

Deborah Elkis-Abuhoff, Ph.D., ATR-BC, LCAT, is a licensed psychologist and an assistant professor with research interests that bring art therapy to the medical community. Her research projects include Parkinson’s Disease patients and breast cancer patients, among others. Her clinical experiences include working with medical, psychiatric and geriatric populations; she presents on these topics. Dr. Abuhoff is currently a member of the Internal Review Board at South Oaks Hospital.

Melissa Klay, M.P.S., LCAT, ATR, Ph.D. candidate, has experience working with adults, adolescents and children. She currently works with adolescents at St. Luke’s Hospital Center, and has a private practice. She is also a visiting instructor in the Graduate Creative Arts Therapy Department at Pratt Institute.

Kathy Masone, M.A., LCAT, ATR-BC, launched a new art therapy program at Pilgrim Psychiatric Center, which serves the chronically ill psychiatric population on Long Island. In 2006, the program became accessible to clients on locked wards which afforded clients the opportunity to explore art in-depth, in a safe place. In 2007, she opened a third studio at the Living Museum. Ms. Masone also presents art therapy through in-services, and hopes to build a program that encourages creative expression and appreciation for the arts throughout the facility.

Elyse A. Miller, M.A., ATR-BC, LCAT, currently works in the psychiatry and psychiatric rehabilitation departments at the North Shore-Long Island Jewish Health System, and as an adjunct professor at Hofstra University. She received a bachelor’s degree from the Fashion Institute of Technology and her master’s degree in creative arts therapy from Hofstra University. She currently maintains a private practice in Massapequa Park, New York. She works with children, adolescents and adults, both individuals and families, in the areas of depression, trauma, bereavement, eating disorders and divorce, and also supervises professionals toward their ATR.

Dorit Netzer, M.A., ATR-BC, LCAT, Ph.D. candidate, has a private practice, and is an adjunct professor for Hofstra University’s Graduate Creative Arts Therapy program. She has worked with a variety of populations in community settings, and specializes in working with children and families as well as postgraduate supervision. Dorit is a doctoral candidate in the global department at the Institute of Transpersonal Psychology. Her doctoral dissertation is on imaginal processes as vehicles for transpersonal development.

Creative Arts Therapy Conference REGISTRATION FORM

Registration forms must be received **no later** than APRIL 7, 2008.

Make checks payable to Hofstra University.

Mail registration form with payment to:

Martin Blum, Assistant Dean

Office of Professional Development Services

School of Education and Allied Human Services

120 Hagedorn Hall

119 Hofstra University

Hempstead, NY 11549-1190

For registration information, call (516) 463-5750; fax (516) 463-4370.

For conference information, e-mail Dr. Joan Bloomgarden, director of Hofstra’s Graduate Creative Arts Therapy program, at cprjsb@hofstra.edu.

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

\$100 general admission

\$50 students (Attach copy of ID.)

\$50 senior citizens

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Name _____

Address _____

Phone (day) _____ (eve) _____

Affiliation _____

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

Session I Workshops: 11:15 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.

Session II Workshops: 1:40-2:55 p.m.

6 7 8 9 10 Please mark first (put a “1” in space) and second (put a “2” in space) choices.



The Graduate Creative Arts Therapy Program presents

a one-day conference:

Specializations in Creative Arts Therapy

Tuesday, April 15, 2008 | 8 a.m.-4:30 p.m.

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

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

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Dr. Joan Bloomgarden at (516) 463-5300.

For more information about the Graduate Creative Arts Therapy program at Hofstra University, please call

Kacie Thacker – Graduate Assistant

CATCH Board, Darci Cooper, Marika Horack, Kimberly Kask, Nealy Noe, Heather Spanteiner

Student Assistants:

Joseph Toles, MS, LMHC, is the founder and president of the Joseph Toles Foundation (2006). This organization provides social skills development, seminars, workshops, retreats and camping experiences for families and individuals who need their services. One particular service is the summer camp, which teaches children social skills to help them cope with adverse situations in their lives.

Kathleen Ruel, ATR-BC, LCAT, is a graduate of Hofstra University. Her art therapy experience includes working with children, adolescents, adults and senior citizens, in a variety of settings. She is interested in the shamanic healing traditions of the Americas, and is currently training at the Healing the Light Body School, founded by Dr. Alberto Villoldo. Visit her Web site at nyarthrapist.com for more information on shamanic healing.

