



HOFSTRA UNIVERSITY®

SCHOOL OF HEALTH PROFESSIONS
AND HUMAN SERVICES

CAT

Hofstra Creative Arts Therapy Conference

*Hofstra University
School of Health Professions and Human Services
Graduate Creative Arts Therapy Program
presents a one-day conference*

Art Therapy in a New Media Culture

Friday, April 21, 2017 | 8:30 a.m.-3:40 p.m.

Sondra and David S. Mack Student Center, North Campus

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

Joan Bloomgarden, PhD, ATR-BC, LCAT, MHC
Creative Arts Therapy Program Director
Department of Counseling and Mental Health Professions
School of Health Professions and Human Services
Room 163 Hagedorn Hall
119 Hofstra University, Hempstead, NY 11549-1190
Joan.S.Bloomgarden@hofstra.edu • 516-463-5300

Directions to Hofstra University Sondra and David S. Mack Student Center, North Campus

By car: Hofstra is on Long Island, close to New York City, and can be reached easily by main east-west and north-south roads. Meadowbrook Parkway is the closest; it runs north and south between the Southern State Parkway and the Northern State Parkway. Leave Meadowbrook Parkway at exit M4 West to Hempstead Turnpike. Continue west on Hempstead Turnpike for 1.5 miles. Conference parking is available on the North Campus.

By train from New York City: Take the Long Island Rail Road from Pennsylvania Station to Hempstead Station. There is a Hofstra University shuttle bus that leaves from the station on the hour and half hour.

Please visit hofstra.edu/directions for detailed directions to campus, a printable campus map, and links to the Long Island Rail Road schedule and Hofstra shuttle schedule.

AGENDA

8-8:30 a.m. **Registration and Coffee, Multipurpose Room**

8:45-9 a.m. **Hofstra Welcome, Student Center Theater**

- Dr. Holly Seirup, Dean, School of Health Professions and Human Services
- Dr. Joan Bloomgarden, Program Director
- Dr. Deborah Elkins-Abuhoff, Associate Professor

In our present art therapy cultural environment, we see growth in creative approaches, techniques and research. New ways of using traditional media and new technology have enhanced our abilities to help our clients. Our presenters share their approaches and interventions with specific relevance to their clients' goals and objectives, including the synthesis of new media as a viable choice.

9-10:30 a.m. **Featured Keynote: Diane Rode, MPS, CCLS, ATR-BC, LCAT**
"Fostering Resilience and Creativity Through Art, Technology and Media"

The creative arts and media can be powerful tools for facilitating coping, adjustment and healing for children, adolescents, and families who have experienced trauma. In this keynote, we explore specific examples of art making, video production, and music therapy interventions that demonstrate the power of the arts in healing experiences of trauma and loss. Children, adolescents, and parents can benefit significantly from opportunities for self-expression and reflection, as will be demonstrated in samples of work created by children and adolescents with terminal illnesses and school-age children who experienced the trauma of 9/11.

10:45-11:15 a.m. **Q&A with Panelists: The Effect of Technology on the Clinical Relationship**

- Panelists: Diane Rode, Sarah Yazdian, Molly Haas-Hooven, Luis Borges, Lauren Smith
- Moderator: Dr. Joan Bloomgarden

11:30 a.m.-12:30 p.m. **Luncheon (for all attendees) and a Meet and Greet Table for Supervisors**

12:45-2:10 p.m. SESSION I WORKSHOPS

1. Creating Patient Narratives With New Media: Part I *(This is a sequential workshop; participants attend Part II in Session II.)*

Presenter: Luis Borges, BFA

This is a hands-on demonstration of digital tools (tablet and PC) used in hospital settings to encourage reflective and creative storytelling. Stop motion, digital avatars, photo manipulation, and video editing are explored as tools for patient work and medical education. Part I is an overview of software, basic hardware, and samples of created works. "App streaming" workflows will be discussed as a way to provide more robust and creative choices for clients. Part II is an interactive, hands-on practice of the reviewed tools and resources. Attendees will be organized into groups and will create a sample narrative. While a limited number of iPads will be provided, we encourage you bring an iPad with the recommended apps (<http://bit.ly/tech-narratives-LuBorges>).

