in the Graduate Creative Arts Therapy program at Hofstra University and the director of child life services at Good Samaritan Hospital Medical Center.