

CREATIVE ARTS THERAPY CONFERENCE

Therapists' Self-Disclosure – Finding the Balance

► Program Agenda:

8:30-9 a.m. **Registration and Coffee**
Multipurpose Room, Sondra
and David S. Mack Student Center,
North Campus

9-9:15 a.m. **Welcome**
Student Center Theater, Sondra
and David S. Mack Student Center,
North Campus
Introductory Remarks: Dr. Joan
Bloomgarden, Creative Arts Therapy
Program Director, School of Education
and Allied Human Services, Hofstra
University

9:15-10:30 a.m. **Keynote Address:**
Steven Kuchuck, LCSW, NCPsyA, LP
*Therapist Self-Disclosure –
Current Trends*
To launch this current and controversial
topic of self-disclosure, psychoanalyst
Steven Kuchuck will provide a
definition and historical overview of
one of the most challenging topics
within the field of creative arts and talk
therapies. Freud first cautioned the
therapist against revealing anything of a
personal nature, but today, rather than
an automatic “forbidding” of self-
disclosure, we are faced with the much
more complex truth that sharing details
about ourselves, deliberately or
inadvertently, can either deepen and
further the work or impede a patient’s
progress. Patients who request or even
demand to know things about us are not
always ready for, interested in or helped
by having these questions answered,
and patients who seem to not want to
know about us might need to be helped
to wonder more. Mr. Kuchuck will
discuss ways to differentiate these states
and address related concepts of
therapist privacy, vulnerability, shame
and pride.

**10:45 a.m.-
Noon** **Morning Workshops**

Noon-1 p.m. **Lunch –**
Multi-Purpose Room

1:15-2:30 p.m. **Keynote Address:**
Janos Marton, M.F.A., Ph.D.
*From Art Therapy to Art: Issues of
Self-Disclosure*
Dr. Janos Marton has been director of
The Living Museum on the grounds of
Creedmore Hospital in Queens for
more than 20 years. He was
instrumental in converting a two-story
cafeteria into an art space that more
than 800 mentally ill people have used
as their creative space. Dr. Marton has
been involved with the production of art
by psychiatric patients, not as art
therapy, but as an outlet where people
come together to celebrate art. At the
museum, “There is freedom from
convention. Everyone fits in. Everyone
has something to say. And personal
expression helps play a positive role in
one's self-esteem and recovery.” Client
art work has been shown at SoHo
galleries, and is currently traveling in an
exhibit to various art galleries around
the county.

Dr. Marton’s HBO film, *The Living
Museum*, which will be shown after his
address, features Dr. Marton and his
patients in the museum talking about
their lives and their art.

2:45-4 p.m. **Afternoon Workshops or Screening
of *The Living Museum***

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**School of Education
and Allied Human
Services**

**Creative Arts
Therapy
Conference**

**Therapists’
Self-Disclosure –
Finding
the Balance**

**Tuesday, March 20, 2007
8:30 a.m.-4 p.m.**

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

► *Description of Workshops:*

1. Therapist Self-Disclosure — Case Presentations Workshop, Steven Kuchuck, LCSW, NCPsyA, LP
Participants are encouraged to bring their case examples, thoughts, feelings and questions about the keynote address and the often controversial topic of therapist self-disclosure. Case examples from the presenter’s and participants’ practices will be discussed as a way to further illustrate and clarify the conference theme. (a.m. & p.m.)

2. The Art Therapist's Self-Disclosure: Mirrors of and Windows for the Client's Healing and Self-Development, Dorit Netzer, M.A., ATR-BC, LCAT
In this workshop participants explore the boundaries of the therapeutic arena. The art therapist's self-disclosure will be considered as enhancing of or disturbing to the client's therapeutic progress. We will question the nature of self-disclosure in the contexts of counter-transference, the development of safe space, distancing versus interconnectedness, empathy versus compassion, and the therapist's modeling of self-development. Through mental imaging and creative expression, participants will assess their personal style, decision-making process, and intuitive choice for self-disclosure as well as the risks, values and ethical considerations in their unique professional settings. (a.m. & p.m.)

