

Melissa Dukofsky, M.A., LCAT, LMHC, BC-DMT, NCC, is a senior clinician in the Department of Psychiatry at North Shore University Hospital in Manhasset, New York, and over the years has worked in hospitals, community mental health centers, drug/alcohol rehabilitation centers, developmental disabilities organizations, and developed and provided crisis support services for 9/11 survivors. She is the dance/movement therapy supervisor/consultant for Queens Children’s Psychiatric Center, providing consultation and supervision to clinicians and graduate students. Additionally, Ms. Dukofsky maintains a consultation practice within her Wellness Center in Valley Stream, New York, focusing on pain management for those suffering with chronic pain conditions.

Michelle Anne Hololob, M.S., ATR-BC, LCAT, is a registered, board-certified, licensed creative arts therapist. She received an M.S. from Hofstra University and has been a practicing art therapist for seven years. She has had experience in several settings, including day treatment programs, special education, outpatient programs, and inpatient hospital programs. Ms. Hololob currently works at Jamaica Hospital in Queens on the Acute Inpatient Psychiatric Unit and in the Psychiatric ER.

Sangah Jung is an international student from Korea where she studied various areas of art. Ms. Jung studied Korean art at Kyungnam Arts High School and went on to major in visual design at Seoul Women’s University. She then worked at Samsung SDS as a Web designer. She has been an active member of Chamsarang – Genuine Love – a social community that acts as a bridge for disabled individuals to help them integrate into society, which has fostered her interest in human welfare. Ms. Jung became involved with the Korean Expressive Art Psychotherapy Association (KEAPA) where she completed coursework prior to pursuing her current master’s degree studies in creative arts therapy at Hofstra University.

Michelle Lopez, M.A., holds a B.A. from Fordham University and an M.A. in creative arts therapy from Hofstra University. She is the president and co-founder of Art Fusion Enrichment, Inc. Art Fusion Enrichment was created as a network of professionals committed to designing quality arts programs for individuals with special needs, as well as for their community and caregivers. She has vast experience in the ArtAccess department at the Queens Museum of Art, a program that serves visitors with special needs by designing workshops, providing professional development and managing a grant to provide art programming to the Queens Library for families affected by autism. She is also an ABA instructor and parent trainer for students with autism spectrum disorders.

Creative Arts Therapy Conference “From Foundations to Innovations” REGISTRATION FORM

Registration forms must be received **no later** than March 1, 2010.

Make checks payable to Hofstra University.

Mail registration form and fee 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

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

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

\$100 general admission
\$50 student (attach copy of ID; Hofstra Creative Arts Therapy student: \$25)
\$50 senior citizen (over 62)

Detach here

Name _____

Address _____

Phone (day) _____ (eve) _____

Affiliation _____ E-mail _____

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

Session I Workshops: 11 a.m.-12:15 p.m.

1 ___ 2 ___ 3 ___ 4 ___ 5 ___

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

Session II Workshops: 2:15-3:30 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. _____

Jennifer Opitto, M.A., is a candidate for an M.A. in creative arts therapy from Hofstra University. She is a special education teacher at the Young Autism Program at the Developmental Disabilities Institute. Her expertise as an educator for children with autism and her research in creative arts therapy contributed to the design of “I Can Feel...” a program created to explore emotions through art within the parent-child learning dyad. **Donnelle Rome, ATR-BC**, holds a B.A. from Adelphi University and an M.A. in creative arts therapy from Hofstra University. She is the vice-president and co-founder of Art Fusion Enrichment, Inc. She lends her expertise as the ArtAccess coordinator at the Queens Museum of Art. She was honored in 2009 with the Community Leader Award from VSA arts, an internationally recognized arts organization for people with special needs. Ms. Rome has made various contributions as an active member of various professional organizations that seek to improve the lives of all people through the arts.

