

Michelle López, MA, manager of ArtAccess Programs and Autism Initiatives at Queens Museum, manages an award-winning program that serves visitors with special needs. Since 2004 Ms. López has served children and families affected by autism as an ABA instructor, counselor and trainer and as an advocate for the arts through professional developments and art programming with both New York City and Long Island schools. Ms. López has an MA in creative arts therapy from Hofstra University.

Mitra Dejkameh, MA, ATR-BC, is the coordinator of the ArtAccess program of the Queens Museum. She has several years of experience working with children with special needs. She is currently responsible for coordinating, designing and facilitating programs for students with multiple severe disabilities, autism spectrum disorders and emotional behavioral disorders for NYC and Long Island schools. She also designs and implements programs for adults with diverse abilities and works with the American Cancer Society facilitating Art as Therapy workshops and presentations. She is a practicing artist with numerous exhibits in New York. Ms. Dejkameh has an MA in creative arts therapy from Hofstra University and an MFA in visual arts. She is a certified ABA instructor, a NYS certified visual arts teacher and is currently pursuing a doctorate in art therapy.

Aynisa Leonardo, LCAT, ATR-BC, is the clinical coordinator of military and integrated services at Bridge Back to Life, Inc, an outpatient substance and alcohol abuse treatment network. Her prior experience includes working on the inpatient level with Holliswood Hospital and Hope for the Warriors© as coordinator of The Military Wellness Program, and director of the Family Reintegration Program. Within these agencies, she was instrumental in developing and coordinating effective treatment models, from concept to full operation. She actively consulted with River Hospital, providing clinical and administrative guidance for their Partial Hospitalization Program, supporting the 10th Mountain Division. Ms. Leonardo has extensive clinical skills in working with various diagnoses, implementing expressive, humanistic, existential and evidence based therapeutic modalities.

As part of her private practice, she is the co-founder and director of clinical development at the Military Resilience Project, LLC, which focuses on community-based events as well as trauma-informed clinical consultation. She received a master’s degree in creative arts therapy from Hofstra University and a Bachelor of Arts in communication from Fordham University.

HOFSTRA CREATIVE ARTS THERAPY CONFERENCE:  
Inspirations in Creative Arts Therapy Practice

REGISTRATION FORM

Registration form must be received no later than Tuesday, February 25, 2014.  
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](http://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)

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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: 10:30-11:45 a.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: 2:15-3:30 p.m.  
6 \_\_\_\_\_ 7 \_\_\_\_\_ 8 \_\_\_\_\_ 9 \_\_\_\_\_ 10 \_\_\_\_\_

Please mark first (put a “1” in space) and second (put a “2” in space) choices

Jon Ehinger, LCAT, ATR-BC, is a licensed and board-certified art therapist with new media specialization working with children and adults with emotional distress onto acute psychosis. Since 2008 Mr. Ehinger has integrated both traditional and new media art therapy techniques for psychiatric patients in schools, hospitals and private practice settings. His background in art direction, commercial video production, and videography skills exceed 10+ years with companies, including CNN Headline News and Walt Disney Studios. Mr. Ehinger is currently working with acute adults at Kings County Hospital in Brooklyn, NY, and works with local youth using green screen technology for therapy in his Park Slope private practice.

Mary B. Safrai, MS, LCAT, ATR-BC, works with chronically ill and hospice patients through Healing Arts Brought Home, her private practice, and the Visiting Nurse Service of New York Palliative and Hospice Care. Her work with hospice patients during the past three years is documented in a case history titled “Art Therapy in Hospice: A Catalyst to Insight and Healing” and published in the *Journal of the American Art Therapy Association*. Ms. Safrai has worked with HIV clients at the Gay Men’s Health Crisis and with borderline personality disorder patients using dialectical behavioral therapy (DBT) at St. Vincent’s Hospital Westchester.

Susan E. Antelis, MPS, ATR-BC, ATCS, LCAT, BCB, BVN, LMHC, has been in the field of health care for more than 30 years. Ms. Antelis is a registered, board certified and NYS licensed art therapist. She is also an ATCB art therapy credentialed supervisor and New York state licensed art educator. Ms. Antelis has worked in a variety of psychiatric settings and with varied populations. Her specialty is combining art therapy with mind-body therapies such as biofeedback, neurofeedback, meditation, visualization and relaxation techniques for symptom and stress management. She especially enjoys working with children and adolescents. Ms. Antelis’ personal art form is Soulcollage™ and she is a trained facilitator. She is also board certified in biofeedback and neurofeedback, and mentors biofeedback students. She has a full-time private practice. Her work has been documented on television, radio, and in many local, regional and national articles.

