STITCH BY STITCH

DIY citizenship and the politics of the “therapeutic”

Spring Art Therapy Symposium
Featuring a Keynote Presentation by Savneet Talwar

Sponsored by:
Mount Mary University
Art Therapy Department &
Wisconsin Art Therapy Association

April 17, 2015
**PROGRAM OVERVIEW:**

**STITCH BY STITCH: DIY citizenship and the politics of the “therapeutic”** will be an all-day symposium on art therapy, featuring a keynote co-presented by Savneet Talwar. Savneet Talwar, Ph.D., ATR-BC is an Associate Professor and Chair of the graduate art therapy program at the School of the Art Institute of Chicago. As a scholar, researcher, educator, art therapist, cultural worker and activist, her current research focuses on feminist politics, critical theories of difference, gendered labor practices and citizenship. Employing crafting and fabrication as a form of social practice in community settings, she is interested in creating critical dialogue surrounding issues of reproductive freedom, sexuality, the body, cultural trauma and social inequity. She is the author of a number of articles and has published in Arts in Psychotherapy, Art Therapy: Journal of the American Art Therapy Association, and Gender Issues in Art Therapy. Her current projects are: Re-Tweeting Citizenship, Wandering Uterus Project: A DIY Movement for Reproductive Justice and CEW Design Studio- Creatively Empowered Women - a craft, sewing and fabrication enterprise for Bosnian and South Asian women at the Hamdard Center in Chicago. She currently serves as the Associate Editor for the Art Therapy: Journal of the American Art Therapy Association.

The symposium offers professional continuing education, presentations, and workshops by prominent regional art therapists and art therapy educators.

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**FRIDAY - APRIL 17, 2015**

**8:00 – 8:45**  **REGISTRATION**

**8:45 – 9:00**  **WELCOME/OPENING REMARKS**

**9:00 – 10:20**  **KEYNOTE - STITCH BY STITCH: DIY citizenship and the politics of the “therapeutic” – Savneet Talwar**

The act of making and doing has been essential to art therapy practice. As art therapists, we believe in the power of creativity as a tool for healing and social change. Drawing on the history of DIY movements, craftivism and fabrication, the presentation examines the importance of subversive acts and the politics of the “therapeutic” to argue for a social model of art therapy. In particular, the role of craft and collaboration is examined to offer a critical account of how art therapy can actively engage with questions about feminism, gender, labor practices, immigration, genocide, everyday histories, memory and trauma.
10:30 – 12:00 Concurrent Workshop Session #1 - A, B

**A** Where's your nest? Using needle felting to explore power dynamics at work – K. Kamholz & M. Campbell (limit 25)

Using a tree as a metaphor, this workshop will explore power and relationships within the work context: self at work, supervisor/supervisee relationship, agency politics, and self with clients.


As art therapy students and art therapists in training, we identified a loss of our conceptual and aesthetic development as visual artists. In response to this, we engaged in a series of completely non-verbal response work. This workshop will explore the rationale, the process, the benefits, and the disadvantages of this visual dialogue.

10:30 – 11:20 Concurrent Presentation Session #2 - A, B, C

**A** How to Create an Art Therapy Community in a City in Crisis - J. Radowski, K. Brockman, & C. Belkofer

This presentation will demonstrate how art therapy was introduced and utilized in Butte, MT, a city which grapples with issues such as poverty, drug abuse, lack of resources, and high rate of suicide.

**B** More! More! More! Trauma and Children Who Must Have More Art Supplies - A. Warren & J. Brentana

This program explores the hypothesis that the use of voluminous amounts of art supplies during art therapy sessions may enable non-verbal expression of a traumatic memory. A review of research on trauma and the brain linked with case vignette material will also be included.

**C** Eclectic Tech: An overview of the current and practical use of digital media in art therapy today - N. L'Esperance

This program will provide a sampling of data from the presenter’s doctoral research. In addition, current and creative uses of digital media in art therapy will be shared.

11:30 – 12:20 Concurrent Presentation Session #3 - A, B, C

**A** Trauma and art therapy: Ethics/Best Practices - M. Andrus

What factors facilitate the resolution of trauma? Where does the power differential exist? What is ethical? Who’s driving client representation and how? This paper will explore these questions and engage participants in meaningful dialogue exploring best practices examining trauma literature and contextual components of treatment.

