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Hofstra Creative Arts Therapy Conference

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

A Conference on Domestic Violence, DV

Thursday, March 12, 2015 | 8:30 a.m.-3:30 p.m.

Multipurpose Room
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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AGENDA

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

9-9:15 a.m. **Hofstra Welcome**

- Dr. Ron Bloom, Acting Dean, School of Health Sciences and Human Services
- Dr. Joan Bloomgarden, Program Director, Associate Professor
- Dr. Deborah Elkins-Abuhoff, Associate Professor

Today is set aside to inform on a well-known but still hidden issue, domestic violence. Statistics on how many people experience DV in their lifetime are staggering. Teams of mental health professionals work together and address this societal problem that has not always been clearly identified and/or treated. Since DV is a combination of various sets of behaviors of power and control, experts on these issues have emerged from various mental health professions. One such person is Laura Greenstone, our keynote speaker, who has spent the last 15 years working with children and families affected by domestic violence, trauma and loss. She conducts assessments and provides services such as art therapy and counseling to those in need. Laura facilitates parenting skills groups and family art therapy sessions during which various models are the guide to effect change. In this presentation Laura shares her expertise in domestic violence, art therapy and counseling with attendees.

9:15-10:30 a.m. **Featured Keynote Lecture:**
Repairing Broken Bonds: Art Therapy With Families Impacted By Domestic Violence
Laura Greenstone, MS, LPC, ATR-BC; NJ Certified Disaster Response Crisis Counselor

This presentation will address the basis of successful reparation of attachment difficulties in parents and children who suffer from emotional, developmental and neuro-biological injuries associated with domestic violence and trauma. Art therapy is on the forefront of trauma treatment in this context because of its natural understanding of the non-verbal mind. Trauma-informed and narrative treatment approaches will be addressed using art therapy-based intervention. Family engagement and attachment reparation will be illustrated through a case study.

10:45-11:50 a.m. **Panel Presentation:**
Victims and Perpetrators of Domestic Violence – Various Settings
Moderator: Laura Greenstone, MS, LPC, ATR-BC

Panelists: Yi-Hui Chang, LCAT, ATR-BC; Herb Cohen, ATR-BC, LCAT, EMDR Cert.;
Dodie Gillett, PhD, MA; Denise N. Kramer, MA, LCAT, ATR-BC; Eileen P. McGann, LCAT, ATR-BC

Each panelist will describe their specialty area and how domestic violence is part of their professional practices. Time is allotted for a Q&A session.

Noon-1 p.m. **LUNCHEON, for all attendees, and a meet and greet table for supervisors**

DESCRIPTION OF CONFERENCE WORKSHOPS

1:05-2:10 p.m. **SESSION I WORKSHOPS**

1. A Day in the Life of an Art Therapist in a Shelter
Marcia Avirom, ATR-BC, LCAT

This workshop provides participants with a description of a typical six-hour shift at a shelter that provides services to children. There will be a case review of two different children's treatment and court appearances regarding custody and visitation rights by the abuser. The workshop ends with a review of artwork by shelter clients.

2. Applying Creative Arts in Serving Immigrant Domestic Violence Survivors
Yi-Hui Chang, LCAT, ATR-BC

This workshop introduces the unique needs of immigrant adult and children domestic violence survivors with case scenarios. An experiential art therapy directive will be introduced to work with families who have survived through the chaos and entered into new family structures and life circumstances.

3. A Comprehensive Presentation on Trauma, Assessment and Treatment
Herb Cohen, ATR-BC, LCAT, EMDR Cert.

This workshop presents a comprehensive overview of trauma, its etiology, how trauma impacts attachment, resiliency, physical disorders

and addiction. Participants will learn how to differentiate trauma from other similar symptom presentations and be able to perform a trauma informed assessment. Treatment paradigms will be presented on what works and what is counter indicated.

4. Experiential Learning as Follow Up to the Keynote Lecture
Laura Greenstone, MS, LPC, ATR-BC

The experiential workshop will elaborate on the model discussed in the keynote lecture addressing working on reparation of attachment difficulties with parents who are victims of domestic violence in a studio art therapy setting. This experiential workshop is based on a combination of short-term solution focused therapy and studio-based art therapy theory that enables the participant to tap into their inner strength and activate their innate problem-solving skills.

5. Adolescents, Art Therapy and the Imprints of Family Trauma
Eileen McGann, ATR-BC, LCAT

This workshop will explore ways of organizing treatment through a studio-based approach in art therapy and working in the metaphor with youth who have life experiences of early trauma, including familial violence. Case examples, a range of interventions and developing a visual vocabulary for the art therapist will be highlighted.

2:20-3:30 p.m. SESSION II WORKSHOPS

These workshops share the theme of unwinding, releasing, and relaxing tensions that often build up when addressing difficult and traumatic experiences. Expert clinicians will present a variety of balancing, renewing, and meditative techniques adapted for art therapy patients and clinicians.