For directions to campus and a printable campus map, please visit [hofstra.edu/directions](http://hofstra.edu/directions).

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For information about the Creative Arts Therapy Program at Hofstra University please contact:  
Margaret Carlock-Russo, ATR-BC, LCAT, Program Director  
163 Hagedorn Hall | 119 Hofstra University  
Hempstead, NY 11549-1190 | Phone: 516-463-7259

## Hofstra Creative Arts Therapy Conference

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

## Inspirations in Creative Arts Therapy Practice

*Tuesday, March 4, 2014 | 8:30 a.m.-3:30 p.m.*

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

Creative Arts  
Therapy Conference  
Tuesday, March 4, 2014

  
**School of Education**  
**114 Hagedorn Hall**  
**119 Hofstra University**  
**Hempstead, New York 11549-1190**

  
**HOFSTRA**  
UNIVERSITY  
**School of Education**

CAT

AGENDA

- 8:30-9 a.m.                   Registration and Coffee, *Student Center Theater*
- 9-9:15 a.m.                   Hofstra Welcome
  - Ronald Bloom, Dean, School of Health Sciences and Human Services
  - Margaret Carlock-Russo, Program Co-Director
  - Dr. Joan Bloomgarden, Associate Professor, Program Co-Director
  - Dr. Deborah Elkis-Abuhoff, Associate Professor

As the need for mental health services continues to grow and change, art therapists have responded in various ingenious and inspirational ways. This year we welcome Judith Rubin as our keynote presenter. Dr. Rubin will share her vast experience and informed perspective on the growth and potential of the art therapy profession. Attendees will also hear from professionals who have broadened their scope of practice, established programs and practices where none existed before, and challenged the status quo in inspirational ways. We hope you are inspired by their successes and reaffirm your own belief in the healing power of art.

- 9:15-10:15 a.m.               Featured Keynote Lecture: Inspiration In, Through, and About Art Therapy  
*Judith Rubin, PhD, ATR-BC, HLM*

Helping others feel inspired to create as well as to change is a difficult but exciting challenge for art therapists. Sustaining that inspiration through the often-daunting process of therapy over time calls on all our creative capacities. Feeling inspired by people’s capacity to grow, and by art therapy’s potential to liberate them, is deeply gratifying. This presentation is a reflection on 50 years in a most inspiring profession.

DESCRIPTION OF CONFERENCE WORKSHOPS

10:30-11:45 a.m.   SESSION I WORKSHOPS

1.   Free Association Through Art Media  
*Judith Rubin, PhD, ATR-BC, HLM*  
While studying psychoanalysis, Dr. Rubin became fascinated by free association in mental imagery as well as in words. The creative task of this workshop was offered with an artist friend of hers in a course at the Psychoanalytic Center. In it, you engage in a kind of nonverbal visual thinking using art materials. The exercise is an intriguing way to explore the process of inspiration itself; hence, appropriate for the theme of this conference.
2.   Pilot Study to Examine the Effects of Art Therapy During Chemotherapy on Stress and Quality of Life in Patients With Colon Cancer  
*Deborah Elkis-Abuhoff, PhD, ATR-BC, BCPC, LCAT*  
*Morgan Gaydos, LCAT, ATR*  
*Karen Gleason, RN, BSN, OCN*  
*Caitlin Convery, BA*  
This presentation focuses on an ongoing research project that follows patients diagnosed with cancer through their chemotherapy protocol to assess for emotional well-being. Through the incorporation of technology-based art therapy, those who are receiving chemotherapy for cancer, while in the chemotherapy room, could engage in creating art, which in turn could help to decrease the levels of stress and increase and enhance quality of life. This presentation presents the importance of supporting chemotherapy patients and the benefits of art therapy for this population. Demonstration of the methodology and research design will be presented.
3.   Imagining New Grounds in Art Therapy Approaches and Technique  
*Dorit Netzer, PhD, ATR-BC, LCATT*  
This workshop focuses on the practical uses of two techniques: *mental-imagery* and *thinking-by-analogy* in art therapy with adolescents and adults. The presenter will review key humanistic and transpersonal principles, such as multiple ways of knowing, relational development, and interconnection among all beings, which have informed her own art therapy practice. A guided exercise stimulates participants' creative responses to a case study with a range of art media, applying the presented approach in ways that will enrich the cultivation of their art therapy skills.

