



HOFSTRA UNIVERSITY®

SCHOOL OF HEALTH PROFESSIONS
AND HUMAN SERVICES

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Hofstra Creative Arts Therapy Conference

*Hofstra University's Graduate Creative Arts Therapy Program
School of Health Professions and Human Services, HPHS
presents*

A Conference on the Power of Personal Imagery

Thursday, April 14, 2016 | 8:30 a.m.-4 p.m.

Sondra and David S. Mack Student Center, North Campus

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

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

AGENDA

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

9-9:15 a.m. Hofstra Welcome

- Betsy Salemon, Director, Office of Professional Development Services
- Dr. Holly Seirup, Vice Dean, School of Health Professions and Human Services
- Dr. Joan Bloomgarden, Program Director
- Dr. Deborah Elkins-Abuhoff, Associate Professor

Babies begin their lives with the human gift of imagery: visual, auditory, olfactory, gustatory and tactile. As children develop and have experiences they internalize images to form their unique set of imagery stemming from personal relationships and interactions. Imagery has been the subject of research as to the function of these mental representations that appear to play a role in emotion, memory and thinking. Our speakers today offer you a perspective of this special topic, the power of personal imagery. They bring their experiences to you from their professional depth and perspective.

9:15-10:30 a.m. Featured Keynote Lecture:

- Judy Weiser, R. Psych., ATR, Founder and Director of the PhotoTherapy Centre, Vancouver, Canada
- Using PhotoTherapy Techniques in Creative Arts Therapies Practices: Working with the “Heart Part” of Photographic Imagery**

Learn how creative arts therapists and other mental health professionals can use clients’ own personal snapshots and family photographs (and the feelings, memories, and thoughts these evoke) to deepen and enhance therapeutic communication. This photo-illustrated keynote presentation will introduce the “what,” “why,” and “how” of the interrelated framework of PhotoTherapy, Photo-Art-Therapy, and Therapeutic Photography techniques, and give examples that demonstrate their effectiveness and value in therapeutic application. Time will be given at the end for questions and discussion. Additional information about these techniques can be found at: www.phothotherapy-centre.com.

10:50-11:50 a.m. Panel Presentation: Using Photography to Help Ourselves (and Other People) Find Healing

- Panelists: Ocean Morisset, Nancy Gershman, Ellen Fisher-Turk

Panelists will each describe and show illustrations of their unique applications of photos used in their personal healing, as ways to cope with and survive cancer, to help with the grief and loss process, addictive behaviors, eating disorders, body-image distortion, and low self-esteem. They will address how photos, phototaking and photo montage were used as vehicles to make positive changes. Additional information can be found at: oceanmorisset.com; artforyoursake.com/healing; and photographytherapy.com.

Noon-1:15 p.m. LUNCHEON, for all attendees, and a Meet and Greet Table for Supervisors

1:20-2:30 pm. SESSION I WORKSHOPS

1. A Picture Is Worth More Than a Thousand Words!

Judy Weiser, R.Psych., ATR, Founder and Director of the PhotoTherapy Centre, Vancouver, Canada

Experiential Practice Workshop with the Primary PhotoTherapy Technique

This experiential workshop will give participants a chance to practice for themselves the primary PhotoTherapy technique (“Photo-Projectives”) and learn from their own interaction with photos brought by the instructor how ordinary snapshots can create meaning, evoke feelings, trigger memories, project inner values, judgments and expectations, and share information — while telling their own stories their own way to each viewer encountering them — and how this can be used to improve therapy practices. This workshop is for the purpose of education and not personal therapy.

2. Artists, Imagery and Engagement

Nancy Richner, Museum Education Director

How do artists use personal imagery and how can viewers’ interpretation and discussion of this imagery add to an understanding of ourselves, others and the world? Participants in this workshop will have the opportunity to exercise skills in close looking at symbolism and metaphor in established works of art, together analyzing and finding meaning in artists’ works and in sharing and discussing them with others. This collaborative endeavor will provide an opportunity to practice looking at and discussing others’ art. It can also reveal our own biases, assumptions and how we bring those elements to our personal understanding of the world, as well as working with others.

