



Firefly & Phoenix LLC

with
Water & Stone, a Creative Arts Therapy PLLC



Sept. 2026 – June 2027 Schedule

Virtual (Live/Synchronous) - NY/ET Time Zone
(Self-paced workshops available @ <https://firefly-phoenix.teachable.com>)

Accessibility: This year I have the ability to offer everything at \$25/hour and want to take that opportunity to support everyone having access to more affordable continuing education options. This will be through March 2027 and I will continue to do my best to keep prices reasonable while valuing the time and effort that goes into all the offerings throughout the year.

Please always feel free to reach out with any questions!

Registration

Registration Form:

1 hour = 1 hour of continuing ed

Tuition

\$25 per hour

Payment plans = no extra cost

Continuing Education Hours

LCAT (NY), LPAT (NJ), and ATR-BC

Also, for dual licensed, LMHC, LMSW, LCSW

Preview of Fall/Winter Calendar

(Spring Calendar Available in November)

Private Practice

Sun 9/27	9am-10am	1 hour	Minding Mindset Miniseries: Understanding Self-Worth
Sun 9/27	10am-11am	1 hour	Minding Mindset Miniseries: Awareness of Fears & Strengths
Sun 9/27	11am-12pm	1 hour	Minding Mindset Miniseries: Exploring "Failure" & "Success"
Sundays	10/25, 11/15, 12/13, 1/10, 2/21	(5 Group Meetings)	
	10am-1pm	25 hours	Private Practice Intensive: Connection, Community, and Clarity for Clients (\$550)

Ethics (counts towards ATR-BC/NJ ethics and LCAT prof boundaries req)

Sun 10/4	9:30-11am	1.5 hours	Ethically Expanding Beyond Your "Therapist" Role
Sun 10/4	11:15am-12:45pm	1.5 hours	Confidence in Ethical Boundaries: Email Scams, Legal Issues, and Client Pushback

Supervising (counts towards ATR-BC req)

Tues 10/20	6:30-8pm	1.5 hours	Supporting Supervisees Professional Identity Development
Wed 10/21	6:30-8pm	1.5 hours	Trusting Your Strengths and Approach as a Leader

Intuitively Implementing Interventions: The Metaphor in the Art Materials

Tues 11/3	6:30-8:30pm	2 hours	Drawing and/or Painting Materials
Tues 11/10	6:30-8:30pm	2 hours	Collage or Mixed Media
Tues 11/17	6:30-8:30pm	2 hours	Blackout Poetry and Words in Art

Grief: The Path We Walk in Life

Wednesdays	12/2, 12/9, 12/16 (3 Meetings)		
	6:30-8:30pm	6 hours	Explore Grief, Art, and How to Support Clients

Open Studio & Writing Lab

Sun 12/6	9am-12pm	3 hours	Open Studio Format/Intention Setting/Optional Sharing
Sat 12/19	9am-12pm	3 hours	Open Studio Format/Intention Setting/Optional Sharing

Annual CAT Conference

Fri 6/4 – Sun 6/6
18+ CE hours in 1 weekend (NY LCAT, NJ LPAT, ATR-BC)
Presenter Proposals Accepted December - February
Registration Opens in March

Details: <https://www.fireflyandphoenix.com>

Questions: emery.mikel@creativelyhealing.com

Registration: <https://forms.gle/KwTS4ps2e12s1dLw6>

September

Private Practice and Beyond: Minding Mindset Miniseries

Virtual – 1 hour each

\$25 each

Sun 9/27

9:00am-10:00am – Minding Mindset Miniseries: Understanding Self-Worth

10:00am-11:00am – Minding Mindset Miniseries: Awareness of Fears & Strengths

11:00am-12:00pm – Minding Mindset Miniseries: Exploring “Failure” & “Success”

At any stage of private practice (or other professional endeavors), a person’s mindset has a large effect on both how things are going and what can be done in the future. These 3 workshops target a few key concepts and ever-present challenges that can help us when we take the time to acknowledge and unfurl them a bit. Through creative exploration we will learn more about how these feelings/experiences affect us and raise awareness around how to work with them to support our visions instead of derailing it.