3. The Wounded Healer Paradigm: Disclosure Exchange and Personal Creativity in Bereavement Work Laura V. Loumeau-May, M.P.S., ATR-BC
Jung described psychotherapy as a deep exchange between client and therapist. Noting that the therapist, “is effective only when affected,” he added, “Only the wounded (physician) heals.” It is common for those who choose the path of healer to have found this calling through suffering and personal transformation. In hospice and bereavement work, therapists’ deepest psychic wounds of loss can be reactivated. Counter-transference responses, including identification, can hinder, or be channeled creatively. Bereavement work challenges art therapists to be objective and intimate at the same time. They must maintain boundaries and yet, to be honestly transparent, always

focusing on the needs of those in their care. They receive their clients' pain, and respond with their own humanity and skill. In this workshop, participants creatively explore their own “wounded healer.” They also examine ways self-disclosure can enhance bereavement work, and when it can disrupt the clients' process. (a.m. & p.m.)

4., 5., 6., 7., Circles Jill Blake, M.A., Nicole Swinehart, B.A., Sonja Stengel-Baier, B.A., Jessica Busby, B.A.
Historically, women have come together and created social groups. During these meetings women begin to trust and disclose significant issues while engaging in a creative process. This workshop will engage participants in the art of knitting, doll making, collage layering (a special process) and scissoring. Therapists are encouraged to learn (or relearn) techniques and consider formation of their own therapist circles where self-disclosure could naturally happen among peers.
Ready to start a circle? Choices:
4. Knitting (a.m.) 5. Doll making (a.m.) 6. Scissoring (p.m.) 7. Layering (special process) (p.m.)

8. Tipping the Scale: What’s Ethical, What’s Not? Deborah Elkis-Abuhoff, Ph.D., ATR-BC, LCAT
Art therapists work under a Code of Professional Practice. Two areas where boundaries can become unbalanced in therapy are the standards and responsibilities to clients, and professional competence and integrity. This workshop, using Bruce Moon’s Modes of Ethical Thinking, explores how to keep the ethical scale balanced, while contemplating when or if to disclose. (p.m.)

9. The Living Museum–HBO Documentary Screening and Discussion, Janos Marton, M.F.A., Ph.D.
This documentary will be shown in full, with a discussion following. The documentary shows the actual studio and artists Dr. Marton has encouraged to make art despite their diagnosis, prognosis and medications. (p.m.)

Janos Marton, M.F.A., Ph.D., has been working at Creedmoor Psychiatric Center for the last 25 years. He is the founder and director of The Living Museum at Creedmoor. He worked for the department of psychiatry at Columbia University conducting research on the well-known Midtown Study (1954-1974), an epidemiological empirical investigation of mental illness in the metropolis. The Midtown Study was the first major research project on a non-clinical population. His other research project was a follow-up on the classic sociographic investigation on the long-term effects of chronic unemployment by Lazarsfeld. The Marienthal Study looked at the impact of the Depression on a small town in Lower Austria. Dr. Marton, an artist himself, has always been interested in the therapeutic use of media and art. The Living Museum, occupies its own building at Creedmoor and houses the first and largest collection of art created by people with mental illness in the United States.

Dorit Netzer, M.A., ATR-BC, LCAT, is an art therapist in private practice and an adjunct professor in Hofstra's Creative Arts Therapy master's program. She has worked with a variety of populations in community settings and specializes in working with children and their families. Dorit is a student at the Institute of Transpersonal Psychology and is working on her doctoral dissertation, which focuses on mental imaging as a vehicle for transpersonal development.

Sonja Stengel-Baier received a bachelor’s degree in fine arts from the State University of New York at Purchase. She has worked in the arts since 1995 in various schools and private institutions. In 2004 Sonja joined the faculty at Posey School in Northport, NY, where she works with children in the creative and expressive arts. Sonja is currently a graduate student at Hofstra University in the Creative Arts Therapy program and expects to graduate in May 2007.

Nicole Swinehart, a Hofstra Creative Arts Therapy graduate student, is from South Williamsport, PA, and holds an undergraduate degree in art therapy from Marywood University. She has art-making interests in fibers, fabric and creative jewelry. Her clinical work has been with individuals with disabilities, deaf/blind, inpatients and outpatient psychiatric patients. Currently Nicole is interested in translating art therapy into Indian culture in a CAT study abroad class located in Bangalore, India. She plans to use art therapy in special education settings as well as creativity in the sewing circle with women's groups.