6. Self-Care for the Art Therapist

Vivien H. Abrams, LCAT, ATR-BC, CASAC

This workshop will focus on the need for and “how to’s” of self-care while working with traumatized, bereaved and high-risk populations. Caregivers can easily get caught up in their need to rescue their clients and forget their obligation to take care of themselves and their own loved ones. It is not uncommon to draw one’s self-worth from the intense work involved with serving these vulnerable populations, often leaving one’s own needs unmet until last, if ever. This workshop will explore the need for and means of self-nurturing through increasing insight into the challenges of this demanding and rewarding work through the use of storytelling, picture books and alternative exercises.

7. Multi-sensorial Imaging for Healing and Inner Peace

Dorit Netzer, PhD, ATR-BC, LCAT

In this workshop, we will explore ways to uncover and expand our innate capacity to heal and find inner peace through multi-sensorial imaging. Exposure to violence, directly and/or vicariously, is naturally mitigated by embodied reaction — an attempt to re-establish equilibrium on physiological, mental, and emotional levels. However, the body remembers the trauma and stores it (on cellular, organ, and whole-system levels) until it is released in often unconscious, sometimes correspondingly violent ways. Multi-sensorial imaging for healing and inner peace can be adapted for all ages and can be accompanied by sublimation of the embodied memory through creative arts expression. The practice is calming, balancing, and integrative. Participants will gain experiential understanding of this modality from interpersonal-neurobiology and transpersonal perspectives, and discuss ways to incorporate it in their professional practices and self-care.

8. Releasing Stress, Discovering Peace Within

Herb Cohen, ATR-BC, LCAT, EMDR Cert.

Herb Cohen will lead participants through three stages of release and calm. First, gross stress held in the body will be targeted with some fun releasing exercises utilizing bio-energetic approaches (from psychodrama). Then Chi Kung will be tapped to go inside and get bioenergy moving. Finally finishing with simple but powerful Tai Chi circling, which is a moving meditation that will integrate mind and body.

9. Thriving Outside the Reenactment Triangle

Dina Palma, LCAT-ATR-BC; Deborah Green, LCAT, ATR-BC

The memories of traumatic experiences are often dissociated, nonverbal, and unintegrated, frequently revealing themselves in one’s affect, perception, and identity. Since words are not available to sufficiently explain the experience or reactions, thinking cannot really occur. Creative arts therapy, however, can be used to examine the very common, unsatisfactory, repetitive, and largely unconscious behaviors that people engage in their daily lives and more often contribute to their role in the reenactment triangle or abusive relationships. Art, writing and music will be explored in this workshop to inform clinicians on how to effectively connect with the narrative of those who engage in abusive relationships but more over to modify one’s script, inform one’s responses and stop the automatic reactions or roles our clients play in the triangle. With improved awareness, motivated clients can essentially be liberated from the reenactment triangle and THRIVE.

10. Meditation and Relaxation

Lisa M. Wisel, BC-DMT, LCAT

Our bodies store our memories, emotions and physical experiences. Awareness of self creates the opportunity for wise therapeutic choice. In this simple workshop we focus inward in the presence of others to practice experiencing the meeting place of relationship and understand more fully the impact of the therapist’s transference. Lisa will lead an enlivening group warm up, then members will pair up for a seated or standing body listening/awareness activity, and conclude with a healing embodiment meditation.

3:30-3:45 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 toward BC recertification at no additional cost.

ABOUT THE PRESENTERS:

Vivien Abrams, LCAT, ATR-BC

Vivien is an art therapist specializing in mental illness, addictions and bereavement work. She worked for over 25 years at South Oaks Hospital with eating disorders, dual diagnosis and bereaved/traumatized patients. Vivien is a graduate of Hofstra University’s Creative Arts Therapy Program as well as N.Y.U.’s International Trauma Studies Program. She has been an adjunct faculty member at Hofstra University since 1996. Vivien is also a member of the Mental Health Players through the Nassau County Mental Health Association and maintains a private practice which focuses on bereavement.

Contact: Vhabrams@gmail.com

Marcia Avirom, MA, ATR-BC, LCAT

Marcia has been working with children for more than 25 years. In her first life’s work she was a clothing designer. Her experience with children includes developing the program at Jackson Developmental Center in East Elmhurst and Long Island City Queens a therapeutic pre-school. She has also worked for St. Mary’s Hospital for Children and With Sanctuary for Families, the largest organization for domestic violence in NY state since 2004. While there she has serviced the shelters and provided and supervised art therapy services for many of their child clients. Marcia is a watercolorist and stone sculptor living with her family in New York City.

