

worked in a variety of psychiatric settings and with varied populations. Her specialty is combining art therapy with mind-body therapies such as biofeedback, neurofeedback, meditation, visualization and relaxation techniques for symptom and stress management. She especially enjoys working with children and adolescents. Her personal art form is Soulcollage™ in which she is a trained facilitator. Ms. Antelis is board certified in biofeedback and neurofeedback, and mentors biofeedback students. She has a full-time private practice. Her work has been documented on television, radio and in many local, regional and national articles.

Dan Summer, LCAT, is a graduate of Hofstra University. Presently he works at Montefiore Medical Center in the Bronx and is the co-partner of Art of Playing, a partnership using art, music and imaginative play with children in Queens. Mr. Summer also has a private practice and has published chapters in two books on the creative arts therapies.

Linda Schneider, RN, is the author of *East Meets West; A Contrast in Medicine*. She is presently the director of adult day health care at Cold Spring Hills, located in Woodbury on Long Island. As a registered nurse for 30 years, her expertise in critical care led her to study holistic medicine 15 years ago. She studied under Deepak Chopra, Ivana Vanzandt, Donna Eden and others. Voicing her Western views, Ms. Schneider developed an understanding of how to integrate both Western medicine and Eastern modalities. "It is time to meld both philosophies to live healthier lives," Ms. Schneider says, "This is the paradigm shift occurring in health care today." She is an expert on chakra energy work, and a Reiki practitioner.

Mitra Dejkameh, M.A., is the associate coordinator of the ArtAccess program of the Queens Museum of Art. She has several years of experience working with children with special needs in public schools. She is currently responsible for coordinating, designing and facilitating programs for students with multiple severe disabilities,

students with autism spectrum disorders and students with emotional behavioral disorders for New York City schools. She also coordinates and facilitates workshops for adults with special needs and works with the American Cancer Society's Eastern Asian division facilitating Art as Therapy workshops and presentations. She is a practicing artist with numerous exhibits in New York City and Long Island, and her illustrations appear in several internationally published children's books. Ms. Dejkameh has an M.A. in creative arts therapy from Hofstra University and an M.F.A in visual arts, with extensive training in pedagogy. She is a certified ABA instructor and NYS-certified visual arts teacher.

Sherry Reiter, Ph.D., LCSW, PTR-M/S, RDT-BCT, is a registered poetry and drama therapist and international mentor. An award-winning educator and clinician, Dr. Reiter is director of The Creative Righting Center, and creator of Poets-Behind-Bars. Her recent work, *Writing Away the Demons: Stories of Creative Coping Through Transformative Language*, features the stories and writings of clients and colleagues who have written for psychological survival.

Nancy Richner, M.A., has been the Museum education director at Hofstra University Museum since 2008. Before working at Hofstra, she was program manager at the Nassau County Museum of Art on Long Island and prior to that, served as assistant director of education at the Museum of Modern Art in New York City. She is a member of the Hofstra University North Shore-LIJ School of Medicine's Narrative Medicine working group and is on the national board of the Museum Education Roundtable. She was the founding coordinator of the Long Island Arts in Education Roundtable. Ms. Richner served on the faculty of Bank Street College of Education, chaired the New York City Museum Educators Roundtable, and has consulted with numerous museums. In 1993 she was named the National Art Education Association's Museum Educator of the Year for the Eastern United States. Ms. Richner earned a master's degree in museum education from George Washington University.

Creative Arts Therapy Conference: Blurring Boundaries: The Interface of Creative Arts Therapy and Medical Sciences

REGISTRATION FORM

Registration form must be received no later than Tuesday, February 26, 2013.

Make checks payable to Hofstra University. Mail registration form and fee to:

Betsy A. Salemson, Director
Office of Professional Development Services
School of Education

114 Hagedorn Hall | 119 Hofstra University | Hempstead, NY 11549-1190 | Phone: 516-463-5750

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

CONFERENCE FEES: (includes conference, continental breakfast, luncheon and refreshments)

| | |
|-------|------------------------------------------------------------------------------|
| \$105 | General admission |
| \$50 | Student (attach a copy of valid student ID) |
| \$25 | Hofstra creative arts therapy student (attach a copy of current HofstraCard) |
| \$55 | Senior citizen (over 62) |

Name _____

Affiliation _____

Address _____

Phone (day) _____ (eve) _____

Email _____

Dietary Needs: I require a vegetarian lunch. _____ I require a kosher lunch. _____

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

Morning Workshops: 10:30-11:45 a.m.