4.   Therapeutic Art Education: Specializing in Working With the Deaf-Blind  
*Laura Bollet, MA, ATR*  
Participants gain an understanding of the importance of deaf-blind individuals having access to creative activities, and to recognize the therapeutic benefits of the art process. The workshop explores the benefits for individuals of developing creative self-expression, and learning to appreciate the value of supporting other methods of expression through art, and responding in ways that promote self-confidence and independence for dual sensory-impaired youth and adults, all of whom have varying communication styles.
5.   Life Options: Paving the Way  
*Samantha Hasher, LCAT, ATR-BC*  
This workshop explores the award-winning Life Options day treatment program for adults with developmental disabilities. Participants engage in discussion about how to pave your own way in the field and bring new and innovative ideas to your workplace. Life Options is a "one-of-a-kind" program that can serve as a model for others. This unique program was shaped by the people it serves. In this workshop, participants learn how to incorporate art therapy and the inspiring Life Options model into their own practice, as well as focus on how to market themselves to programs that do not already have art therapists.

11:50 a.m.-12:45 p.m. LUNCHEON

11:50 a.m.-12:45 p.m. Book Sale

12:30-12:45 p.m. Book Signing

Noon-12:30 p.m.       Supervisors’ Meet and Greet  
Hofstra-affiliated field site supervisors are invited to join Hofstra CAT faculty to share the latest program initiatives, including ideas about how site supervisors can become more closely involved in the Hofstra CAT Program. Please meet in the “Reserved for Site Supervisors” section during the luncheon.

1-2 p.m.       Panel Presentation: Creating and Developing Specialized Program Opportunities  
Moderator: *Dr. Judith Rubin*  
Panelists: *Michelle Lopez, MA, ATR; Mitra Dejkameh, MA, ATR; Aynisa Leonardo, LCAT, ATR-BC; Jon Ehinger, LCAT, ATR-BC; Mary Safrai, LCAT, ATR-BC*  
Panelists each describe their specialty area and how they became involved in the current work they do, as well as how their ideas and inspirations led to program development. Discussion will follow.

2:15-3:30 p.m.       SESSION II WORKSHOPS

6.   'emPOWER Parents: Fostering Cross-Cultural Networks Between Families With Autism  
*Michelle Lopez, MA, ATR*  
*Mitra Dejkameh, MA, ATR*  
Through a grant from Museums Connect, the ArtAccess program of Queens Museum created a project that provides resources, workshops and a website link to resources in the community for parents of children with autism.  
THE PROJECT: Museo ICO, Madrid and the Queens Museum, New York support the creation of a bi-national network of parent advocates, giving parents of children with autism the resources to effect institutional change in both countries, request improved programming in schools and include their children’s learning styles in community programs. Participating parents gain skills in teaching and behavioral methods through art workshops, leading programs with other local families, and maintaining and disseminating resources in both English and Spanish to share their knowledge with a global audience.
7.   Building an Expressive and Trauma Informed Treatment Model  
*Aynisa Leonardo, LCAT, ATR-BC*  
This workshop focuses on specific ways to incorporate creative therapy techniques in program development and service implementation over a variety of settings, working with military and emergency personnel. When working with these populations, right brain trauma processing techniques are proven to be effective and lead to exponential gains. The alignment of art therapy practices with the development of an advanced trauma informed and integrated treatment model will be discussed.

ABOUT THE KEYNOTE PRESENTER:

Judith A. Rubin, PhD, ATR-BC, HLM, licensed psychologist, psychoanalyst and pioneer art therapist, was the Art Lady on the TV series *Mister Rogers' Neighborhood* in the 1960s. A past president of the AATA, the author of seven books and director/editor of 10 films, Dr. Rubin is on the faculties of the Psychiatry Department at the University of Pittsburgh and Pittsburgh Psychiatric Center. She is an award-winning filmmaker, and in 2006 was nominated for the National Medal in the Arts. Co-founder of Expressive Media, Dr. Rubin recently completed two biographical films: one about pioneer art therapist Mickie McGraw, the other about pioneer dance/movement and drama therapist Penny Lewis. She is currently completing a film on therapeutic aspects of the work of Fred Rogers, *Lessons from the Neighborhood: What Mr. Rogers Was Really Teaching*. She has presented at many universities and conferences in the United States and abroad, and is now working on a teaching film library.

ABOUT THE WORKSHOP PRESENTERS:

Deborah Elkis-Abuhoff, PhD, LCAT, ATR-BC, ATCS, BCPC, is an associate professor in the Creative Arts Therapy program at Hofstra University, and an assistant investigator in the Center of Neuroscience at the Feinstein Institute for Medical Research. She holds both psychology and creative arts therapy licenses in NYS, and is a registered and board-certified art therapist and board-certified professional counselor. Her research combines behavioral medicine and art therapy and includes clay manipulation with Parkinson’s disease patients, and bringing art therapy into chemotherapy treatment.