Dana Wedin, M.S., ATR-BC, LCAT, is a New York state licensed, board-certified creative arts therapist and a licensed New York state special education teacher. She currently works at Bronx Lebanon Hospital at the Adolescent Day Treatment Program. In addition, she has worked with children with autism and adults on an inpatient psychiatric unit, and supervises students during their graduate internships.

For information about the Graduate 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

For appointments call Sandra Lokotta at (516) 463-5752.



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Creative Arts Therapy: From Foundations to Innovations

presents

The Graduate Creative Arts Therapy Program

Tuesday, March 9, 2010 | 8 a.m.-4 p.m.

Multipurpose Room

Sandra and David S. Mack Student Center, North Campus



HOFSTRA UNIVERSITY®
 SCHOOL OF EDUCATION, HEALTH AND HUMAN SERVICES



Creative Arts Therapy Conference
 Tuesday, March 9, 2010

25th Anniversary of the Creative Arts Therapy Graduate Program | CECs toward BC recertification are available.

8-9 a.m. Registration and Continental Breakfast, Student Center Theater, North Campus

**9-9:15 a.m. Hofstra Welcome
Martin Blum, Assistant Dean
Margaret Carlock-Russo, Program Director**

This year's conference celebrates the 25th anniversary of the Graduate Creative Arts Therapy Graduate Program at Hofstra University. Our theme brings perspective to the field as we discuss the common ground between art and science. As a tribute to the growth and success of Hofstra's own program, the lectures and workshops offered this year highlight the work of past program directors, former and current faculty, alumni and current students. Through an exploration of the various dimensions of art therapy application and insight into the growth of the field from its early foundations, we have the opportunity to consider where we fit in the broader community and, hopefully, gain new insights and ideas that will inform our own practices.

**9:15-10:45 a.m. Keynote Address: Frances F. Kaplan, M.P.S., D.A., ATR-BC
"The Scientific Underpinnings of Art Therapy"**

Why do we make art? What purpose does it serve? How does it provide therapy for those with various afflictions? The last 20 years or so have seen an increasing interest in applying the findings and tools of science to the understanding of art and, by implication, to the underpinnings for art therapy. Researchers and theoreticians in the social, biological, and behavioral sciences – including some art therapy researchers – have come up with at least partial answers to the questions just posed. This lecture reviews some of the highpoints of this material and draws some conclusions concerning the applications to the practice of art therapy.

DESCRIPTION OF CONFERENCE WORKSHOPS

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

1. Using Traditional Korean Art in Contemporary Art Therapy (offered twice)

Vivien H. Abrams, LCAT, ATR-BC, CASAC and Sangah Jung

This workshop explores the use of traditional Korean art incorporated into art therapy. Participants learn some of the history of this ancient art form and how to employ it in their current work as art therapists. The materials are explored while learning traditional techniques and engaging in a directive that allows participants a firsthand art therapy experience.

2. To Thine Own Self Be True: The Importance of Authenticity in Practice (offered twice) Mia Barkan Clarke, LCAT, ATR-BC, BCPC, DAPA

The focus of this workshop is on Ms. Clarke's new poetry and art book *Tea with Nana*, with an emphasis on encouraging art therapists to create everyday to keep one's self healthy and authentic for their patients and for themselves! Participants engage in a directive to begin creating their own journal/chapter book during the lecture.

3. SoulCollage™

Susan E. Antelis, M.P.S., ATR-BC, LCAT, BCIA-C, EEGC, LMHC

SoulCollage™ is a process through which one may utilize one's intuition and create an incredible deck of cards that has deep personal meaning and helps one with life's questions. The images through this process "select you," coming straight through your soul, bypassing the mind. In this introductory workshop, participants have the opportunity to view a PowerPoint presentation describing this new art therapy technique, followed by a demonstration of how to use the cards once they are created. This portable collage technique can be used by a variety of populations in many different settings.