Student Assistants
Siobhan Casey, Melanie Cernese, Nicole Corvaia, Morgan Gaydos, Victori Prisco, Nicole Swinehart

► **For more information about the Creative Arts Therapy Program at Hofstra University please contact:**

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(516) 463-5300

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Assistant Professor
(516) 463-5755

CRSR Department
163 Hagedorn Hall, 119 Hofstra University
Hempstead, NY 11549-1190

For appointments call Andres Concilio at (516) 463-5752.

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

Registration Form for Creative Arts Therapy Conference

(Please respond by March 9, 2007.)
Make checks payable to Hofstra University.
Mail registration form and fee to:
Martin Blum, Assistant Dean
School Of Education and Allied Human Services
Office of Professional Development, 120 Hagedorn Hall
119 Hofstra University
Hempstead, NY 11549-1190
For information call (516) 463-5750

► **Registration Fee:**
(includes conference, materials, continental breakfast and luncheon)
\$100 General
\$60 Students (attach copy of ID)
\$50 Seniors (attach proof of age)

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Name _____

Address _____

Phone _____(day) _____(eve)

E-mail _____

Affiliation _____

Some workshops have limited space. Early registration is highly recommended.

Morning Workshops.
1 2 3 4 5 Please mark first (put a “1” in space) and second (put a “2” in space) choices.

Afternoon Workshops.
1 2 3 6 7 8 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 www.hofstra.edu/directions.

► *About the Presenters:*

Jessica Busby is a graduate of Savannah College of Art and Design. She received a B.F.A. in illustration with a minor in drawing. As a future art therapist, Jessica is interested in working with mentally disabled children. She enjoys creating art with watercolor and mixed media collage and plans to incorporate her unique style into her art therapy practice.

Deborah Elkis-Abuhoff, Ph.D., ATR-BC, LCAT, is an assistant professor at Hofstra with research interests in bringing art therapy to the medical community. Her current research projects include the use of clay with people diagnosed with Parkinson’s disease and the creation of mantillas with breast cancer patients. Dr. Abuhoff holds a Ph.D. in clinical/health psychology. She has diverse experience with geriatric, psychiatric and medical populations.

Jill Kogan-Blake, M.A., is a bicoastal professional artist, designer, and recent Hofstra art therapy master’s graduate who has worked with mentally ill hospice patients. Always fascinated by how things are made and the fact that making art is a conscious commitment to uncertainty, risk and unpredictability, she discovered knitting. Womankind have sat around knitting throughout history, connecting with others, sharing life experiences and creating memories while rhythmically and predictably creating wearable art objects. She loves knitting’s portability and the Zen manner in which it eliminates the impatience of waiting.

Steven Kuchuck, LCSW, NCPsyA, LP, is a New York City-based clinical social worker, psychoanalyst, consultant and supervisor in private practice with adults and adolescents in individual, couples and group psychotherapy and psychoanalysis. He is an adjunct associate professor at New York University Graduate School of Social Work; member of board of directors and faculty, The Institute for Expressive Analysis; member, board of trustees, National Association for the Advancement of Psychoanalysis; and former co-chair, Psychotherapists for Social Responsibility. He has lectured and written articles on the relationship between work and stress, adolescent development, identification, group therapy, relational psychoanalysis, analyst trauma and other topics, and has appeared in the *New York Times* and *Paradigm* magazine, among other publications.

Laura V. Loumeau-May, M.P.S., ATR-BC, for the last nine years, has worked in the Journeys Program of Valley Home Care of Paramus, New Jersey, as a bereavement counselor for children who have suffered the loss of parents, siblings or other family members. She also uses her art therapy skills to help those who have experienced the anticipated deaths of loved ones from such illnesses as cancer or AIDS, as well as those who have had sudden and traumatic losses. Ms. Loumeau-May’s work was featured on ABC’s *Primetime Thursday* in 2002. In November 2002, the New Jersey Hospice and Palliative Care Organization named her Art Therapist of the Year.