Morgan Gaydos, LCAT, ATR, currently works as an art therapist within a medical facility in Nassau County. Her career experience includes art therapy with substance abuse, forensic psychiatry and behavioral psychiatry. Ms. Gaydos also has experience working with individuals diagnosed with developmental delays and within the autism spectrum. She currently conducts research with art therapy and medicine alongside mental health professionals, and has been both nationally and internationally published.

Karen Gleason, RN, BSN, OCN, has been a registered nurse for more than 22 years with 18 of those years in oncology. She is credentialed as an OCN, oncology certified nurse, and chemotherapy biotherapy trainer by the Oncology Nursing Society (ONS). As a certified chemotherapy/biotherapy instructor, Ms. Gleason provides training courses to new oncology nurses across New York state. She is the nurse manager at the Monter Cancer Center at North Shore University Hospital. The Monter Cancer Center is a full-time faculty practice and infusion center specializing in adult ambulatory care. The Monter Center sees more than 28,000 patients

8.   Digital Art Therapy  
*Jon Ehinger LCAT, ATR-BC*  
In this innovative workshop, participants explore various iPad computer applications with useful new advancements for creative arts therapy treatment. On-site will be a professional video production studio complete with lights and green screen backdrop. Participants move their bodies within a real-time virtual video environment within the iPad screen. A closing dialogue and video replay of the activities allows for group processing. No previous video experience needed. Video releases will be provided but are not required.
9.   Visiting Art Therapist: How and When Does it Work?  
*Mary Safrai, MS, LCAT, ATR-BC*  
Palliative and hospice patients are in need of creative arts therapies to relieve distress and enhance quality of life. Getting services to them entails making connections with their health care providers. This workshop explores the needs of patients, the challenges and rewards of working with them, and what is involved in developing a private practice to serve them.
10.   Feeding the Hungry Brain: A Conceptual Multi-Modality Model for Weight Management, Including Neurofeedback, Art Therapy and Other Modalities  
*Susan E. Antelis, MPS, ATR-BC, ATCS, LCAT, BCB, BVN, LMHC*  
Recent research and developments in the field of neuroscience and brain plasticity may be integrated into a new conceptual model of weight or self-management, where art therapy can play an important role. This workshop includes a comprehensive PowerPoint presentation followed by a meditation and an art experiential involving the use of collage and word art. Participants are invited to create a card reflecting their own personal journey related to self-nurture and body image. This technique can be used with various client or patient populations both individually or in group formats.

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.

a year. As the nurse manager, Ms. Gleason is responsible for the day-to-day operations at the center, including the infusion area. The infusion area treats patients with standard and experimental medications and includes the treatment of patients on research protocols. She has been involved in many research projects during the past 22 years and has been a co-investigator on several of the center’s research initiatives. Ms. Gleason has published and presented at the annual International ONS congress on these research projects.

Caitlin Convery, BA, is a graduate student in the Creative Arts Therapy program at Hofstra University. She has been a research assistant for the past three years, and is actively involved in the area of art therapy and behavioral medicine. She has presented in the United States and the UK. Aside from studying the effects of clay manipulation with Parkinson’s disease patients, she continues to work with the research team on bringing tablet technology and its application to the medical community.

Dorit Netzer, PhD, ATR-BC, LCAT, is an art therapist and transpersonal psychology researcher. She is an adjunct assistant professor at Hofstra University and an associate core faculty member at Sofia University (formerly the Institute of Transpersonal Psychology). Dr. Netzer’s private practice and research employ imaginal processes and creative expression as means for healing personal trauma, improving relational dynamics, and encouraging spiritual growth. She employs a multimodal creative approach to her work with families, adults and adolescents.

Laura Bollet, MA, ATR, is the senior instructor of the Creative Arts Department at Helen Keller National Center for Deaf-Blind Youth and Adults where she functions as an on-site supervisor. Ms. Bollet has curated art shows highlighting her students’ work at various sites on Long Island. From 1994 to 2004, Ms. Bollet was the art director for 1 in 9, The Long Island Breast Cancer Coalition and support group facilitator of “The Artist Within.” Ms. Bollet is a registered art therapist, and a proud member of NYATA New York Art Therapy Association.

Samantha Hasher, MA, ATR-BC, LCAT, is a registered, board-certified, licensed creative arts therapist, who graduated with a master’s degree in creative arts therapy from Hofstra University in 2006. She is currently working at United Cerebral Palsy Association of Nassau County in a continuing day treatment program called Life Options. She provides individual and group art therapy to adults with developmental disabilities. She is immediate past president of the New York Art Therapy Association and continues to serve on the board as the governmental affairs chair.