4. Life Options: An Alternative Program Model for Adults With Physical and Developmental Disabilities Samantha Alexander, M.A., ATR-BC, LCAT

In this session, Ms. Alexander describes her client-centered program. Additionally, she shares a training video and photos from an annual art exhibit, and presents case studies to convey the special needs of this population and how they relate to art therapy.

5. Thank You Marian Liebmann, for Always Being There for Me Michelle Anne Hololob, M.S., ATR-BC, LCAT

Throughout my career as an art therapist, I have found the book *Art Therapy for Groups* by Marian Liebmann to be a valuable resource. The workshop takes a look at this very useful book, and discusses how to pick the appropriate directives for the patient population with whom you are working. Exercises are geared toward exploring the thinking processes art therapists go through to develop directives that benefit patients.

12:20-1 p.m. – LUNCHEON and BOOK SIGNING

Frances F. Kaplan will be available to sign copies of her books *Art, Science and Art Therapy: Repainting the Picture* and *Art Therapy and Social Action*

Mia Barkan Clarke will be available to sign copies of her books *Tea with Nana*, including her paintings with related poems, and *My Sacred Circle Mandala Journal — A Creative Workbook for Self-discovery and Exploration*.

1-1:30 p.m. Special guest **Susan Corrigan**, executive director of the American Art Therapy Association, will share with us some of the exciting updates and new initiatives of the American Art Therapy Association.

1:30-2 p.m. Commemorative Community Art Experience

Join in a collaborative art piece as we come together to reflect on and celebrate the power of creative expression.

2:15-3:30 p.m. – SESSION II WORKSHOPS

6. Using Traditional Korean Art in Contemporary Art Therapy (offered twice)

Vivien Abrams, LCAT, ATR-BC, CASAC and Sangah Jung

This workshop explores the use of traditional Korean art incorporated into art therapy. Participants learn some of the history of this ancient art form and how to employ it in their current work as art therapists. The materials are explored while learning traditional techniques and engaging in a directive that allows participants a firsthand art therapy experience.

7. To Thine Own Self Be True: The Importance of Authenticity in Practice (offered twice) Mia Barkan Clarke, LCAT, ATR-BC, BCPC, DAPA

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8. Utilizing Multiple Avenues in Therapy With Adolescents Dana Wedin, M.S., ATR-BC, LCAT

This workshop explores a directive that has been an effective way of getting to the core feelings of adolescents with some of the most difficult issues. It looks at how distancing the directive from the patient's direct feelings enables them to open up and break through the defensive wall that adolescents build up. The distancing is done through the use of art therapy, drama therapy techniques, storytelling and puppetry.

9. Integrating Modalities and Supervisory Process Through Collaborative Internships

**Susan Boxer-Kappel, M.A., ATR-BC, LCAT, CGP and
Melissa Dukofsky, M.A., LCAT, LMHC, BC-DMT, NCC**

This presentation traces the collaboration of art therapy and dance/movement therapy group sessions, interdisciplinary supervision, and the enriched therapeutic process that emerges from collaborative co-leadership and co-supervision. We address the use of co-supervision to enhance the collaboration between creative arts therapy modalities.

10. Art Fusion Enrichment, Inc. Michelle Lopez, M.A., Jennifer Oppito, M.A. and Donnielle Rome, ATR-BC

This session focuses on the dynamics of incorporating creative arts therapy approaches into existing organizations as consultants. The importance of intense partnerships with organizations that provide services for people with special needs allow for the values of the creative arts therapists to serve the whole person and promote the belief in the potential healing powers of the creative process. Art Fusion specializes in creating intense partnerships that allow for the larger community to be served as well. The first case study looks at "I Can Feel ... (Puedo estar ...)" a bilingual program utilizing the creative arts to explore emotions, with the goal of enhancing the parent-child learning dyad for families affected by autism. This program was designed to meet the needs of a grant to reach out to underserved Spanish-speaking communities on Long Island. The second case study looks at the role of the Art Fusion team in utilizing CAT approaches in creating a new school environment that enhances the education as well as the life of students and staff involved in a transfer school in Brooklyn.

