

Aynisa Leonardo, LCAT, ATR

Aynisa Leonardo received a Master of Arts in creative art therapy from Hofstra University and a Bachelor of Arts in communications from Fordham University. She is the program coordinator of the Military Wellness Program and director of the Family Reintegration Program at The Holliswood Hospital. Ms. Leonardo has extensive experience working with various diagnoses, integrating expressive, creative, existential and cognitive behavioral therapy into her approach. She specializes in substance and alcohol abuse counseling, and trauma-focused therapy for individuals, groups, couples, and families. Ms. Leonardo is dedicated to serving military members and their loved ones through the process of recovery. She implements a comprehensive and psychodynamic treatment model, providing individualized care that promotes healing and personal growth for a broad range of clientele.

Beth Gonzalez-Dolginko, Ed.D., LCAT, LP, is a New York state licensed creative arts therapist and psychoanalyst. She has 25 years of experience in academia and 38 years of clinical experience in such areas as in-patient psychiatry, developmental disabilities, special education, and early childhood, childhood and adolescent development. She has a private practice in Northport, NY.

Marie Ragona, M.A., LCAT, ATR-BC, is a creative arts therapist and received an M.A. from Hofstra University in 2006. Ms. Ragona went on to work in acute inpatient psychiatry and is currently employed at HELP/PSI, Inc. in Jamaica, NY, an adult day health care outpatient treatment program for people with HIV, mental illness, chemical addiction and critical health issues.

Donna Montilli Arora, M.A., LCAT, ATR-BC, is a registered, board certified, licensed creative art therapist. She received a master's degree from Hofstra University, and has been working in the field for seven years. She has worked in an enrichment program with children, in-patient psychiatric settings with children and adults, and in community settings. Ms. Arora is currently the director of creative arts therapies at an adult day health care program assisting those infected with HIV/AIDS who are also challenged with substance abuse issues, mental health issues, homelessness, abuse and trauma histories.

Dorit Netzer, Ph.D., ATR-BC, LCAT, is an art therapist in private practice (www.creative-encounters.us) and an associate adjunct faculty member at Hofstra University and the Institute of Transpersonal Psychology. She specializes in the use of mental imagery and creative expression in the contexts of conflict, illness, and personal development.

Laura Loumeau-May, M.P.S., ATR-BC, LPC, works with bereaved youth and adults with psychiatric diagnoses, and teaches in the graduate program at Caldwell College. Her work with children of 9/11 victims was featured on ABC-TV in 2002. She is internationally published and currently serves on the board of the American Art Therapy Association.

Creative Arts Therapy Conference: "Trauma and PTSD: Effective Treatment Through Creative Arts Therapy" REGISTRATION FORM

Registration form must be received no later than Friday, March 23, 2012. Make checks payable to Hofstra University. Mail registration form and fee to: John R. Lewis, Assistant Dean, Office of Professional Development Services, School of Education, Health and Human Services, 116 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)

- \$100 General admission
- \$50 Student (attach a copy of valid student ID)
- \$25 Hofstra creative arts therapy student (attach a copy of current HofstraCard)
- \$50 Senior citizen (over 62)

Name _____

Affiliation _____

Address _____

Phone (day) _____ (eve) _____

E-mail _____

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

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

Morning Workshops: 11 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: 1:15-2:45 p.m.

6 _____ 7 _____ 8 _____ 9 _____

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

CECs toward BC recertification are available.

Multipurpose Room
Sondra and David S. Mack Student Center, North Campus

Thursday, March 29, 2012 | 8:30 a.m.-3:30 p.m.

Trauma and PTSD: Effective Treatment Through Creative Arts Therapy
presents a conference

The Graduate Creative Arts Therapy Program



SCHOOL OF EDUCATION, HEALTH AND HUMAN SERVICES
UNIVERSITY
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Creative Arts
Therapy Conference
Thursday, March 29, 2012

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For appointments, call Sandra Lakotta: 516-463-5752

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163 Hagedorn Hall | 119 Hofstra University

Margaret Carlock-Russo, ATR-BC, LCAT, Program Director

For information about the Graduate Creative Arts Therapy Program at Hofstra University please contact:

AGENDA

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

9-9:15 a.m. Hofstra Welcome

- John R. Lewis, Assistant Dean
- Margaret Carlock-Russo, Creative Arts Therapy Program Director
- Dr. Joan Bloomgarden, Associate Professor
- Dr. Deborah Elkins-Abuhoff, Assistant Professor

This year's conference focuses on clients dealing with trauma and post-traumatic stress disorder (PTSD). Trauma and PTSD are issues that many therapists face in their work at one time or another. These issues often present the therapist with challenges that require careful intervention and awareness of their own vulnerabilities. Our keynote presenter will share her experiences working with veterans at the Giant Steps Program in Connecticut. Workshop presenters will share their experiences working with people recovering from trauma and/or PTSD in various environments, as well as ethical considerations and methods of self-care that are essential to effective therapy. Today, we have the opportunity to learn more about these timely issues and hopefully learn new ideas that will inform our own practices.