Contact: Marcia.avirom@gmail.com

Yi-Hui Chang ATR-BC, LCAT

Yi-Hui currently works as the associate director of Dean Hope Center for Educational and Psychological Services, an in-house training clinic affiliated with Teachers College, Columbia University. Yi-Hui also maintains a private practice in Manhattan specializing in LGB populations with trauma history. After graduating from Hofstra University in 2006, Yi-Hui obtained advanced training certification to provide LGBT affirmative psychotherapy through Institute of Contemporary Therapy and completed EMDR level I training with Dr. William Zangwill. Yi-Hui spent 10 prior years in gender-based community organizations serving impoverished populations and immigrants who suffered economic disadvantages, sexual assault and domestic violence in the Boston and New York areas.

Contact: Yihuichanglcat@gmail.com

Herb Cohen, ATR-BC, LCAT, EMDR Cert.

Herb is currently director of Stepping Stones PROS Program in Huntington for Family Service League. He is a certified EMDR clinician, also trained in sensorimotor therapy and brain spotting. Herb is a Hofstra alumnus with a post-master’s certification as an addiction specialist from SUNY at Stony Brook and Nassau County Department of Drugs and Alcohol. Herb has been a clinician and administrator in both inpatient and outpatient settings. He has also taught research as an adjunct at Hofstra. Herb has a BFA in painting and exhibits and sells his work privately. In 2011 he completed training in EMDR and will soon be an EMDR consultant. He is the EMDR regional co-coordinator for Long Island and co-chair of the Long Island Committee on Sexual Abuse and Family Violence. Herb specializes in trauma and addiction with offices in both Huntington and Woodbury. He studied T’ai Chi 16 years ago

followed by bioenergy, Chi Kung and meditation. In 1993 Herb began integrating T’ai Chi, Chi Kung and meditation with clinical treatment. He has apprenticed to a Lama studying Tibetan Dzogchen and Tantric practices as well as a Reiki Master. Eastern methods and therapeutic techniques are currently utilized in his practice with profound results in both inpatient and outpatient settings.

Contact: Hcohenemdr@gmail.com

Dodie Gillett, PhD, MA

Dodie is a licensed practicing psychologist in the State of New York with a degree in counseling psychology from the University of Southern Mississippi. She is currently an adjunct assistant professor in the Department of Counseling and Mental Health Professions at Hofstra University. Dodie works full time at Hofstra University in the Office of Student Counseling Services, often managing complex cases involving sexual and partner violence among college students. Prior to joining Hofstra, Dodie worked at North Shore Long Island Jewish Zucker Hillside Hospital conducting evaluations and providing therapy to adolescents in the early stages of schizophrenia and bipolar disorder. She was an art therapist working with veterans and the elderly at the Long Island State Veterans Home and Gurwin Jewish Geriatric Center as well as with youth and adults at South Oaks and Huntington Hospitals. Art continues to be an integral part of her personal development, most recently engaging in oil painting classes at the Huntington Art League.

Contact: Dodie.Gillett@hofstra.edu

Deborah Green, ATR-BC, LCAT, CASAC-T

Deborah graduated Hofstra University in 2002, and has been employed as an art therapist at South Oaks Hospital for 12 years. She works with inpatient adults who have been diagnosed with co-occurring disorders. In the course of her work she became interested in vicarious trauma, and the co-morbidity of PTSD and substance abuse. She has used art therapy to help patients effectively reframe and contain traumatic experiences, and provide a language for feelings which cannot be verbalized. She is developing a protocol to help patients experience the 12 steps of recovery through various creative arts interventions.

Contact: dgreen6@nshs.edu

Laura Greenstone, MS, LPC, ATR-BC

Laura is a board-certified art therapist, NJ licensed professional counselor and NJ Disaster Response crisis counselor with extensive experience working with children and families coping with trauma, domestic violence and disasters. She is the assistant coordinator of The Amanda’s Easel Art Therapy Program of 180 Turning Lives Around, Inc., a non-profit in NJ serving victims of domestic violence and sexual assault. Her work with 9/11 survivors has been cited in Gail Sheehy’s *Middletown America: One Town’s Passage from Trauma to Hope* and David Friend’s *Watching the World Change: The Stories behind the Images of 9/11*.