3:30-4 p.m. Conference Evaluations and CEC/ Attendance Certificates

Each attendee will be given a certificate that is acceptable by ATCB for 5.5 CECs toward BC recertification at no additional cost.

ABOUT THE KEYNOTE SPEAKER:

Frances F. Kaplan, M.P.S., D.A., ATR-BC, has extensive experience teaching, practicing, publishing, and giving presentations on art therapy, including serving as supervisor of creative arts therapies at Carrier Foundation in New Jersey and as director of the Graduate Art Therapy Program at Hofstra University. She also taught for a year at Edith Cowan University, Perth, Western Australia, and has conducted courses on art and conflict resolution at Portland State University in Oregon. She served as editor of *Art Therapy: Journal of the American Art Therapy Association* from 2002 through 2005. At present, she is an associate professor in the graduate art therapy counseling program at Marylhurst University in Oregon. She is the author of the book *Art, Science and Art Therapy: Repainting the Picture* (Jessica Kingsley Publishers, 2000) and editor of *Art Therapy and Social Action* (Jessica Kingsley Publishers, 2007).

ABOUT THE WORKSHOP PRESENTERS:

Vivien H. Abrams, LCAT, ATR-BC, CASAC, is an art therapist and addictions specialist working with patients at South Oaks Hospital with mental illnesses and co-existing disorders. Ms. Abrams is on the faculty of the Hofstra University Graduate Creative Arts Therapy Program. She maintains a private practice specializing in a variety of populations, including the bereaved and those with co-existing disorders. She also supervises students and professionals working toward their ATR and licensure.

Samantha Alexander, M.A., ATR-BC, LCAT is a registered, board-certified, licensed creative arts therapist, who graduated with a master's degree in creative arts therapy from Hofstra University in 2006. She is currently working at United Cerebral Palsy Association of Nassau County in a continuing day treatment program called Life Options. She provides individual and group art therapy to adults with developmental disabilities.

Susan E. Antelis, M.P.S., ATR-BC, LCAT, BCIA-C, EEGC, LMHC, is an artist; musician; board-certified, licensed creative arts therapist; licensed mental health counselor; board-certified biofeedback professional and therapist in private practice; and adjunct professor of art therapy at Hofstra University and at Long Island University-C.W. Post campus. Ms. Antelis personally trained with the originator of the technique SoulCollage™, Seena Frost, earning the title of "SoulCollage™ facilitator." You can view some of Ms. Antelis' SoulCollage™ cards in the gallery at soulcollage.com. The Web site also explains the concept in greater depth and offers a sample four-card spread reading.

Susan Boxer-Kappel, M.A., ATR-BC, LCAT, CGP has a private practice and has developed programs for special focus organizations with a variety of populations. She currently works as a supervisor and consultant at Queens Children's Psychiatric Hospital. Ms. Boxer-Kappel is a past president of the New York Art Therapy Association. Additionally, she is the NYATA chapter delegate to the Assembly of Chapters for the American Art Therapy Association and served on many committees, remaining involved on a national level. She has been an adjunct professor and has lectured nationally about various topics in art therapy.

Mia Barkan Clarke, LCAT, ATR-BC, BCPC, DAPA, is a working artist and a New York state licensed, registered and board-certified practicing creative arts therapist. She holds a Master of Arts in creative arts therapy from Hofstra University, a Bachelor of Fine Arts in fabric styling, specializing in woven design, and an Associate Degree in textile/surface design from Fashion Institute of Technology. Ms. Clarke has been an instructor of art therapy at Molloy College and has lectured at Hofstra University and Touro College. She is the author of two books most recently *Tea with Nana*, including her paintings with related poems, and *My Sacred Circle Mandala Journal — A Creative Workbook for Self-discovery and Exploration*.