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March 2021 Issue

GRADUATE ART THERAPY COMMUNITY NEWSLETTER

*The official campus newsletter of
Mount Mary University*

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EXPLORING INNOVATION

EXPLORING INNOVATION

by Katherine Kaliban & Rachael Wuensch

MISSION

by Rachael Wuensch

The Mount Mary University Graduate Art Therapy program is committed to preparing its students to become compassionate art therapists through academic, artistic, and experiential learning. By providing encouragement, empowerment, and the guidance to achieve each individual's therapeutic and occupational goals, we believe the members within this community will go on to make their mark within the art therapy profession.

Through this community newsletter, the Graduate Art Therapy department strives to create a platform that allows all members to share their voice, recognize achievements, and provide academic and professional resources, reminders, and opportunities within the art therapy community. By constructing this newsletter it is our goal to foster a new avenue for connection, community, and creation.



Image captured by Rachael Wuensch (Mar. 2021)

STUDENT REMINDERS & OPPORTUNITIES

Announcements

Members of MMU Graduate Art Therapy Community Present at Summit

On March 19th, second year student, Brianna Harris and Professor Matic presented at the *Advancing Equity in our Colleges & Community Summit* on multiculturalism & cultural humility in higher education institutions. Check out an abstract of their presentation under 'Concurrent Sessions':

<https://sites.google.com/hsinow.org/hsinow/events/hsi-now-summit>

Virtual Internship Fair

The graduate art therapy department will host a virtual internship fair via Zoom in Friday, April 9th from 9:30AM-12:00PM. Come meet with potential sites as well as speak with 2nd year student Jaclyn Hofstetter about her personal experience with practicum & internship training. For more information contact Professor Matic via email at matim@mtmary.edu.

<https://mtmary.zoom.us/j/91444199164pwd=cDhzbE1RTVZSUE9zN1VrM091Q3Q4Zz09>
Password: 159578



Pictured above is second year student, Brianna Harris who recently presented at the *Advancing Equity in our Colleges and Community Summit* this March

COVID - 19 Updates

For Mount Mary COVID-19 updates, continue to check your school email or refer to the Coronavirus resources tab listed on the main page of your My Mount Mary account. The department hopes you are able to stay healthy throughout the remainder of this academic year.

Course Registration

Course registration for the fall semester is quickly approaching! If you have questions regarding which courses you need to take or other questions pertaining to class registration, please reach out to your academic advisor listed under the academics tab of your My Mount Mary account. Registration for the Fall 2021 semester is April 12th, starting at 8:00am.

Student Spotlight Submissions

If you enjoy learning about your fellow peers within the program and are interested in sharing your experiences and insights, please reach out to Rachael Wuench (wuenschr@mtmary.edu) or Katherine Kaliban (kalibank@mtmary.edu) for more details! The department appreciates learning more about the individual student perspective and will continue to provide insight and connection within the community throughout the academic year.

Facebook Page

To stay updated on future opportunities and student reminders, like the Current ATH Cohorts of MMU Facebook page at <https://www.facebook.com/groups/mmuathgradstuds2015>

FACULTY INTRODUCTION

Monique C. Matic

Assistant Professor & Internship Coordinator

by Rachael Wuensch

This month, the Graduate Art Therapy Department is excited to highlight the accomplishments Professor Monique Matic has achieved within the art therapy profession and the impact she has made since becoming a full time faculty member at Mount Mary University. Professor Matic, a Licensed Professional Counselor in the state of Wisconsin (LPC), Licensed Clinical Professional Counselor in the state of Illinois (LCPC), and a Board-Certified Art Therapist (ATR-BC), has worked at MMU for two years, serving as an Assistant Professor and the Practicum/Internship Coordinator for the Graduate Art Therapy program.



Outside of her roles as a professor and internship coordinator, Professor Matic is a committee member for the Hispanic Serving institution (HSI) Network of Wisconsin and Mount Mary University's Latinx Task Force.

Having grown up on the Southside of Milwaukee, Professor Matic was happy to have the opportunity to move back to Milwaukee and serve her community after living in Illinois for the past ten years. Before pursuing art therapy, Professor Matic started her professional career as a preschool teacher. However, throughout her teaching experience, Professor Matic became more curious about the art making process and how it impacted her students and their families.

From there, Professor Matic earned her master's degree in Counseling Psychology and Art Therapy at Adler University in Chicago, Illinois. Since earning her degree in 2009, Professor Matic has gained a wide variety of experiences including working with youth and adults impacted by trauma in Chicago, providing services at not-for-profit and community mental health centers, and assisting families affected by sexual abuse and assault. Outside of the clinical and professional experiences listed above, some additional interests and passions that drive Professor Matic include compassion fatigue, burnout, attachment theory, multicultural therapy, and Adlerian therapy.

