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

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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 Salemson, 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 Elkis-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.phototherapy-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, MA, 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 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. spritus1@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), and finds that the process of creating and viewing the photographs builds 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 combines 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 healing from their struggles. Ellen Fisher-Turk 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 personal photographs and has taught workshops in California, Florida and New York. Ellen Fisher-Turk’s email address is ellenfturk@gmail.com.

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 (at https://www.facebook.com/groups/PhotoTherapyandTherapeuticPhotography/).