9:15-10:45 a.m. Keynote Address: Martha Haeseler, M.A., ATR-BC
The Giant Steps Program: Art Therapy With Veterans — Trauma, Resilience, and Positive Psychology

Some of the concepts of positive psychology can be applied to art therapy with veterans who have post-traumatic stress disorder (PTSD), military sexual trauma (MST), traumatic brain injury (TBI), and mental illness. Ms. Haeseler will talk about strategies for creating a safe group experience for these veterans and will present some of their artwork and stories.

DESCRIPTION OF CONFERENCE WORKSHOPS

11 A.M.-12:30 P.M. SESSION I WORKSHOPS

1. Establishing Safety, Strengths, and Self-Care Through Art
Martha Haeseler, M.A., ATR-BC

For people who have experienced trauma, safety is the first basic need. Participants will create a safe place using a bag or box. Then they will create and put art pieces and items that bring them comfort and support them inside the box or bag. Participants are invited to bring found objects that have meaning to them, objects from nature, and photocopies of comforting people or places. Next, participants will add to the bag/box artworks that depict their strengths and strategies for self-care.

2. What Art Therapists Should Know When Working With Trauma Survivors
Yi-Hui Chang, LCAT, ATR-BC

Working with survivors in recovery from human inflicted violence, abuse and assault can be draining to therapists. This presentation will address the differences between vicarious trauma from burn out and compassion fatigue. Two art psychotherapy directives and a self-score scale will be introduced to assist participants in understanding the personal impact of working with trauma survivors. The concept of vicarious transformation will also be discussed as a part of current movement toward positive psychology.

3. Past the Brushfire: Illumination Through Voice and Witness for Trauma Survivors
Sherry Reiter, Ph.D., LCSW, PTR-M/S, RDT-BCT

People tend to have one of three reactions in the face of stress: fight, flight or freeze. This workshop recommends a different coping response to extreme stress — no fight, no flight — just write! Pushing past the brushfire to the place we felt we could not go is encouraged through poetry therapy and drama therapy exercises. Articulation, play, witness, and aesthetic distance are keys for resilience and moving forward.

4. Art Therapy in the Deployment Environment: Part One
(Workshop will continue with Workshop 9, Part Two in the afternoon)
Rafelina Mandarino, LCAT, ATR-BC; Cristina Lomangino, LCAT, ATR-BC, Jaclyn Rindos, LCAT, ATR-BC; Aynisa Leonardo, LCAT, ATR

The goal of this two-part workshop is to explore combat trauma and the impact it has on the men and women in the military, and their families. Part One will be informative and primarily didactic, while Part Two will focus on case presentations. We will address the role

of art therapy and other clinical interventions in their recovery. We will examine the challenges art therapists face as we enter the combat zone and guide our service men and women through the healing process.

5. Feeling and Envisioning the Pain: How Vicarious Traumatization Affects the Work We Do
Beth Gonzalez-Dolginko, Ed.D., LCAT, ATR-BC

Vicarious traumatization is a transformation in the self of a trauma worker or helper that results from empathic engagement with traumatized clients and their reports of traumatic experiences and continuous exposure to traumatic events and violence. As we listen to our clients tell about their trauma of incest, rape, domestic violence, alcoholic families or memories of childhood abuse, we bear witness to their victimization. As witnesses and healers, we can't help but take in some of the emotional pain they have left with us. Participants will do response drawings to patient artwork that represents trauma. An information session will follow. Goals include increased awareness of one's empathic response through a visual exercise, better understanding of what vicarious traumatization is and how it affects the work therapists do, and how we can protect ourselves from vicarious traumatization in our work.

12:30-1:10 p.m. LUNCHEON

Splashes of Hope, a not-for-profit organization, will be speaking briefly during the luncheon about their mural-making program. A representative will also be available at a booth outside of the Multipurpose Room, Mack Student Center, North Campus, to answer questions and share more information during the luncheon and additional breaks.

1:15-2:45 P.M. SESSION II WORKSHOPS

6. Seeking Safety Through Art Therapy With the Multi-Diagnosed Adult
Marie Ragona, M.A., LCAT, ATR-BC

"What art offers is space — a certain breathing room for the spirit." — John Updike. Traumatic life events affect every aspect of our lives, especially our relationships with ourselves and others. Through the art-making process, we safely make tangible and release that which we are unable to verbalize, in order to improve our lives. The goal of this seminar is to explore, through the art therapist's eye, trauma, mental health, chemical dependence, physical

disability, HIV/AIDS as well as the cultural considerations surrounding these issues. The workshop will conclude with an art experiential related to the above themes.

7. Art Therapy in Treatment of Substance Abuse and Trauma in an HIV/AIDS Community
Donna Montilli Arora, M.A., LCAT, ATR-B

This presentation provides an overview of the utilization of art therapy in a day treatment program servicing clients challenged with HIV/AIDS. Participants explore the use of art in individual and group modalities, as it relates to the symptoms of PTSD/trauma and substance use. Utilizing case studies, art therapy goals, interventions and outcomes will be reviewed. Objectives include defining the relationship between substance use, trauma and HIV that is observed within the community, discussing themes that are identified in the art making process as it relates to symptoms of PTSD, and exploring identified themes that arise in the art, applied interventions and outcome.

