

Water & Stone CAT Conference 2023 Schedule

1 Clock Hour = 1 LCAT CE Contact Hour

All workshops guaranteed for **NY/LCAT, NJ/LPAT, ATCB CE Hours**

Other national CAT credentials will likely accept, just check first with your organizations.

	Friday 6/2	Saturday 6/3		Sunday 6/4	
	Online	In-Person	Online	Online A	Online B
9					
10	10am-12pm Makiko Coping/Japanese Way 	9:30-11:30 Kelsey Sketch/Release 	9:30-12:30 Ed Power of Imagery 	9:30-11:30 Deb Self Disclosure 	9:30-12:30 Al Digital Music
11					
12		12pm-2pm Emery Tiny Art 		12pm-2pm Dorit Peer Supervision 	
1	1:00-4:00 Bethany Digital Art Toolkit 		1pm-4pm Rana/Javere Compassionate Connection 		
2					
3		2:30-4:30 Julia Culkin Neuroaesthetics 		2:30pm-4:30pm Marianne Mindful Drawing 	
4					
5					
6	5:30pm-8:30pm Jen/Neha Chronic Stress	5:30-7:00 Emery AcroYoga			

Questions?

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703-402-4515

Registration Information

<https://www.fireflyandphoenix/conference>

Friday June 2

VIRTUAL WORKSHOPS

10:00-12:00pm

Coping with Pandemic in the Japanese Way

2 CE Hours

Makiko Harada (Young), MA, MPS, ATR-BC, LCAT

Participants will have an opportunity to learn how Japan coped with pandemic in creative ways.

1. Participants will be able to identify 3 things why this figure became a come back during the pandemic.
2. Participants will be able to name 1 way the Japanese coped with the pandemic.
3. Participants will be able to explain 1 reason why "hate" is a monologue.
4. Participants will be able to explain 1 reason why the opposite of hate is a dialogue.

1:00-4:00pm

Creating a Digital Art Toolkit

3 CE Hours

Bethany Altschwager, DAT, ATR-BC, ATCS, LCAT

With the plethora of new technologies available, how do you choose the best tools for your clients? This course will introduce the SPIRAL framework for evaluating apps for therapeutic use. Participants will use their devices to practice digital art and add new apps to their toolkit.

1. Participants will be able to define the SPIRAL acronym for evaluating the suitability of art apps for a given client population.
2. Participants will be able to identify at least five apps which are suitable for the client population in their area of practice.
3. Participants will be able to demonstrate proficiency with one or more art making apps through the creation of a digital art work.
4. Participants will be able to apply the SPIRAL framework to evaluate at least one app.

5:30-8:30pm

Embodied Group Therapy to Treat Chronic Stress

3 CE Hours

Neha Reddy, LCAT, BC-DMT, SEP

Jennifer L Giuglianotti, M.S., BC-DMT, LCAT

An introduction to the facets of chronic stress, understanding how it impacts us, how the mind/body connection and the support of group therapy is valuable in treating chronic stress, and the importance of self-care including identifying safe spaces of belonging.

1. Participants will be able to identify 3 effects of chronic stress on the body, mind, or behavior.
2. Participants will be able to list 3 types of stress, and their properties.
3. Participants will be able to state 4 benefits of group therapy in treating chronic stress.
4. Participants will be able to identify 4 reasons to include body-based interventions when working with chronic stress.

Saturday 6/3

IN-PERSON WORKSHOPS

9:30-11:30am

Sketch and Release

2 CE Hours

Kelsey Strauch (guest artist)

Emery Mikel LCAT, LPAT, ATR-BC

Kelsey is a guest artist who approaches creatively supporting people from an artistic and movement background. Her approach, developed in her new workshop series, gives us, as creative arts therapists, a chance to explore creativity from another perspective and fresh point of view. Explore art making and movement with an artist! This workshop is perfect for people who want to be pleasantly surprised by their own creative genius. Attendees will walk away feeling much more confident in their artistic abilities and delighted with their unique creations.

1. Participants will be able to name 1 way they brought curiosity into their creative process.
2. Participants will be able to describe 1 benefit to creative arts therapists rediscovering their creativity.
3. Participants will be able to list 2 reasons it can be challenging to let go of perfection.
4. Participants will be able to explain 2 benefits to exploring creativity with an artist (not therapist).