1 _____ 2 _____ 3 _____ 4 _____ 5 _____

Please mark first (put a "1" in space) and second (put a "2" in space) choices.

Afternoon 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

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

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For information about the Creative Arts Therapy Program at Hofstra University please contact:
Margaret Carlock-Russo, ATR-BC, LCAT, Program Director
163 Hagedorn Hall | 119 Hofstra University
Hempstead, NY 11549-1190 | Phone: 516-463-7259
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The Graduate Creative Arts Therapy Program

presents a conference

**Blurring Boundaries:
The Interface of Creative Arts
Therapy and Medical Sciences**

Tuesday, March 5, 2013 | 8:30 a.m.-3:30 p.m.

Multiple Room

Sondra and David S. Mack Student Center, North Campus

CECs toward BC recertification are available.

CAT

School of Education
UNIVERSITY
HOFSTRA



Creative Arts
Therapy Conference
Tuesday, March 5, 2013

43843/113

AGENDA

8:30-9 a.m. Registration and Coffee, *Student Center Theater*

9-9:15 a.m. Hofstra Welcome

- Betsy Salemsen, Director, Office of Professional Development Services
- Margaret Carlock-Russo, Creative Art Therapy Program Director
- Dr. Joan Bloomgarden, Associate Professor
- Dr. Deborah Elkis-Abuhoff, Associate Professor

As recognition of the creative arts therapy professions advances, the need for research, collaborative opportunities and greater understanding of treatment efficacy in relation to a medical model is essential. This year's conference brings together a variety of philosophies, methods and research models that have been successfully utilized within a medical framework. The conference structure has been modified from past years to offer attendees two featured lecturers along with a series of workshop presentations. Today, we have the opportunity to learn more about these timely issues and hopefully how we can each contribute to the body of knowledge through research opportunities that will enrich our clients' lives and inform our own practices.

9:15-10:15 a.m. Featured Lecture: **The Art Therapist as an Ideal Collaborator on Research Endeavors in Medical Settings — Donna Betts, Ph.D., ATR-BC**

Research in medical settings benefits from a multidisciplinary approach, and art therapists can be an integral part of the team. Examples of successful projects showcasing the contributions of art therapists will be presented. Drawing on her experiences, the presenter highlights her involvement in an art therapy study of pediatric asthma patients, an examination of medication responsiveness and autism using the Face Stimulus Assessment, and investigations incorporating the Bridge Drawing to evaluate clients with HIV/AIDS and patients with suicidal intent.

DESCRIPTION OF CONFERENCE WORKSHOPS

10:30-11:45 a.m. SESSION I WORKSHOPS

1. The Face Stimulus Assessment: Development, Administration and Current Research

Donna Betts, Ph.D., ATR-BC

Attendees will learn the history of the Face Stimulus Assessment (FSA) (Betts, 2003), an instrument developed for use with clients with autism and developmental disabilities. Administration of and rating procedures for current FSA research will be reviewed, supplemented with collections of FSA drawings stored in the International Art Therapy Research Database (IATRD).

2. Group Art Therapy With Those Diagnosed With Parkinson's Disease

Deborah Elkis-Abuhoff, Ph.D., ATR-BC, BCPC, LCAT

This workshop explores how the use of clay manipulation can address emotion symptomatology among those diagnosed with Parkinson's disease. Outcomes of both individual and group art therapy sessions with the inclusion of a manipulative medium such as clay will be discussed. Attendees will have the opportunity to personally explore the medium and discuss how to apply this approach with clients with other medical diagnoses.

3. Art Therapy and Forensics Within a Medical Facility: Policies, Techniques and Adaptations

Morgan Gaydos, ATR, LCAT, and Melanie Biscuiti, ATR-BC, LCAT

Medical facilities have become a common arena for art therapists to help treat a wide variety of patients. This presentation will focus on art therapy techniques and adaptations for forensic patients within a medical facility. Clinicians within this setting not only address the presence of medical issues, but also how medical issues play a role within psychiatry. Techniques will include art therapy with emotional regulation, depression and trauma. Participants will also explore and discuss the medical and forensic policies required for an art therapist to effectively treat these patients, as well as establishing appropriate treatment goals as part of an interdisciplinary treatment team.