2. Lights, Camera ... Therapy?! Part I *(This is a sequential workshop; participants attend Part II in Session II.)*

Presenter: Lauren D. Smith, MPS, ATR-BC, LCAT, CCLS

Using video, technology and other new media platforms, this two-part experiential workshop engages participants in an interactive exploration of how creative arts therapists in a variety of environments can incorporate these interventions into their daily practice to support children and families across all developmental levels. Participants learn how new media interventions have the potential to enhance coping, reduce anxiety, promote cognitive flexibility, and encourage post-traumatic growth across client populations. Participants have the opportunity to work directly with a variety of new media to explore interventions related to identity formation, narrative and trauma work.

3. Sound Meditation Techniques in Clinical Applications *(This workshop is repeated in Session II.)*

Presenter: Katie Down, MT-BC, LCAT

This experiential/hands-on workshop engages participants in how to use simple meditation techniques for the purpose of optimal relaxation and stress relief. We discuss how sound meditation can be used in clinical settings, and we learn basic playing techniques on instruments such as gongs, crystal bowls and rattles, as well as more familiar instruments like the guitar and piano. Learning objectives include the following: (1) Participants will experience a sound bath and learn the basics for creating simple meditation groups with sound and music; (2) Participants will learn about the properties of sound as it affects the central nervous system; (3) Participants will be able to articulate three ways in which sound and music can be implemented in relaxation and symptom management protocols for patients and staff wellness programs.

4. Connecting, Healing and Letting Go: Creative Arts Interventions at the End of Life *(This workshop is repeated in Session II.)*

Presenters: Sarah Yazdian, MA, LCAT, ATR-BC, CCLS, and Molly Haas-Hooven, MFA

This workshop introduces creative arts modalities that address end-of-life issues. Through case examples and experiential work, participants explore the power of creativity in the context of loss. Through personal story, creative writing, and arts processes, including technology, participants gain tools to facilitate expression, communication, connection, and preservation with individuals and families.

5. Arts-Based Inquiry: Response Art

Presenter: Dan Summer, MA, LCAT

For the witness or viewer of art forms, responses frequently lead to internalized feelings of elation, disgust, discomfort, and surprise. Sometimes an image can hit the viewer right in the gut, or it can cause a response that aligns with the viewer. For artists, response art is often made during an inquiry to expand knowledge of a certain issue. The intention of response art is for the researcher/artist to immerse themselves in a creative process alone, or it could be with co-researchers who examine personal, social, or political issues that have mutual meaning. In many cases, response art is knowledge building for the researcher/co-researchers and for a general larger audience. The presenter provides an overview of arts-based research and provides examples of response art created by the presenter and several colleagues. This experiential workshop engages participants in a response art piece and process in which they reflect on an issue that has meaning for them. Participants can work on this collectively or individually. Arts-based inquiry is established as a part of qualitative research.

6. Knitting: The "New" Medium

Presenter: Elyse Miller, MA, LCAT, ATR-BC, BCPC, CLL

The stereotype that only the elderly knit is rapidly changing as a new generation of middle-aged and younger people are taking up this "new" craft. In social media, we see how knitting has assisted well-being, making people feel happier, calmer and more energetic; it even helps with overall daily creative activity. This workshop examines the therapeutic qualities of the knitting process and, of course, participants have a chance to try out this "new" medium.

7. Grant Results From a Vocational Project for Teen-Age Students With Autism

Presenters: Jennifer Candiano, MA, ATR, and Mitra Dejkameh, MFA, MA, ATR-BC

Young adults with autism created a brief documentary film about their internship experience with ArtAccess. The presentation describes a 2016 grant-based project of ArtAccess and Autism Initiatives Program of the Queens Museum, the Skill-Based Internship Project that supported vocational goals for high school students with autism. During their internship, four students received hands-on training from art therapists and teaching artists on practical and artistic processes based on their specific skills and interests, which included digital design, photography, and videography. Process is emphasized in this presentation.