October

Ethics

Virtual – 1.5 hours each

\$37.50 each

All hours can count towards the [ATCB Ethics CE](#) Req, [NJ LPAT Ethics](#) Req, and [NY Prof Boundaries CE](#) Req

Sun 10/4

9:30am-11:00am – **Ethically Expanding Beyond Your “Therapist” Role**

In this day and age a lot of people are coaching, teaching, mentoring, and offering a variety of services to people who need support. This is great because people need different types of support for various aspects of their lives. The key to doing this is to be clear in communication, boundaries, and the distinction between your different roles. Spend some time better defining how to do this and what you need to prepare for when offering more than therapy.

11:15-12:45pm – **Confidence in Ethical Boundaries: Email Scams, Legal Issues, and Client Pushback**

Have you ever received a request for notes from a lawyer or an email saying someone would like their daughter to see you for therapy and would like to pay for 10 sessions in advance? In this workshop, learn how to prepare for and respond to email scams, requests from lawyers, conversations about what a release of information form actually means, and the conversations to have with clients in such moments.

Supervising

Virtual – 1.5 hours each

\$37.50 each

All hours can count towards the [ATCB Supervision CE](#) Req

Tues 10/20 – 6:30-8:00 pm – **Supporting Supervisees Professional Identity Development**

One of the wonderful challenges, when working with newer therapists, comes from helping them develop their own professional identity while guiding them from a place of wisdom and experience. A lot of our guidance as supervisors comes from our experiences, so it is important to use that expertise while balancing it with supporting new ideas and directions that allow safe space for new therapists to both make mistakes as well as do things their own way. Knowing when this is helpful or appropriate and times when boundaries or experience come first takes practice.

Wed 10/21 - 6:30-8:00 pm – **Trusting Your Strengths and Approach as a Leader**

Supervising students, limited permit holders, or licensed peers can be an amazing experience! It can also be challenging because rarely do we receive adequate training to take on this role as a leader and guide for others. We often rely on our own innate abilities and our therapist skills which is fine, but let’s spend a little time honing in on the strengths you bring to the table and how to implement them in supervision.

Private Practice Intensive: Connection, Community, and Clarity for Clients

Virtual – 25 hours

\$550

Personalized Payment Plan Available – contact Emery

This intensive is a combination of making sure you have a good foundation of knowledge to support you, cultivating a mindset that brings courage and curiosity to your private practice journey, and developing the tools you need to feel like your practice can be sustainable for years to come! Whether just starting or already running your practice, these 5 months will help build confidence so you know you are headed in the direction that feels right for your life.

Our monthly group meetings will cover a variety of topics and questions while also giving space for creative exploration of our individual journeys. Time is set aside for goals, successes, and getting support around challenges appearing. Individual meetings will take place between meetings and give you a chance to get extra support while solidifying steps along your path.

Below outlines what we will dive into together, but always feel free to be in touch with any questions or topics specific to you that would be helpful to cover. Join our community as we explore what it will take for you to realize your dreams in a sustainable way that meets your unique needs. I strive to create a very supportive environment where no question is too weird/beginner level/stupid. My goal is for you to have the tools to move through challenges and road blocks now and in the future!

Sundays 10am-1pm

10/25, 11/15, 12/13, 1/10, 2/21 + 6 individual meetings

- 10/25 – Welcome! Learning about where each person is on their journey. Setting up the next 5 months and learning how to get the most out of this time together. Setting up a foundation of knowledge and setting some initial goals.
- 11/15 – Mindset, Success, and Failure. Failure is exciting/good, success is always happening, and we need to be able to be critical while also celebrating moments no matter how big or small. We will explore ethical approaches to private practice, setting great boundaries, and how we are impacted by this journey.
- 12/13 – Revisiting inspirations, dreams, and what private practice can be. Let's identify strengths and challenges because they are different for each person. Finding the unique way you will have a practice matters and can make this journey less bumpy and more fun!
- 1/10 – Doubling down on why you matter and the way you bring things to clients is more than enough to mean it should exist and people will benefit.
- 2/21 – Final meeting to celebrate, close our time together, and plan for your next steps!