AGENDA

8-9 a.m. **Registration and Continental Breakfast, Multipurpose Room, North Campus**

9-9:15 a.m. **Welcoming Remarks, Mack Student Center Theater, North Campus**
Martin Blum, Assistant Dean
Dr. Joan Bloomgarden, Graduate Creative Arts Therapy Program Director
Dr. Deborah Elkins-Abuhoff, Assistant Professor

9:15-11 a.m. **KEYNOTE SPEAKER: Michelle L. Dean, M.A., ATR-BC, LPC, CGP**
Bridging the Split: Working With Patients Who Manifest Eating Disorder Behaviors
Utilizing an Art-Based Approach

The keynote address focuses on working with patients who present within a continuum of eating disorder behaviors, ranging from anorexia nervosa, to bulimia, to compulsive eating patterns. Discussions of etiological theories concerning the emergence of eating disorder behaviors illuminate why the art therapy process is a valuable modality of treatment, for those patients often viewed as difficult to treat by many clinicians. Case examples, supported by current literature in didactic, interactive and experiential formats, are also provided.

Program and Participant Learning Objectives:

- ▶ Attendees are able to identify the spectrum of eating disorder behaviors, as well as the manifestations of these behaviors, as seen in patients’ artwork.
- ▶ Attendees can identify the signs and symptoms of comorbidity that are often seen with eating disorder clients, such as depression, anxiety, substance abuse and post-traumatic stress disorder.
- ▶ Participants learn how an art-based approach can be utilized to bridge the mind/body split, often associated with patients who manifest eating disorder behaviors; more than 24 specific tasks and examples are illustrated.

DESCRIPTION OF CONFERENCE WORKSHOPS

11:15 a.m.-12:30 p.m. – SESSION I WORKSHOPS

1. Art Therapy and Dialectical Behavioral Therapy (DBT) With Adolescents **Melissa Klay, M.P.S., LCAT, ATR, Ph.D. candidate**

When working in an alternative high school for adolescents, symptoms of depression, anxiety, mood changes and impulsivity are experienced daily. Some of the adolescents self-medicate their emotional and behavioral difficulties with drugs and/or alcohol. The major treatment method used for this population is Dialectical Behavioral Therapy (DBT). Through art experiments, this workshop focuses on how to integrate art therapy and the five DBT skills with adolescents.

2. Conversations of the Body: Psychosomatic Symptoms; the Symbols and Meanings **Michelle L. Dean, M.A., ATR-BC, LPC, CGP**

This presentation explores art-based interventions for individuals who suffer from psychosomatic symptoms, through the use of case examples, supported by literature in didactic and interactive formats. Artwork is utilized to illustrate treatment techniques and concepts. Attendees are able to name at least two risk factors for psychosomatic manifestations of psychological conflicts, identify at least three of the DSM-IV-TR criteria for somatization disorder, and identify three advantages to utilizing art.

3. Spirit Healing: a Technique for Creating Figures Without Clients Sewing or Using Scissors **Kathy Masone, M.A., LCAT, ATR-BC**

Participants see figures and artwork created by psychiatric patients, while learning of their histories and current challenges. In this workshop, participants create simple figures using silk flowers and other materials. They create unique figures that help them understand how this technique is useful in a clinical setting, for both insight-oriented therapy and art as therapy settings. Figure making is enjoyable and powerful, as it enables self-discovery.

4. Imaginal Resonance: the Integration of Mind and Body as a Reflective Approach to Insight-Oriented Art Therapy **Dorit Netzer, M.A., ATR-BC, LCAT**

In this workshop, participants are introduced to Imaginal Resonance, a transpersonal, mind/body integrative approach to eliciting awareness of bodily sensations, feelings, reflective thoughts and imagination. The workshop incorporates mental imaging techniques, art making and writing, into a process coined by the presenter as Imaginal Resonance. Examples for the application of this approach in clinical practice of insight-oriented art therapy are also shared and discussed.

5. When the Image Knows Best: A Jungian Perspective on Art and Play **Joan Alpers, M.P.S. LCAT, ATR-BC, CCLS**

A brief overview of Jungian theory is illustrated by sand play, mandalic imagery and case history, followed by a quick lesson on how to search for meaning in a symbol. Participants also have the opportunity to explore the relationship between the ego and Jung’s concept of the self.

12:45-1:30 p.m. – LUNCHEON

SPECIAL GUEST PRESENTATION BY JOSEPH TOLES

Mr. Toles will speak about the Joseph Toles Foundation, which provides the opportunity for children in foster care to have a camping experience where they are safe, respected and loved. Campers participating in these innovative programs have fun, learn new skills, and leave with a profoundly strengthened spirit.