8. Expressive Weaving®

Presenter: Mia Barkan Clarke, LCAT, ATR-BC, BCPC, FAPA

Expressive Weaving® is a process-oriented method of art therapy (developed by Mia Barkan Clarke) in which fiber art is created through the Old World art of weaving for the purpose of self-expression and catharsis. The rote, meditative quality of the Expressive Weaving® process involves the interlacing of yarn and other appropriate materials within the frame of a nontraditional loom, which, in turn, encourages anxiety relief, elevated mood, and increased confidence by way of mastery of the task, and fosters symptom management with a variety of populations. The method of Expressive Weaving® is a highly tactile experience and is a model of integration. The presenter discusses her decades of research and methods to include history, comparative world mythologies with an emphasis on archetypal significance and metaphor, deities of weaving, populations served and clinical applications.

9. Creating Patient Narratives With New Media: Part II *(This is a sequential workshop; participants attend Part I in Session I.)*

Presenter: Luis Borges, BFA

See Session I, Workshop 1, for description.

10. Lights, Camera ... Therapy?! Part II *(This is a sequential workshop; participants attend Part I in Session I.)*

Presenter: Lauren D. Smith, MPS, ATR-BC, LCAT, CCLS

See Session I, Workshop 2, for description.

11. Sound Meditation Techniques in Clinical Applications *(repeat of Session I presentation)*

Presenter: Katie Down, MT-BC, LCAT

See Session I, Workshop 3, for description.

12. Connecting, Healing and Letting Go: Creative Arts Interventions at the End of Life *(repeat of Session I presentation)*

Presenters: Sarah Yazdian, MA, LCAT, ATR-BC, CCLS, and Molly Haas-Hooven, MFA

See Session I, Workshop 4, for description.

3:45-4 p.m.**CEUs available at table in lobby. Evaluations, CTLE Certificates, and Certificates of Attendance will be emailed to all participants. (See enclosure in your folder.)****About the Presenters:**

Mia Barkan Clarke, LCAT, ATR-BC, BCPC, FAPA, is an artist, art therapist, poet, and author of *Tea with Nana: Paintings & Poems and My Sacred Circle Mandala Journal: A Creative Workbook for Self-Discovery & Exploration*. She has been an instructor of art therapy at St. Thomas Aquinas College and Molloy College and has lectured about a variety of art therapy topics, including "Making Mandalas," "To Thine Own Self Be True: The Importance of Authenticity in Practice," and "Expressive Weaving®" (a method that Ms. Barkan Clarke specializes in and developed) at Hofstra University, Touro College, Farmingdale State College, and at NYATA conferences. She is currently exhibiting and working on a new collection of poems and paintings for her next publication, *Freya's Tears*, based on Freya, the Norse goddess of love. Contact: miaart@aol.com

Joan Bloomgarden, PhD, LCAT, ATR-BC, MHC, enjoys a long career as a full-time faculty member in Hofstra's Creative Arts Therapy program. Prior to her present position as associate professor at Hofstra, she taught elementary school and art education, holding NYS licenses in both professions. During her dedicated career at Hofstra and as director of the program, Dr. Bloomgarden had a prominent role in facilitating Hofstra's approval by New York state as a license-qualifying creative arts therapy program. Dr. Bloomgarden has written many of the CAT syllabi and has concentrated her efforts on expanding the creative arts to include elective course work in dance, poetry, music, drama and more. Dr. Bloomgarden has presented nationally and internationally and has been published in various venues. Additionally, she has contributed by serving on the Art Therapy Credentials Board, the ethics committee of the American Art Therapy Association and the editorial review board of the *Journal of the American Art Therapy Association*. Dr. Bloomgarden's research and writings support qualitative inquiry that highlights social and personal interactions, relationships, and human experience. This research style developed during her PhD education in professional psychology. Contact: Joan.S.Bloomgarden@hofstra.edu

Luis Borges, BFA, is an IT professional with a background in art therapy and more than 18 years' experience working in a hospital setting with child life specialists, creative arts therapists, and pediatric patients and their families. He has presented at both national and regional conferences on the integration of patient-centered technology in pediatric settings. Mr. Borges consults with and supports child life practitioners and departments on the appropriate use of technology and the related education of staff. He runs open online communities encouraging tech competency for child life specialists and creative arts therapists. His special interest lies in the convergence of patient and family care, medical education, creativity, and technology. He is the patient media and technology coordinator and KidZone TV production supervisor for the Child Life and Creative Arts Therapy Department at the Mount Sinai Kravis Children's Hospital in New York City. Contact: luis.borges@mountsinai.org