Prior to teaching at Mount Mary, Professor Matic taught as an Adjunct Professor at Adler University from 2014-2019. Within her role at Adler University, Monique became interested in learning more about clinical supervision and how vicarious trauma impacts mental health professionals experiences.

FACULTY INTRODUCTION

Monique C. Matic (Continued)

Today, Professor Matic has a small private practice where she provides clinical supervision to young professionals in training (art therapists and counselors). Professor Matic also offers art therapy and counseling services through Bloom Center for Art & Integrated Therapies located in Milwaukee, Wisconsin.

Professionally, Professor Matic has had the opportunity to present at conferences on the topics such as *The Therapeutic Power of Art*, a panel discussion hosted by Latino Arts, Inc. (2020), and most recently *Creative Reflections: Cultural Humility & Multiculturalism in Higher Education* at the Hispanic-Serving Institution of Wisconsin's annual conference (March, 2021). She has also been published in the *Journal of Individual Psychology* on the topic of *Adlerian Art Therapy with Sexual Abuse and Assault Survivors*.

Artistically, Professor Matic enjoys working with a wide range of art materials including watercolors, oil pastels, fibers, and clay. Other leisure activities Professor Matic takes part in include spending time with her family, taking nature walks, and making art with her children.



Mirror of BIPOC Emotional Labor: The Dynamic Weight
(2021)

Pen, oil pastels, color pencils
Created by Monique Matic



Fibers, Watercolor, & Clay: A Mixed Media Buffet
(2019-2020)

Various Process & Response Art Pieces
Created by Monique Matic

STUDENT SPOTLIGHT

Amber Thomas

Third Year Student

Brush Box Co-Founder; Art and Community Content Curator

by Katherine Kaliban

Amber Thomas is a third-year student in our Art Therapy Program here at Mount Mary. Throughout her time here, she has primarily focused on working with children surrounding topics of crisis intervention and trauma. Amber fulfilled her first internships at St. Augustine Prep, STRONG Day Treatment Center, and Bloom Center for Art and Integrated Therapies where she became well-versed in helping individuals learn about stabilization, emotion learning, and regulations skills. It was at Bloom, working within a program called 'Repairs of the Breach,' a daytime homeless shelter, that she recognized her desire to become a community program director, immersing herself within a population by building community and healing rather than sitting behind a desk. Her research focus is in community trauma within low-income neighborhoods where she seeks to go beyond the focus on schools and get into the greater community to implement wraparound programming that focuses on all elements of an individual's life.

In addition to being a full-time graduate student, as of November 2020 Amber has also become the co-founder of a business called Brush Box along with her business partner, Kadjiha Jones. A Brush Box is an art supply kit that comes with materials to create a superhero version of yourself. Pulling from her art therapy education, Amber included superhero ID cards that ask the user to come up with their superhero personality including strengths, weaknesses, a super squad, and nemesis. Each box comes with six heroes to create, intended to be made together with others as one person's weakness may be another's strength. Heroes can be accessorized with leotards, weapons, hairstyles, and much more. There are currently four different boxes to choose from including the Standard Box, the Be Bold Box, the So Icy Box, and the Drippin' in Melanin Box. For smaller groups, smaller packs of three called Splash Packs are also available.



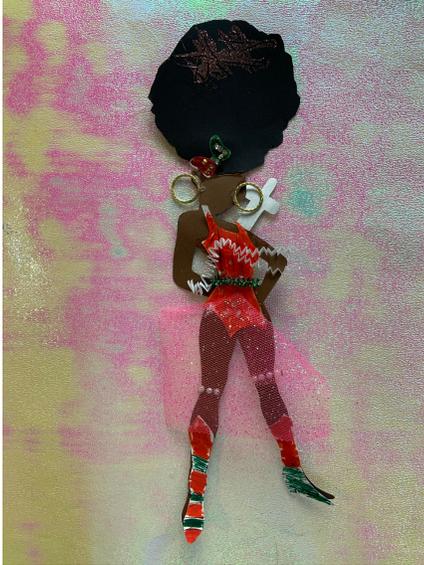
Brush Box Co-Founder, Kadjiha Jones (Left) and Amber Thomas (Right)



Contents of one Brush Box

STUDENT SPOTLIGHT

Amber Thomas, Brush Box (Continued)