3. Exploring Personal Imagery with Cancer Patients & Caretakers: From Darkness and Pain to Hope and Empowerment

Deborah J. Adler, MA, LCAT, ATR-BC

Take a journey and witness powerful imagery and symbolic forms with a cancer outpatient group and individuals who have been touched by cancer. Discover useful treatment approaches with this population and understanding how creating such imagery may provide significant means for healing, stress-reduction and personal feelings of self-fulfillment.

4. Military and Trauma: The Physiology of Personal Imagery with Trauma Survivors

Aynisa Leonardo, LCAT, ATR-BC

Participants will learn about the physical symptoms associated with trauma, as well as techniques to manage them through personal imagery. The workshop will explore different ways imagery can be used for re-scripting, meditation, and symptom management. The workshop will be educational, as well as interactive. Participants will learn imagery scripts that are specifically geared to be used with survivors of trauma.

5. The Use of Arts-Based Inquiry as Meaning Making: Artist and Researcher

Daniel Summer, LCAT, ATR-BC

This workshop will provide an overview of arts-based inquiry and invite participants to engage in heuristic art making where self-exploration and risk taking through different art media is encouraged. It is a process where the artist/researcher has an intention to examine a process that is personal yet can also examine issues related to social justice and responses to a client or clients. Synthesis of material can ultimately lead to greater meaning and discovery. Arts-based inquiry is described by Shaun McNiff (2004, 2013) as developing a greater understanding of what we know as individuals and how the arts are the truth or essence of who we are. Pat Allen’s book *Art as Way of Knowing*, emphasized the importance of engaging to develop a sense of freedom and connection to our deeper selves (1998, 2012). Arts-based research, ABR, is developing as an emerging formative set of methods in diverse professions.

6. Using Personal Imagery in Addictions Treatment**Aynisa Leonardo, LCAT, ATR-BC**

Participants will learn about the five phases of addiction treatment and recovery: awareness, contemplation, preparation, action, and maintenance. The workshop will explore different ways imagery can be used in helping clients to create vision, set goals, and align their goals into action. The workshop will be educational, as well as interactive. Participants will learn imagery scripts that can be used to explore and enact symptoms related to drug and alcohol cravings, loss, regret, fear, motivation, and hope.

7. Stimulation-Based Art Therapy for Older Adults with Dementia**Marissa Krause, MA, LCAT, ATR-BC**

This workshop explains how to run a sensory-based art therapy group to help foster the production of personal imagery for adults with memory impairment. Dementia will be defined and techniques for reaching this population will be covered, with emphasis on stimulating the five senses. Sensory stimulation brings about reminiscence that would not have been possible had the sensory stimulation not occurred. It is a vehicle to introduce art therapy with this population, which otherwise would be difficult. Participants will learn the benefits of stimulating the different senses and will be provided with examples of different topics for practical use.

8. Who Are You? Therapist ... Student ... What About Artist?**Elyse Miller, MA, LCAT, ATR-BC, ATCS, BCPC, CLL**

As creative arts therapists, mental health professionals and students, we dedicate much of who we are to others. Our lives become busy – long days, building practices, seeing patients, writing papers and studying. Sometimes we forget that we are also artists and become distant from our own artmaking and images. When do you take time for yourself? This workshop provides a chance for self-reflection to find your inner core and your inner self through your imagery. Participants will have the chance to dialogue with their art and tell their story.

9. Weiser Photo-Projective Workshop, Part 2: Continuing the Experience**Judy Weiser, R.Psych., ATR, Founder and Director of the PhotoTherapy Centre, Vancouver, Canada**

Part 2 of Judy Weiser's workshop will provide further direct practice with participants' chosen photos using a second kind of approach; newcomers (who were not in Part 1) are also welcome as observers (and, if time permits, also as participants).

10. Expressive Media's Films: Witnessing the Power of the Arts in Therapy**Discussion led by Dr. Deborah Elkis-Abuhoff, LCAT, ATR-BC**

Expressive Media (EMI) is a 501(c)(3) nonprofit co-founded in 1985 by art therapist Judy Rubin and Ellie Irwin, a drama therapist. With a mission of creating and distributing films to educate professionals and the public regarding the healing power of the arts, its philosophy is that *"film is the perfect way to convey the essence of therapeutic work using the arts."* The EMI team also believes that filmed "arts interviews help trainees to better understand and implement (therapeutic) techniques." This session will feature excerpts from some of Expressive Media's educational films, followed by an informal discussion about film, imagery, and its potential for therapeutic work in the arts.