1:40-2:55 p.m. – SESSION II WORKSHOPS

6. Shamanic Healing **Kathleen Ruel, ATR-BC, LCAT**

Both the art therapist and the shaman work with stories and themes reflected in images. Both work with materials, methods and rituals with the goal of helping the client. This workshop will cover the elements of shamanism and how it relates to art therapy.

7. The Magic of Humor and Dramatic Expression **Elyse A. Miller, M.A., ATR-BC, LCAT**

Having a sense of humor is not only important on a personal level, but also on a professional level. Humor can build self-confidence, self-esteem and increase self-expression skills. Creating therapeutic bonds is a difficult task that can take many months, and in some cases, many years to develop. Humor is just another way to strengthen and develop that bond. This workshop helps participants discover their own humor styles, and most of all, allows them to evaluate their overall sense of humor. Come discover the power of humor!

8. When the Image Knows Best: A Jungian Perspective on Art and Play **Joan Alpers, MPS, LCAT, ATR-BC, CCLS** *(See workshop 5 for description.)*

9. Art Therapy With Individuals With Persistent Communication Difficulties **Laura Buechler, ATR-BC, LCAT; Margaret Carlock, ATR-BC, LCAT**

Visual expression can offer an alternate means of communicating emotions, thoughts and experiences, for individuals who have difficulty communicating verbally. Allowing free exploration of media within a safe and therapeutic environment can foster increased self-expression, as well as spontaneous use of art materials to work through emotional issues. A brief case study is offered, as well as a description of a group art therapy process used with adolescents who are nonverbal. The presenters are from The Children’s Learning Center of UCPN.

10. The Unspeakable Loss: Using Art When Words Will Not Work **Vivian H. Abrams, LCAT, ATR-BC, CASAC**

In this workshop, participants gain insight into the use of art therapy with parents suffering the loss of a child. Participants view art work created by members of the COPE Foundation, and increase their knowledge of how these parents have come to depend on art to help them maintain their connections.

3:10-4 p.m. – CLOSING REMARKS, QUESTION-AND-ANSWER

ABOUT THE KEYNOTE SPEAKER:

Michelle L. Dean, M.A., ATR-BC, LPC CPG, is in private practice and is an adjunct professor at Arcadia University in Glenside, PA. She is a supervisor for ATR and LPC candidates, and provides professional workshops for mental health clinicians. Her work recently received the Innovations in Art Therapy Award (Delaware Valley Art Therapy Association, 2007). Ms. Dean is the author of *Taking Weight Problems to School* (JayJo Press, 2005) and the chapter “Preserving the Self: Treating Eating Disordered Individuals Who Self-Injure With Art Therapy” in *Creative Arts Therapies With Patients Who Have Eating Disorders* (Brooke, S., Charles C. Thomas, 2007).

ABOUT THE PRESENTERS:

Vivian H. Abrams, LCAT, ATR-BC, CASAC, is the Dual Diagnosis Program coordinator at South Oaks Hospital for the adult psychiatric service. Ms. Abrams is on the faculty of the Hofstra Graduate Creative Arts Therapy program, and maintains a private practice where she works with a variety of populations, including the bereaved and the dual-diagnosed, and also supervises professionals working toward their ATR and licensure.

Joan Alpers, MPS, LCAT, ATR-BC, CCLS, currently directs a Child Life Program for medically ill children at the Good Samaritan Hospital Medical Center in West Islip, NY. Additionally, Ms. Alpers teaches for the Hofstra Graduate Creative Arts Therapy program and maintains a private practice in Suffolk County, with an emphasis on art and sand play therapy for children, teens and adults.

Laura Buechler, ATR-BC, LCAT, is an art therapist at The Children’s Learning Center of United Cerebral Palsy Association of Nassau County (ucpn) for the past seven years. She works with children (ages 2-21) with physical and cognitive disabilities.

Joan Bloomgarden, Ph.D., ATR-BC, LCAT, MHC, CGC, is an associate professor and director of the Graduate Creative Arts Therapy program. Her long-standing research interests are in creativity, in both the artist’s life and the average person’s life. She is also interested in the arts in education and is currently teaching a course for special education preservice teachers at Hofstra. Dr. Bloomgarden has worked with psychiatric patients, both inpatient and outpatient, as well as with children. She has also presented nationally and internationally.

Margaret Carlock, ATR-BC, LCAT, is an assistant principal and art therapist at The Children’s Learning Center of United Cerebral Palsy Association of Nassau County (ucpn). She holds a graduate-level faculty position at Hofstra University, and has a private practice. Ms. Carlock is active in the New York Art Therapy Association; she has been a board member for several years, holding various positions including treasurer and recording secretary.