**B** Identifying Strength in Quantitative, Qualitative and Arts Based Program Evaluation and Research - J. McNutt & L. Glinzak

This paper will stress engagement in program evaluation on local levels and research on national levels. All forms of research commonly engaged in by art therapists will be included. Discussion points will include means of collecting data, resources for analysis and the power of numbers in program enhancement and development.

**C** Stories & Pictures: A multi-modal approach to blending art and bibliotherapy with young children - L. F. Cooper

Art therapists can create a thematic approach to treatment by utilizing children’s books as an introduction to art therapy directives. This presentation will explore the author’s development of bibliotherapy techniques along with art experientials in treating young children (4-12) in art therapy group and individual sessions.

12:00 – 1:30 Lunch: Mount Mary cafeteria or on your own, Book Browsing and Art Exhibition Viewing
Art making yields the potential for new awareness and insight not only for clients and practitioners-in-training, but also for art therapy supervisors. This workshop explores the use of art-based inquiry to process the influential experiences of art therapy supervisors.

At a studio, gallery and clinical facility art therapists worked to integrate community mental health with clinical mental health practices using art therapy. This presentation will include research results from a program implemented in fall of 2013, where community art therapy programs were held in the community as an extension of a therapeutic agency as well as the implications the community work had on the site as a clinical location.

This paper introduces the concept of “Art of Difference”, a broad term encompassing the convergence of art and people with developmental, psychological, or social differences. Historical and contemporary manifestations of this theme will be discussed along with implications for theory, research, and other aspects of professional practice.

Traditional art media, tools and techniques work well for many clients in art therapy. But clients with disabilities may not be able to access the materials. Issues of grasp, sensory impact, communication, and other considerations which, if adapted, can help provide independence and/or enhanced self-expression will be explored.
4:30 – 5:20 Concurrent Presentation Session # 8 – A, B

A  Art Therapy, Trauma and Neuroscience: Theoretical and Practical Perspectives - J. King

The purpose of this presentation is to discuss the recent development of the seminal textbook on the subject. An outline of the text and its contents will be presented, highlighting salient points throughout the book. The presenter will explain the etiology of the project and the role of personal creativity in its development.

B  A Method of Art-Based Inquiry - B. L. Moon

This presentation describes an art-based method of image inquiry. There is growing interest in art-based research in art therapy but relatively little has been written regarding methodology. The presentation will provide a structure and highlight examples of the inquiry format that is both empirical and pragmatic.

4:30 – 6:00 Panel/ Workshop # 9 – A, B, C

A  Therapeutic Day Schools – R. Irmem, A. McGovern, K. Murphy, & M. Redmond

This panel will provide first-person experiences of running an art therapy programs within three different school settings. Everyday obstacles, a dual role as therapist and disciplinarian within school rules, challenges of therapy in an academic environment, and other topics will be explored.

B  Into the Woods: An Eco- Art Therapy Experience – B. Myers & A. Newell (limit 25)

This workshop will introduce the partnership of eco-psychology and art therapy as an emerging paradigm of practice. Participants will be led into the university’s woods to create a community art piece in the form of an assemblage of natural materials. We will explore nature as studio through sensory engagement.

C  Art-based Supervision: Cultivating Therapeutic Insight Through Imagery – B. Fish

Art-based supervision offers multifaceted opportunities for reflection on clinical, interpersonal and systemic issues. The imagery of both the supervisee and supervisor are valuable resources in this powerful forum for managing and addressing the content of therapy. This workshop offers participants an opportunity to explore their work through their own imagery.

2015 SYMPOSIUM PRESENTERS

RACHEL ABRAMS, MS, graduated from the Mount Mary Art Therapy program in May of 2014 and is currently an art therapist in Portland, Oregon.

MARY ANDRUS, ATR-BC, LCPC, is founder of the Art Therapy Studio Chicago Ltd., where she provides art therapy to adults and adolescents, specializing in treating grief, loss, trauma and life changes.

CHRIS BELKOFER, PHD, ATR-BC, LPC, is Chair of the art therapy department at Mount Mary University.

JYL BRENTANA, ATR-BC, has served as an art therapist at Froedtert Hospital, Children’s Hospital of Wisconsin and Ronald McDonald House. Her work focuses on medical art therapy.