3:45-4 p.m.**Conference Evaluations and CEC or Attendance Certificates**

Each attendee will receive a certificate that is accepted by the Art Therapy Credentials Board, ATCB, for 6.5 CECs towards BC recertification at no additional cost.

About the Presenters:

Deborah J. Adler, MA, LCAT, ATR-BC, is a board certified, registered and licensed art therapist who received a master's degree from Hofstra University. She has practiced art therapy with inpatient and outpatient pediatric and adult clients for over 20 years. She has a private practice and is a business owner of Deborah Adler Creative Arts Therapist P.C. Deborah has been a board member with the New York Art Therapy Association for over 15 years. Deborah continually leads workshops and presentations in the art therapy community, as well as other supportive group venues. She has participated in several juried art exhibitions and has been a leader for many fundraising charities.

Marissa Krause, MA, LCAT, ATR-BC, is a Hofstra alumna. She has a bachelor's degree in art and psychology from Adelphi University. She started her career working with older adults at Cold Spring Hills Center for Nursing in Woodbury and is now the director of activities at Bristol Assisted Living at Massapequa. She specializes in art therapy for older adults with dementia. Marissa has participated in coordinating patient art shows at various locations on Long Island.

Aynisa Leonardo, LCAT, ATR-BC, is the clinical coordinator of military and integrated services at Bridge Back to Life Center, Inc., an outpatient substance and alcohol abuse treatment program serving local communities on Long Island and across the boroughs in New York City, treating all branches, all eras, and all discharge statuses. Her prior experience includes working in inpatient and nonprofit settings with Active Duty returning service members experiencing PTS, addiction, family conflict, and other transitional challenges. Aynisa specializes in developing and coordinating effective treatment models, from concept to full operation, implementing expressive, humanistic, existential, and evidence-based therapeutic modalities. She actively consulted with River Hospital, providing clinical and administrative guidance for their Partial Hospitalization Program supporting the 10th Mountain Division in 2012. As part of her private business, she is the co-founder of the Military Resilience Project, LLC, which focuses on community-based events, holistic retreats, trauma-informed trainings, and specialized consultation for local nonprofits. She received a master's degree in creative arts therapy from Hofstra University and a BA in communications from Fordham University. She has concentrated on advanced program development and transitional services to best treat and support our nation's military members and their families, as well as uniformed service personnel.

Elyse A. Miller, MA, LCAT, ATR-BC, ATCS, BCPC, CLL, is an assistant adjunct professor at Hofstra University, in the Creative Arts Therapy Graduate Program and taught as an adjunct professor at Bramson Ort College. She is currently on the Hofstra University Senate representing the adjunct faculty. She has worked at Sid Jacobson JCC, as the director of youth services and co-director of Summer Streeters Day Camp. Elyse is part of the leadership team as well as the inclusion coordinator with Buckley Day Camp. She has worked as a per-diem therapist in the departments of psychiatry and psychiatric rehabilitation in the Northwell Health System. Currently, she maintains a private practice as well speaks on many topics to schools districts, businesses and camps for staff development. 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. Elyse is an art therapist certified supervisor and supervises professionals toward their ATR, LCAT and BC. Elyse is also a board certified professional counselor as well; she is a certified laughter leader with The World Laughter Tour, Inc. and uses humor and laughter in her art therapy practice and teaching. She has also published on the topic of creative arts therapy and hope.

Nancy Richner has been the Hofstra University Museum education director since 2008, responsible for the oversight, planning and implementation of all educational and interpretive materials and programs for the varied audiences served by the Museum. Nancy serves as a lead educator working with P-12 classes, teachers, University classes and the public. Prior to coming to the Hofstra University Museum, she was program manager at the Nassau County Museum of Art and prior to that, was assistant director of education at the Museum of Modern Art. She is the chair of the newly formed Long Island Museum Educators Roundtable and served on the national board of the Museum Education Roundtable as well as on the faculty of Bank Street College of Education. She was named the NAEA's 1993 Museum Educator of the Year for the Eastern U.S. Nancy earned a master's degree in museum education from the George Washington University. Nancy has been working with people of all ages connecting 21st century skills, STEAM and museums and is passionate about the role museums and their authentic objects do, and can, play in the education and life of our citizens.