Jennifer Candiano, MA, ATR, is a registered art therapist who brings her experience in art therapy and teaching in ABA programs for children with autism to programs at the Queens Museum, Nassau County Museum of Art, Children's Museum of the Arts, and Deer Park Community Center. She is responsible for designing community-based art therapy programs for children and teens, as well as professional development and training programs for professionals working in the field. Ms. Candiano holds an MA in creative arts therapy from Hofstra University. Contact: jennoppito@gmail.com

Mitra Dejkameh, MA, MFA, PhD, ATR-BC, is the manager of the ArtAccess Programs and Autism Initiatives of the Queens Museum in New York. She has several years of experience working with children and adults with diverse abilities and chronic illnesses in District 75 schools and adult health organizations. She creates programming for children, young adults, and adults with developmental disabilities and mental illness, and inclusive programming for families affected by autism. Dr. Dejkameh manages grant-based projects collaborating with health care organizations, community-based wellness programs, and public libraries to promote accessible and inclusive programming for diverse populations and to make individuals' realities more visible. She is an artist with an MFA in visual arts, an MA in creative arts therapy from Hofstra University, and a doctorate in art therapy from Mount Mary University. Contact: mitra@queensmuseum.org

Katie Down, MT-BC, LCAT, is a licensed creative arts therapist, certified Reiki practitioner and professional composer/performer. She runs Sound Well Center and Mindful Music Psychotherapy Creative Arts Therapy PLLC, a private practice with offices in Manhattan and Brooklyn, offering integrative psychotherapy, music therapy and sound with Reiki to individuals and groups as well as clinical supervision, sound baths, and meditation workshops. She has taught music and mindfulness in clinical applications at The Sound Health Collective and Spiegel Academy, and deep listening workshops as a guest lecturer at NYU, The New School, The School of Visual Arts, Cal State Fullerton, The Jewish Theological Seminary, The Open Center, The Expressive Arts Therapy Summit, The International Conference on Deep Listening, and at grand rounds presentations for local New York hospitals. For more information, go to www.soundwellcenter.com. Contact: glassmusicound@gmail.com

Molly Haas-Hooven, MFA, is a playwright and educator. She has taught creative writing, playwrighting, and college essay workshops at Writopia Lab since 2012, and her students have won Scholastic Writing Awards every year since then. As the Writopia creative writing specialist at Mount Sinai's Child Life and Creative Arts Therapy Department, she provides bedside writing support 12 hours a week to hospitalized children and their families. She serves as the editor-in-chief of Mount Sinai's teen literary journal, *Surge*. Her plays have

been produced in Boston and New York, and include *Die Kleinen* (NY premiere, Mastodon Theatre Company, semifinalist at the Eugene O'Neill Playwrights Conference, 2014), *The House Itself Does Not Burn* (semifinalist at the Eugene O'Neill Playwrights Conference, 2015), and *The Queen* (Naked Angels). Molly holds a BA in theater arts from Brandeis University and an MFA in playwriting from the New School for Drama. Contact: Molly.Haas-Hooven@mountsinai.org

Elyse A. Miller, MA, LCAT, ATR-BC, BCPC, CLL, is an assistant adjunct professor in the Graduate Creative Arts Therapy program at Hofstra University. She is the inclusion director at Buckley Day Camp. Currently, she maintains a private practice. Her clinical experience includes working with children, adolescents and adults; both in and out patient psychiatric; chemical dependency; burn out; foster care; eating disorders; bullying; family and couple therapy; trauma; child abuse; bereavement; autism spectrum and treatment planning. Ms. Miller supervises professionals toward their ATR, LCAT and BC. She is also a board-certified professional counselor. A certified laughter leader with The World Laughter Tour, Inc., she uses humor and laughter in her art therapy practice and teaching. She has also published on the topic of creative arts therapy and hope. Contact: eam6798@gmail.com