KATE BROCKMAN, MS, ATR, is an art therapist for Al tacare in Butte, MT.

MEGAN CAMPBELL, ATR, LPC, is the head of the Expressive Therapy department for Camelot Therapeutic Day Schools, and has been using felting in her work supervising new professionals.
LAURA FULLER COOPER, MA, ATR-L, NCC, is an Art Therapist, Program Psychotherapist and Clinical Director of the Graduate Art Therapy Internship Program at Aurora Psychiatric Hospital in Wauwatosa, WI. She is also an adjunct faculty member at Mount Mary University.

BARBARA FISH, PHD, ATR-BC, LCPC, is on the faculty of the School of the Art Institute of Chicago. She provides art-based supervision incorporating response art as a fundamental resource supporting clinical work.

LEARA GLINZAK, MS, is a Life Enrichment Specialist Art Therapist with Clark at Home and Clark Retirement Community.

KELLY J. HENCKEL, PH.D., ATR-BC, LPC, is the executive director at The Youth and Family Project in West Bend, Wisconsin and an adjunct faculty member at Mount Mary University. She also serves as Secretary on the Wisconsin Art Therapy Board of Directors.

CLAIRE HOLMAN is pursuing her Masters of Science in Art Therapy at Mount Mary University.

REBECCA IRMEN, MS, ATR-BC, graduated from Southern Illinois University in Carbondale with a Bachelor of Fine Arts in 2001. She earned her masters degree in art therapy at Mount Mary University in 2007. She was an intern at New Connections Academy in January 2007 and upon graduation was hired as a full time art therapist. She has had many years working with students on the autism spectrum, as well as working closely with students with emotional and behavioral needs.

TERRI L. JASHINSKY, PHD, CRC, is an Assistant Professor in the Graduate Program in Counseling at Mount Mary University (MMU). She teaches multiple courses with art therapy students.

KATIE KAMHOLZ, ATR, LCPC, has been a practicing art therapist for over ten years in a wide variety of settings. She provides art therapy and art-based supervision at her private practice in Oak Park, Illinois.

JULIET KING, MA, ATR-BC, LPC, is Director of the Art Therapy Program at Herron, and adjunct professor in the Department of Neurology, Indiana University School of Medicine.

HEATHER LEIGH, ATR-BC, LCPC, is an art therapy educator and doctoral student in the Professional Doctorate of Art Therapy program at Mount Mary University.

NOEL L’ESPERANCE, PHD, ATR-BC, LPC, is an adjunct faculty at Mount Mary University and Alverno College. She also has a private practice in Glendale, Wisconsin, and facilitates sessions at the Islands of Brilliance program.

SUSAN D. LOESL, MA, ATR-BC, has worked for 26 years as an Adaptive Art Specialist/Art Therapist for the Milwaukee Public Schools in Milwaukee, WI.

AMANDA MCGOVERN, MS, graduated from University of Illinois Chicago in 2011 with a bachelor’s in studio arts and from Mount Mary University in 2013 with a master’s in art therapy. She was hired at Connection’s Day School as an art therapist in 2013. She has had extensive experience working with special needs children and is building and improving upon the art therapy program within her school.

JILL MCNUTT ATR-BC, ATR-L, LPC, is Assistant Professor / Operations Director at St Mary of the Woods College. She is also an art therapist at Aurora Healthcare specializing in oncology and in partnership with The Epilepsy Foundation of Southeastern Wisconsin.

BRUCE L. MOON, PHD, ATR-BC, LPC, HLM, is a professor and co-founder of the doctoral program at MMU. He is the author of Art-Based Group Therapy and eleven other books. He is a painter, poet and singer-songwriter.

KIRA MURPHY, MA, ATR, LPC, graduated from the Adler School of Professional Psychology with an M.A. in Counseling: Art Therapy in 2011. She was hired at South Campus later that same year, and has since been working to expand the art therapy program within her school while emphasize the role of art in facilitating therapeutic change.
BRIAN MYERS, MS, ATRL-BC, LPC, is a Licensed Art Therapist and Professional Counselor providing child and family services for Meta House in the Metro-Milwaukee area.

ALEXANDREA NEWELL is an intern at Meta House. She is finalizing her research and thesis work in Eco-Art Therapy and pursuing her Masters of Science in Art Therapy at Mount Mary University.