Daniel Summer, LCAT, ATR-BC, is a licensed creative arts therapist. He is a 1997 graduate of the Hofstra University Creative Arts Therapy program. Dan is published in chapters on arts therapy with at-risk youth and perspectives of creativity. He is a graduate of the Eastern Group Psychotherapy Society (EGPS) and received his certificate in developmental transformations (DVT), a method of drama therapy. Dan is in his second year of the Expressive Therapies PhD program at Lesley University. He just completed a pilot study on mental illness stigma and the effects of creating a theatrical performance with adolescents. Dan has been working at Montefiore Medical Center child and adolescent outpatient clinic the past eight years and is interested in arts-based research, participatory action research, and using the arts therapies as a conduit for social justice.

Judy Weiser, R. Psych., ATR, is a psychologist, art therapist, university adjunct instructor, consultant, and early pioneer of PhotoTherapy techniques. Now considered the world authority on these techniques, Judy is the founder and director of the PhotoTherapy Centre in Vancouver, Canada, and has given several hundred workshops, lectures, and training intensives about these techniques in over a dozen countries during the past 30 years. Former editor of the journal *Phototherapy*, author of the classic text in the field (as well as dozens of book chapters and professional article publications), Judy focused her 35-plus years of therapy practice on using PhotoTherapy techniques to help people "on society's margins." She now teaches PhotoTherapy worldwide and manages both the primary resource website for the field (www.phototherapy-centre.com) as well as the related 5,000+ member Facebook Group [<https://www.facebook.com/groups/PhotoTherapy.and.Therapeutic.Photography/>].

About the Panelists:

Ocean Morisset is a self-taught freelance photographer who was diagnosed in 2011 with Hodgkin's lymphoma that spread to his bone marrow. Soon after, he began documenting his own intimate journey with cancer in a series of self-portraits, revealing personal moments while receiving chemotherapy, and private moments inside his own thoughts and feelings at home — with the additional goal of intentionally sharing his personal struggle for the benefit of others who want to learn and even heal. He says, "Photography continues to be my therapy and certainly helps me maintain balance in my life. ... Searching for my life's purpose, one photo at a time." Morisset's cancer photos can be found on the "Hodgkin's Lymphoma Journal (Self-portraits)" page on his website as well as on his Facebook page and his blog. spiritus1@aol.com

Nancy Gershman is a digital artist who co-creates "prescriptive" photo-montages for clients overcome by debilitating loss, remorse and regrets, and addictive behaviors. She also collaborates with mental health professionals to help clients process grief, document the positive work done in therapy, and open dialogue or mend a relationship. Nancy's work can be found on her website "Art For Your Sake," the four-part video documentary ("The Healing Dreamscapes of Nancy Gershman") and in her chapter in the book *Techniques of Grief Therapy*. nancy@artforyoursake.com

Ellen Fisher-Turk is a photographer and former video documentary producer and radio journalist, who has long used a method she calls "The Fisher Turk Method of Photo Therapy" to help women who suffer from eating disorders and negative body image (and low self-esteem) to "re-see" themselves. She photographs women from clothed to as nude (as they permit), combining the photography with long-term journal writing so that clients begin to see themselves as more than their limiting self-criticism, finding increased self-esteem and self-appreciation as a result. Licensed as a special educator in New York state (with over 30 years experience working with children), and also trained as a play therapist, Ellen currently works with special education pre-schoolers — while also still photographing and practicing Photo Therapy. Recently she began teaching workshops helping people tell their life stories using their seminal photographs and has taught workshops in California, Florida and New York. Ellen Fisher-Turk's email address is ellenturk@gmail.com.

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

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

HOFSTRA CREATIVE ARTS THERAPY CONFERENCE REGISTRATION FORM

Please respond by: Thursday, April 7, 2016 • **Make checks payable to Hofstra University.**

Mail registration form and fee to: Betsy A. Salemsen, Director
Office of Professional Development Services, School of Education
Room 114 Hagedorn Hall, 119 Hofstra University, Hempstead, NY 11549-1190

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 student (attach a copy of current HofstraCard)

Name _____

Affiliation _____

Address _____

Phone (day) _____ (eve) _____ (cell) _____

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: 1:20-2:30 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: 2:35-3:45 p.m.

6 _____ 7 _____ 8 _____ 9 _____ 10 _____

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