Diane Rode, MPS, CCLS, ATR-BC, LCAT, director of the Child Life Department at the Kravis Children's Hospital at Mount Sinai, oversees Child Life and Creative Arts Therapy programming in Pediatrics and serves on the Pediatric Palliative Care Service. Her work relies on technology as it is incorporated into her clinical work. One of her projects is The Zone at the Kravis Children's Hospital at Mount Sinai. It is the fifth facility of its kind to be created and funded by Teammates for Kids. The Zone is a therapeutic and educational environment for patients and families to play, learn, laugh and relax. A professional television production studio is just one aspect that makes this a warm environment with innovative technology, offering a range of activities and opportunities that meet the special needs of children coping with illness and hospitalization. A licensed creative arts therapist, Ms. Rode is also the executive producer of Mount Sinai's award-winning patient video production program, Through Our Eyes Productions. Contact: diane.rode@mountsinai.org

Lauren D. Smith, MPS, ATR-BC, LCAT, CCLS, is a senior child life and creative arts therapist, KidZone TV producer, and video therapy coordinator at Kravis Children's Hospital at Mount Sinai Medical Center in New York. She is a board-certified creative arts therapist and child life specialist who serves individuals and families in pediatrics inpatient and intensive care medical/surgical settings. She produces creative and therapeutic content for KidZone TV, an interactive, closed-circuit, in-house broadcast studio and channel. Ms. Smith has presented nationally and internationally on creative arts therapy trauma interventions and medical art therapy in pediatric acute care settings. She also serves as visiting faculty in Pratt Institute's Creative Arts Therapy Department and earned an MPS in creative arts therapy from Pratt Institute. Contact: lauren.smith@mountsinai.org

Dan Summer, MA, LCAT, has been a licensed creative arts therapist for nearly 20 years. He has published in several books, and presented at art therapy and other conferences. Currently Dan is a PhD candidate in expressive therapies at Lesley University. His dissertation is on the impact of therapeutic theater on resilience among adolescents. Dan is a graduate of Hofstra's creative arts therapy program, and has previously been on the board for NY Coalition of Creative Arts Therapists, and the NY chapter of the American Professional Society on the Abuse of Children (APSAC). His research areas of interest include arts-based research, therapeutic theater, impacts on resilience, and stigmatized groups. Contact: danesummer@yahoo.com

Sarah Yazdian, MA, LCAT, ATR-BC, CCLS, is the senior child life and creative arts therapy coordinator at Mount Sinai Medical Center. She is a board-certified art therapist and child life specialist who has served individuals and families in pediatrics and palliative care since 2011 at Mount Sinai. She is the editor-in-chief of The Hertzberg Palliative Care Institute's creative arts journal *The Loom*, which includes work by patients, caregivers, and staff. She holds a master's degree in art therapy from New York University. Contact: Sarah.yazdian@mountsinai.org

~ HOFSTRA UNIVERSITY CREATIVE ARTS THERAPY FACULTY ~

Full-time Faculty: Joan Bloomgarden, Program Director; Deborah Elkis-Abuhoff, Associate Professor

Adjunct Faculty of Licensed Creative Arts Therapists (LCATs): Vivien Abrams, Joan Alpers, Michelle Hololob, Elyse Miller, Dorit Netzer, Sheryl Stern, Lisa Wisel

REGISTRATION FORM

Please respond by Friday, April 14, 2017 • **Make checks payable to Hofstra University.**

Mail registration form and fee to: Betsy A. Salemsom, Director
Office of Professional Development Services, School of Education
Room 223 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)
\$110 General admission
\$50 Student (attach a copy of valid student ID)
\$25 Hofstra Creative Arts Therapy students (attach a copy of current HofstraCard)
\$20 PEIR member

Name _____

Address _____

Phone (day) _____ (evening) _____ (cell) _____

Affiliation _____

Email _____

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

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

Session I Workshops: 12:45-2:10 p.m.

1 _____ 2 _____ 3 _____ 4 _____ 5 _____ 6 _____

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

Session II Workshops: 2:15-3:40 p.m.

7 _____ 8 _____ 9 _____ 10 _____ 11 _____ 12 _____

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