EMILY NOLAN, PHD, ATR-BC, LPC, is a faculty member and practicum coordinator at Mount Mary University. She practices both clinical and community art therapy at Bloom: Center for Art and Integrated Therapies, LLC.

ROSEMARY PEARSON, MS, LPC, is president-elect of WATA and chairperson of the WATA Archive Committee.

JENNA RADOWSKI, MS, ATR, is a Regional Supervisor for Altacare in Butte, MT.

WAYNE RAMIREZ, MFA, MA, ATR, was the first President of WATA and pioneered the formation of the first formal art therapy association comprised of local frontrunners in a variety of related fields.

MELISSA REDMOND is pursuing her Masters of Science in Art Therapy at Mount Mary University.

RANDY M. VICK, MS, ATR-BC, LCPC, is an Associate Professor at the School of the Art Institute of Chicago. His research interests are in the areas of outsider art and disability studios.

VERONICA WANCHENA, is a published author, artist, and trauma survivor. She is recognized as an experience-based expert in the field of art/trauma-focused therapy.

ANNE M. WARREN, ATR-BC, LPC, has worked as an art psychotherapist and professional counselor at Forest County Potawatomi Health and Wellness Center in Crandon, Wisconsin since June 2007.

KATHRYN WINGARD is pursuing her Masters of Science in Art Therapy at Mount Mary University.

ACKNOWLEDGEMENTS:
Special thanks to Barnes & Noble Books for their participation and support of the symposium. Please visit their display and peruse the large selection of art therapy and related books and resources.

REGISTRATION INFORMATION:
Lunch is included in all registrations. Please note that registration fees have been lowered this year in support of all our attendees.

WATA MEMBERS EARLY REGISTRATION (THROUGH 3/20/15)
Professional Members - $120 Students - $30

EARLY REGISTRATION (THROUGH 3/20/15)
Professionals – $125 Students – $30

REGISTRATION (AFTER 3/27/15)
Professionals – $140 Students – $40

REGISTRATION (AT THE DOOR 4/17/15)
Professionals – $175.00 Students – $50.00

LAST DAY TO REGISTER VIA MAIL: MONDAY 4/13/15

CONTINUING EDUCATION CREDITS
Mount Mary University is an NBCC-Approved Continuing Education Provider (ACEPTM) and may offer NBCC-approved clock hours for events that meet NBCC requirements. The ACEP solely is responsible for all aspects of the program.

CANCELLATION FEE
25% forfeited  75% returned.

Workshops with participant limits will be filled as registrations are received. Registration confirmations will be sent via email only.

MAIL REGISTRATION FORM WITH PAYMENT TO:
Mount Mary University
Art Therapy Department
2900 Menomonee River Parkway
Milwaukee, WI. 53222-4597

Online registration is now available at mtmary.edu/at.

Registration by telephone is not available; forms must be sent by mail.

HOW TO GET HERE:
Via Route 45; Exit at Burleigh Street (Exit 43) and drive east to 92 Street. Parking is available on the east side of campus (92 Street).
Please cut and return registration from below or register online at mtmary.edu/at.

Please rank your 1st and 2nd choices for the sessions you plan to attend:

SESSION #1
10:30 – 12:00
____ A – Kamholz & Campbell
    (limit 25)
____ B – Wingard, Holman, & Moon
    (limit 25)

SESSION #2
10:30 – 11:20
____ A – Radowski, Brockman, & Belkofer
____ B – Warren & Brentana
____ C – L’Esperance

SESSION #3
11:30 – 12:20
____ A – Andrus
____ B – McNutt & Glinzak
____ C – L. F. Cooper

SESSION #4
1:30 – 3:00
____ A – Henckel (limit 25)
____ B – Pearson & Ramirez
    (Panel)

SESSION #5
1:30 – 2:20
____ A – Nolan & Abrams
____ B – Wanchena & Belkofer

SESSION #6
2:30 – 3:20
____ A – Vick
____ B – Leigh

SESSION #7
3:30 – 4:20
____ A – Jashinsky
____ B – Loesl & Nolan

SESSION #8
4:30 – 5:20
____ A – King
____ B – Moon

SESSION #9
4:30 – 6:00
____ A – Irmens, McGovern, Murphy, & Redmond (Panel)
____ B – Myers & Newell (Limit 25)
____ C – Fish (Limit 25)