She has served in leadership positions in The American Art Therapy Association in the areas of policy, development, and public relations and is a recipient of AATA’s Nancy Schoebel Governmental Affairs Award and is an honorary life member of The New Jersey Art Therapy Association. She has served as past chair of the National Coalition of Creative Arts Therapies Associations and on the national policy

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planning committee for Arts Advocacy Day. She is currently a steering committee member for the NJ Alliance for Arts and Health and has recently contributed a chapter (in press), in D. Gussak and M. Rosal (Eds.), *The Wiley-Blackwell Handbook of Art Therapy*. London: Wiley-Blackwell, titled, "Who Ate My Pie?" Issues in Credentialing and Licensing for Art Therapy.
Contact: Lauragreenstone@gmail.com

Denise N. Kramer, MA, ATR-BC, LCAT

Denise N. Kramer is a board-certified, licensed creative arts therapist. She holds an MA in creative arts therapy from Hofstra University in addition to an MA in psychology from The New School for Social Research. With over 30 years of broad clinical experience, she currently works at Huntington Hospital on the psychiatric unit and provides supervision to art therapy graduate interns. Ms. Kramer has a private practice in psychotherapy in Huntington, New York.
Contact: Dkramer@NSHS.edu

Eileen P. McGann, ATR-BC, LCAT

Eileen is a private consultant and practicing artist with over 30 years of experience with children, adolescents and their families. She concentrates on a studio approach with young people who have experienced complex and chronic trauma as well as adult survivors of trauma, including women veterans. Eileen has developed and is currently the director of the arts and creative therapies program at Mercy First in Syosset, New York. Eileen has lectured nationally and internationally, most recently as the keynote speaker at the first SLOVAK Art Therapy Conference in Bratislava, Slovakia, where her role was supported by the United States Embassy. Her publications have been translated into other languages. Eileen exhibits her art, which is also in private and public collections, on a book cover and on journal covers. A member of the Editorial Board of Art Therapy, Journal of the American Art Therapy Association, Eileen is also a faculty member of the MPS graduate art therapy program at the School of Visual Arts and an invited lecturer for the graduate art therapy programs at New York University and Molloy College.
Contact: Emcgann@mercyfirst.org

Dorit Netzer PhD, ATR-BC, LCAT

Dorit Netzer is an art therapist in private practice. She works with children, adults, couples and families, with a focus on healing as a spiritually oriented, creative growth. In addition to her clinical practice, Dorit is an adjunct research faculty member at Sofia University, CA (Formerly the Institute of Transpersonal Psychology), and an assistant adjunct professor of creative arts therapy at Hofstra University. In her approach to both therapy and education, Dorit incorporates creative expression and other imagery modalities, such as mental imagery and dream work.
Contact: dorit.netzer@hofstra.edu

Dina Palma, ATR-BC, LCAT

Dina is a graduate of Hofstra University and has worked with various populations, ranging from traumatic brain injury, physically disabled and those suffering from mental illness. Her main focus over the last decade has been providing primary group therapy and art therapy services to adults and seniors at South Oaks Hospital. She blends her love of art, writing and training in the Sanctuary Model (Trauma-Informed / Evidence Based) to help patients resolve loss, work through traumatic experiences and regain hope. She shares her enthusiasm and support by providing education and supervision to undergraduate/graduate level students on site and as an adjunct professor at LIU-C.W. Post. It is her hope to share knowledge and experience to foster a seamless transition from student to seasoned professional.
Contact: dmabarabell@NSHS.edu

Lisa Wisel, BC-DMT, LCAT

Lisa is a board-certified dance/movement therapist, adjunct professor at Hofstra University and meditation instructor. Lisa completed post-graduate studies at the Gestalt Center of Long Island and graduated from A "Society of Souls" School for Non-Dual Healing and Awakening created by Jason Shulman, internationally known spiritual healer. Formally a coordinator for Acute Care Psychiatric and Physical Rehabilitation Units, Lisa currently works in private practice in Nassau, Suffolk, Queens and Brooklyn with a specialty in gerontology since 2001.
Contact: lisamariewisel@gmail.com

Joan Bloomgarden, PhD, LCAT, ATR-BC, MHC – Conference Organizer

Dr. Joan Bloomgarden enjoys a long career as a full-time faculty member of the Creative Arts Therapy program. Prior to her Hofstra faculty positions she taught elementary school as a classroom teacher and as an art teacher 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 licensed-qualifying creative arts therapy program. Dr. Bloomgarden has written many of the CAT syllabi and has concentrated her efforts to expand the creative arts to include elective course work in dance, poetry, music and 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 while earning a PhD in professional psychology.
Contact: Joan.S.Bloomgarden@hofstra.edu

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

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

HOFSTRA CREATIVE ARTS THERAPY CONFERENCE REGISTRATION FORM

Please respond by: Thursday, March 5, 2015

Make checks payable to Hofstra University. Mail registration form and fee to:

Betsy A. Salemson, Director

Office of Professional Development Services

School of Education

114 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 student (attach a copy of current HofstraCard)

Name _____

Affiliation _____

Address _____

Phone (day) _____ (eve) _____

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: 1:05-2:10 p.m.

1 _____ 2 _____ 3 _____ 4 _____ 5 _____

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Session II Workshops: 2:20-3:30 p.m.

6 _____ 7 _____ 8 _____ 9 _____ 10 _____

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