8. Therapists' Self-Care: Remembering the Self Toward Wholeness
Dorit Netzer, Ph.D., ATR-BC, LCAT

This workshop will focus on the art therapist's need for self-care while caring for others and within the constraints of a busy life. Despite the reward in providing care for and facilitating healing in others, therapists often feel overworked and overwhelmed by the many aspects of their lives that call for attention. In the midst of considering the needs of others, therapists might forget to attend to their own needs — to restore and replenish. The construct of remembering one's self as the means for unifying the experience of self and others into one whole will be explored through mental imagery and creative expression with various media. Participants will engage in self-centering exercises, opening to inner-knowing, and envisioning desirable changes in unbalanced habits on personal and professional levels.

9. Art Therapy in the Deployment Environment: Part Two
(Continued from Workshop 4, Part One in the morning)

Rafelina Mandarino, LCAT, ATR-BC; Cristina Lomangino, LCAT, ATR-BC, Jaclyn Rindos, LCAT, ATR-BC; Aynisa Leonardo, LCAT, ATR

Part Two of this workshop will be a presentation of the art work of our military as they progress through the healing process. We will address the role of art therapy and other clinical interventions in recovery. We will also examine the challenges art therapists face as they enter the combat zone and guide our service men and women through the healing process.

10. Ethical Considerations in the Art Therapy Treatment of Adolescents Facing Complex Grief
Laura V. Loumeau-May, M.P.S., ATR-BC, LPC

Ethical issues in bereavement support are compounded when combining trauma and the developmental and legal status of adolescents. Pre-existing family dynamics and media involvement add further complications. This workshop explores ethical issues in working with this population, including confidentiality, rights of minors, working with sensitivity to cultural differences, pacing treatment to avoid retraumatization and collaboration with other agencies involved. Presentation will include clinical vignettes followed by focused exploration of ethical dilemmas. Participants will be able to identify three ethical challenges unique to grief work with adolescents, describe the 5P model for ethical decision making, and practice ethical decision making from clinical examples in small break-out groups.

2:45-3:15 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:

Martha Haeseler, M.A., ATR-BC is a retired assistant professor of art therapy at New York University, and director of the Giant Steps Program for veterans with PTSD, MST, and mental health challenges, VA Connecticut Healthcare System. She has published and presented in the areas of art therapy with adolescents, groups and veterans; eating disorders; psychotic illness; ethics; outsider art; PTSD and MST.

ABOUT THE WORKSHOP PRESENTERS:

Yi-Hui Chang, LCAT, ATR-BC is currently working as associate director of a training clinic at Teachers' College, Columbia University, where she provides administrative support to graduate students. Ms. Chang has a wealth of experience in serving survivors who are recovering from domestic violence, sexual assault and traumatic immigration process through advocacy and art psychotherapy. She also maintains a bilingual (Mandarin and English) private practice in Manhattan.

Sherry Reiter, Ph.D., LCSW, PTR-M/S, RDT-BCT

Dr. Sherry Reiter 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.

Rafelina Mandarino, LCAT, ATR-BC

Rafelina Mandarino is a board certified, licensed creative arts therapist. She is a seasoned clinician and has been at The Holliswood Hospital for more than 22 years. Ms. Mandarino has taught in the graduate art therapy programs of two universities. She is one of the core members of the hospital's Military Wellness Program and has extensive experience in assisting individuals who suffer from trauma and substance abuse. She also has an active private practice and has experience in disaster relief work post 9-11. Ms. Mandarino is able to incorporate her many years of diversified experience into a comprehensively established treatment model, targeting a wide range of patient needs.

Cristina Lomangino, LCAT, ATR-BC

Cristina Lomangino is a board certified, licensed art therapist who graduated from Long Island University with a master's degree in art therapy. As part of her training, she concentrated on the use of art therapy with individuals diagnosed with PTSD, particularly combat-related trauma. She also has experience utilizing art therapy at the VA Hospital in Northport, NY. Ms. Lomangino has been a member of the treatment team with The Military Wellness Program at The Holliswood Hospital since 2008. She facilitates individual therapy and group programming where the focus is on processing the individual's trauma exposure through implementation of the creative arts.

Jaclyn Rindos, LCAT, ATR-BC

Jaclyn Rindos is a board certified, licensed creative arts therapist. She received a Master of Arts from Long Island University where she specialized in the field of clinical art therapy. Ms. Rindos has an expertise working with individuals who have been exposed to trauma, as well as those struggling with addiction. She utilizes an integrative and humanistic approach in treatment with these individuals. Ms. Rindos has been a vital member of the treatment team with the Military Wellness Program at The Holliswood Hospital for several years. She is the clinical coordinator for adult, adolescent and military services and currently practices art therapy in both the individual and group settings. She is an extremely motivated and hard-working individual who offers a high level of dedication and commitment in every aspect of her work.

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