Schedule and Continuing Education Information

- 15 hours live online meetings (5 monthly meetings for 3 hours each)
- 6 individual meetings with Emery, 30 min each (\$900 value)
- Access to 5 recorded foundational knowledge private practice workshops
 - Dreaming Workshops (1.5 hours each, \$450 value)
- 25 NY LCAT, NJ LPAT, and ATR-BC CE Contact Hours
 - hours also meet following requirements:
 - 1.5 ATCB and NJ LPAT Ethics hours
 - 3 NYS Professional Boundaries hours
- Lifetime access to the private Firefly & Phoenix Online Group

Dreaming Videos Available:

- Video 1: What is Your Dream
- Video 2: How Do You Want to Work?
- Video 3: What You Need to See Your First Client
- Video 4: Financial Wisdom
- Video 5: Intro to Marketing

Content

- Clarity in Your Vision and Services You Can Offer
- Foundational Wisdom for being in Private Practice
- Having an Impact, Setting Boundaries, and Meeting the Needs of the Community
- Organic Marketing, Clearly Communicating with Clients, and Community Engagement
- Ethical Fees, Discussing Finances with Clients, and Reaching Socioeconomically Diverse Clients

November

Intuitively Implementing Interventions: The Metaphor in the Art Materials

Virtual – 2 hours each

\$50 each

In these workshops, we are going to explore a variety of ways to choose what materials to use and how to offer directives to a client, directly relating to what they are bringing into session or experiencing. Art materials are the metaphor for our clients' journeys. With practice, you can take what you are hearing from a client and develop a personalized intervention in the moment, during the session. We will connect the dots between what a client is sharing and how to use the size of the paper, various materials, and our words to guide them through deeper exploration.

Tues 11/3	6:30-8:30pm	Drawing and/or Painting Materials
Tues 11/10	6:30-8:30pm	Collage or Mixed Media
Tues 11/17	6:30-8:30pm	Blackout Poetry and Words in Art

December

Grief: The Path We Walk in Life*

Virtual – 6 hours

\$150

Wednesdays

12/2, 12/9, 12/16 (3 Meetings)

6:30-8:30pm

Explore Grief, Art, and How to Support Clients

During these 3 weeks together, we will touch into the experience of grief and how to support those we work with in today's world. While you will be invited into your own exploration on the topic, there is no expectation of going any deeper than fits for you. Both how grief is viewed and how to creatively work with it over time will be covered with participants having space to ask and explore questions of their own. In exploring grief we will also touch on how to come back to living a full life.

*If you have had a recent loss or grief is a challenging topic for you, please feel free to reach out to Emery for a brief phone call if trying to decide whether the workshop fits for you or not.

Open Studio & Writing Lab

Virtual – 3 hours each meeting (can take one or both)

\$75 each

Sun 12/6	9am-12pm	Open Studio Format/Intention Setting/Optional Sharing
Sat 12/19	9am-12pm	Open Studio Format/Intention Setting/Optional Sharing

Through setting intentions, exploring creatively, witnessing others, and having space to share about your experience, we will dive into the therapeutic space created by this approach. With about 2 hours of creative time each meeting, there will also be guidance for intention setting, prompts, and a framework for sharing/listening at the end. Sharing at the end is optional with each person choosing what they would like to have witnessed by the group that day.

Creative Arts

ALL Modalities Welcome! While our time together is based on both the open studio and community art studio approaches, you can make art, explore movement, create music, etc. in any way that fits best for you. Whichever means of creative expression you are drawn to explore is welcome!

Writing Lab

Have something you would like to write about but can never find the time? Or do you wish you could just sit and journal, write poetry, explore with words? No matter whether your focus is fiction, non-fiction, poetry, journaling, writing that book on creatively working with anxiety you always wanted to write, or just exploring through the written word, this virtual space is for you! Dedicated time for yourself and your writing!

January-April Workshops TBD

(Posted in November)

June

2027 Water & Stone CAT Conference

18+ hours in 1 Weekend!

Friday June 4, 2027 – Sunday June 6, 2027

Details/Proposal Submissions: <https://www.fireflyandphoenix.com/conference> (available in December 2026)

Proposals: Open December-January - All Modalities Welcome!

Presenters get extra CE hours for their time (NY/ATCB = 3x the length of the workshop, NJ = 1.5x)

Registration: Coming in March 2027, see details on conference page on website!

Continuing Education Hours for...

LCAT (NY), LPAT (NJ), ATR-BC

Also, for those with dual licenses, LMHC, LCSW, LMSW will also be included

Registration Link

Details: <https://www.fireflyandphoenix.com>

Registration Form: <https://forms.gle/KwTS4ps2e12s1dLw6>

Questions?

Contact Emery

703-402-4515

emery.mikel@creativelyhealing.com

Self-Paced Workshops

Available Year Round: <https://firefly-phoenix.teachable.com>