4. Integrating Technology-Based (Biofeedback), Behavioral and Creative Arts Therapies for Counseling Success With Kids and Teens

Susan E. Antelis, M.P.S., ATR-BC, ATCS, LCAT, BCB, BVN, LMHC

PowerPoint presentations explaining biofeedback, neurofeedback and creative arts therapies will be presented followed by a case study of a 7-year-old girl with trichotillomania. A detailed protocol used for this case will be outlined, including the use of relaxation training,

neurofeedback, storytelling technique, art therapy and family therapy. A case study of a teen with self-destructive tendencies and other issues will also be presented. The workshop will conclude with a group experience using simple biofeedback devices and art therapy exercises.

5. The Insider: Art Therapy in an Outpatient Program With Children/Adolescents

Dan Summer, LCAT

In an evidence-based best practice world this art therapist has been able to create a playful and creative environment. No measurements, no research – just an ability to connect with kids and adolescents in any creative ways, while also feeling supported by the director of the institute. In this workshop, the facilitator will present a brief overview of his job environment and discuss how the chief, a psychiatrist with psychoanalytic training, has, daily, embraced the creative arts therapies at this clinic. Participants will explore how to navigate through their individual institutional system through discussion and art making.

11:50 a.m.-12:30 p.m. LUNCHEON

12:45-1:45 p.m.

Featured Lecture: The Use of Thematic Creative Arts in Mental Health: Changing Social Systems

Linda Levine Madori, Ph.D., ATR, LCAT, CTRS

Three interrelated efficacy studies that utilized the TTAP Method[®] and incorporated culturally diverse populations will be presented in a multimedia format. The findings of two of the three studies will be presented. These indicate a strong and positive correlation between enhanced cognitive abilities and using a multimodal approach to art therapy.

Attendees will learn why the use of a thematic approach stimulates three distinct brain systems: the affective system, the strategic system and the recognition system, promoting brain wellness and neural regeneration, thereby enhancing cognitive functioning, social interactions and overall well-being for the individual. The approach has received numerous awards as an active, person-centered and culturally competent treatment. Conference attendees will be provided with art therapy protocols and detailed program designs from which three research studies were structured, one of which saved more than \$150,000 in direct healthcare costs in 2010. The approach will be used in a year-long study during 2013-2014. Multiple opportunities for future research collaborations with the presenter will be offered to attendees interested in creating efficacy research studies.

2-3:15 p.m. SESSION II WORKSHOPS

6. Using Therapeutic Thematic Arts Programming (TTAP Method) for Emotional, Cognitive, Social and Physical Well-Being

Linda Levine Madori, Ph.D., ATR, LCAT, CTRS

The TTAP Method is an innovative nine-step therapeutic modality which is based in the belief that the use of themes, social, cultural or personal, enhances the ability to provide a "person-centered approach" to art and is fundamental to the care and treatment of all populations. The method is equally appropriate for any population and can be easily adapted to suit the unique needs of various special populations such as those who are suffering from disabilities, including Alzheimer's disease and related dementias. Attendees will experience how the modality's methodology structures therapeutic art programming, first through the use of conversation about a specific theme, followed by ways to move through music and meditation, mental imagery, painting, sculpture, dance and movement, poetry and writing, food-motivated sensory events and phototherapy. The method utilizes a thematic approach tailored to the special needs of all patient populations.

7. The Colors of the Chakras

Linda Schneider, RN, CCRN

It is time to meld both Eastern philosophies and Western medicine together for a healthier outcome for everyone. The crisis in healthcare is worldwide, and a shift toward preventing discord and illness is essential. The presenter will focus attention on the energy centers or "chakras" of the body. She will also discuss how she has successfully incorporated this program for the benefit of those with mental illness. In a program that 100 community members attend daily, there are positive outcomes directly related to combining both Eastern principles and Western medicine.

Everyone is welcomed and encouraged to participate in this presentation during which participants will focus attention where they will derive the most benefit. Participants will learn easy techniques about how to use their chakras to help in easing discord. Discord is the predecessor to disease. These chakras are beneficial at this level to help in the body's discord, which all human beings experience. Western medicine deals with fixing disease states, and this is not to be discounted. An accurate diagnosis is the single most important point of origin for treating disease states.

3:15-3:30 p.m. Conference Evaluations and CEC/Attendance Certificates

Each attendee will be given a certificate that is acceptable by ATCB for 6 CECs toward BC recertification, at no additional cost.