Example of a finished Brush Box super hero



Example of a finished Brush Box super hero

Before Covid, Amber was balancing her internship at Bloom, coaching basketball, as well as working at the Grace Scholar Graduate Assistant. With her newly found spare time due to the emergence of Covid-19, she realized how much time and effort she was putting into these ventures but was not giving the same energy to her own original ideas. Ultimately, Amber came to the conclusion that these deserve to be heard and brought to fruition. Once her internship was shut down in the spring, she began actively devoting her time to developing this new business. Working with the homeless population, she recognized that this new age of reliance on virtual communication to maintain connection was not accessible for everyone, so she sought out other ways to connect. Her business partner, Kadjiha has always been someone she created art projects with since they were in undergrad together at Alverno College. Kadjiha pushed Amber to build this business because they both believed art should be something everyone can do, even outside Amber's art therapy work.

As Brush Box continues to develop, it can already be found in three brick and mortar shops. The business is actively collaborating with other community businesses such as Kujichagulia Producers Cooperative as well as working within the Wisdom Collective at CLARA Healing Institute. Brush Box will additionally be running community events at Alice's Garden. In the future, the founders hope to continue going beyond the boxes themselves by creating community initiatives along with partnering with more organizations to bring art to communities.

Amber's advice to anyone thinking of starting a business of their own is to just do it, even if it feels overwhelming at first. Find a mentor to help guide you and dedicate time to building your business. Additionally, collaborate with others running small businesses, not only to learn their tips and tricks but also to find inspiration. Finally, Amber says it is essential to believe in your product and be proud of it in order to best promote it.

Are you interested in support Amber's business? She says the best ways to do so are simply letting others know about it, attending and supporting Brush Box's community events, and interacting with them so they can further curate content to serve more communities. You can follow them on social media at @abrushbox on Instagram and check out their website: abrushbox.com to learn more and explore their full range of products available!

D.A.T. RECOGNITION

Dr. Huma Durrani

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by Katherine Kaliban



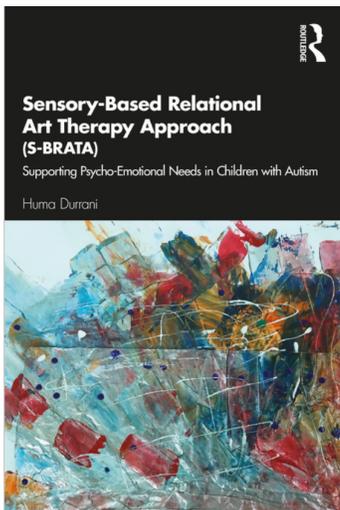
The Graduate Art Therapy Department would like to acknowledge the successes of an alumna of our Doctoral Art Therapy Program at Mount Mary. Dr. Huma Durrani recently published her book, *Sensory-Based Relational Art Therapy Approach (S-BRATA)*, *Supporting Psycho-Emotional Needs in Children with Autism*. Congratulations Dr. Durrani!

Featured below is a summary of the book as well as links to where it can be purchased:

This book bridges art therapy practice and research by presenting sensory-based relational art therapy approach (S-BRATA), a clinically tested framework for working with children with autism spectrum disorder (ASD) that explicitly addresses sensory dysfunction and its impact on impaired attachment.

The author shows how art therapy can facilitate attachment while addressing sensory problems that might underlie impaired attachment shifting the focus from the behavioral to the emotional development of the child with autism. The book additionally challenges traditional aspects of art therapy practice, particularly the focus on the relational aspect of the intervention and not the art product. Not restrictive or prescriptive and with the potential to be adapted to other interventions, S-BRATA provides an explicit framework for doing art therapy with children on the spectrum that opens the scope of art therapy practice and encourages flexibility and adaptation.

Clinicians, students, and parents alike will benefit from the text's clear outline for relational development with individuals on the spectrum and its emphasis on the importance of the psycho-emotional health of a child with ASD.



Untitled, acrylic on canvas.
Created by Huma Durrani

If you are interested in Dr. Durrani's work, the book is available at:

- <https://www.routledge.com/Sensory-Based-Relational-Art-Therapy-Approach-S-BRATA-Supporting/Durrani/p/book/9780367442262>
- https://www.amazon.com/Sensory-Based-Relational-Therapy-Approach-S-BRATA-ebook/dp/B08PHT3R7Y/ref=sr_1_1?crid=9LJQ8GO4IDU7&dchild=1&keywords=sensory-based+relational+art+therapy+approach&qid=1612408691&srefix=sensory-based%2Caps%2C384&sr=8-1