ABOUT THE FEATURED LECTURERS:

Donna Betts, Ph.D., ATR-BC, is an assistant professor at George Washington University. An active scholar, she has published and presented internationally on a range of topics. Dr. Betts was co-recipient of the 2012 AATA Research Award, for her role as principal investigator of a study at the U.S. Holocaust Memorial Museum.

Linda Levine Madori, Ph.D., ATR, LCAT, CTRS, holds a doctorate from NYU in health education and is a licensed and certified art therapist and a certified recreation therapist. Dr. Madori has helped thousands of individuals and caregivers with her carefully designed, innovative creative arts TTAP Method[®]. Dr. Madori was inspired to seek out a way to help stimulate the minds and lives of aging individuals. She has recently authored and published her second book, *Transcending Dementia: A New Psychological Approach to Art, Brain and Cognition*.

ABOUT THE WORKSHOP PRESENTERS:

Deborah Elkis-Abuhoff, Ph.D., ATR-BC, BCPC, LCAT, is an associate professor in the Creative Arts Therapy program at Hofstra University. She holds psychology and creative arts therapy licenses in NYS, and is a registered and board-certified art therapist and board-certified professional counselor. She has an appointment at North Shore-LIJ

8. Healing Pathways: On the Effects of Mind, Learning and Creative Expression in Healing

Mitra Dejkameh, M.A.

How can we help clients become self-regulating learners in control of their healing?

Participants will learn that by providing multiple flexible choices we can help clients become aware of the concept that the mind influences the body in positive ways. This may help them move forward and empower them to become more involved in the community. An introduction to the Components of Universal Design for Learning will be presented, and participants will become aware of the ways in which it supports art therapy principles by providing multiple entry ways into creative problem solving and expression. Several case studies will be shared, including hospital school programs, programs with cancer patients and survivors, and projects involving technology such as distance digital art therapy, photography and work with digital images. The role and value of a community space, e.g., a museum, will be discussed as a means of generating conversations among participants through the use of art exhibitions and workshops. We will also present ways in which to make connections with a wide range of populations with special needs.

9. Planting the Seeds for Poe-Tree in the Medical Community
Sherry Reiter, Ph.D., LCSW

Poetry therapy is a method of healing that is more and more accepted in the scientific and medical communities. While "writing on the bones" was the term used by ancient Buddhists, we now know that engaging in the arts produces transformation on a bio-chemical and cellular level, changing brain waves and altering consciousness. Come explore the anecdotal evidence in a lecture and participatory workshop with Sherry Reiter, author of *Writing Away the Demons: Stories of Creative Coping Through Transformative Writing*, as we discuss the journey of four individuals whose lives were changed through writing therapy.

10. More Than Meets the Eye
Nancy Richner, M.A.

The practice of medicine, like looking at art, often involves dealing with ambiguity and assumptions. It requires the individual to look deeper for clues, to seek multiple interpretations, and to be open to uncertainty. In this session, participants will use works of art to examine how the skills of observation, communication, self-awareness and navigating ambiguity are key to expanding abilities of diagnosis and care. We will consider how the process of looking at art impacts both the health care professional and the patient.

Feinstein Institute for Medical Research. Her research combines behavioral medicine and art therapy and includes clay manipulation with Parkinson's disease, and bringing art therapy into chemotherapy treatment.

Morgan Gaydos, ATR, LCAT, currently works as an art therapist on a forensic/behavioral psychiatric unit. Her experience also includes working with individuals with developmental delays and those with chemical dependency, as well as conducting current research with mental health professionals.

Melanie Biscuiti, ATR-BC, LCAT, currently works at Nassau University Medical Center on a Co-ed Adult Behavioral Sciences Psychiatry unit. She has experience working with patients who experience depression, anxiety, and personality and behavioral issues, as well as forensic psychology. Along with working at the hospital, Ms. Biscuiti maintains a private practice with children. She brings various expressive modalities into her treatment, e.g., dance, drum circles, sculpture, relaxation and, of course, art.

Susan E. Antelis, M.P.S., ATR-BC, ATCS, LCAT, BCB, BVN, LMHC, has been in the field of health care for more than 30 years. Ms. Antelis is a registered, board-certified and NYS licensed art therapist. She is also an ATCB art therapy credentialed supervisor and NYS licensed art educator. She is pleased to be part of the adjunct faculty of the Creative Arts Therapy program at Hofstra University. Ms. Antelis has

continued on back