12:00-2:00pm

Tiny Art: How Size Can Support Curiosity, Creativity, and Community

2 CE Hours

Emery Mikel ATR-BC, LCAT, LPAT

Join Emery to explore how making art on a smaller scale can support clients with the challenges they face and help those more resistant to art develop a curiosity for it. We will make a few different pieces, using a variety of materials and discuss how each can lower anxiety, be used as transitional objects, or draw someone into the possibility of art therapy. No experience necessary and a wonderful way to explore on a tiny scale!

1. Participants will be able to state 1 way tiny art supports clients.
2. Participants will be able to name 2 types of materials they can introduce in session for transitional objects.
3. Participants will be able to describe at least 1 approach to using tiny art in groups.
4. Participants will be able to list 3 challenges/issues tiny art can help with in session.

2:30-4:30pm

Neuroaesthetics & Color as the Language of Affect

2 CE Hours

Julia Culkin, LCAT, ATR-BC

How universal human perceptual/aesthetic experience affects cognitive, behavioral and creative processes are a touchstone of art therapy practices. In this workshop, participants will investigate how the integration of Neuroaesthetics and color theory concepts can be applied in the practice of art therapy through engagement in experiential directives.

1. Participants will be able to identify 3 ways color as a ubiquitous perceptual experience can influence cognition, behaviors and affect.
2. Participants will be able to explain and classify 8 archetypes and associations of color.
3. Participants will be able to define 3 cognitive processes within neuroaesthetic theory.
4. Participants will be able to identify 3 ways an individual can encounter an aesthetic experience.

5:30-7:00pm

Beginner AcroYoga: Exploring Curiosity in Connection and Communication

1.5 CE Hours

Emery Mikel ATR-BC, LCAT, LPAT

Try something new in a safe and fun environment! We ask our clients to do a lot that is challenging for them. In this workshop, Emery will cover how to support clients in pushing their boundaries with a curiosity mindset while setting boundaries and clear communication. Nothing too crazy will happen, but you will work with others to understand physical connection and balance. Spotting, even if you are just leaning against someone's hands will be clearly explained and practiced, so everyone remains safe.

1. Participants will be able to describe 1 challenge they face trusting others to support them.
2. Participants will be able to explain how setting a boundary supports trust and continued relational growth.
3. Participants will be able to compare 1 emotion that came up for them and the parallel process a client entering therapy might experience.
4. Participants will be able to list 2 benefits that come with safely challenging boundaries or emotions.

SATURDAY'S VIRTUAL WORKSHOPS

9:30-12:30am

Quantum Art Therapy: Healing & The Power of Imagery

3 CE Hours

Ed Regensburg ATR-BC, CHt, LCAT

When you work with your clients and art do you ever feel like there is something going on beyond what appears to be happening / what you were taught and know?

I will explain what is going on and let you experience it in real time and answer your questions

1. Participants will be able to list 2 benefits of mindful art making.
2. Participants will be able to identify 2 forces that are present during art making.
3. Participants will be able to list 3 components of a human being.
4. Participants will be able to list 2 techniques to read imagery.

1:00-4:00pm

Art Theory: Compassionately Connected

3 CE Hours

Rana Abdallah, MPS, LCAT, ATR

Javere Pinnock, MPS, LCAT, ATR

At the height of international isolation, people sought connection, and LCATs were challenged to meet them where they were; online. In three years, therapeutic platforms designed to bring people and therapists together have become the norm. In this experience, we explore ways LCATs offer compassionate virtual and in-person connection between people.

1. Participants will be able to identify 2 virtual art therapy methods to use in order to connect others virtually
2. Participants will be able to compare the online therapeutic alliance with the in-person relationship
3. Participants will be able to list 2 benefits of using virtual art platforms
4. Participants will be able to list 2 challenges in using the virtual art platforms

Sunday 6/4

VIRTUAL WORKSHOPS

9:30-11:30am

Self-Disclosure in Therapy

2 CE Hours

Deb Brass LCAT

Join Deb to explore how self-disclosure in therapy can be used in appropriate ways to build rapport with a client and show understanding. Through discussion and art exploration, you will see the benefits of self-disclosure while also becoming aware of the boundaries.

9:30-12:30am

Beyond Beats: Thinking Clinically on Digital Music

3 CE Hours

Al Hoberman LCAT, MT-BC

Electronic instruments are instruments just like any other, with unique characteristics that transcend genre. In this workshop, we will take a deep look at the clinical implications of using these instruments in therapy, challenging some common preconceptions of how they can be used and to which communities they belong.

1. Participants will be able to list at least three benefits to using electronic music techniques in therapy
2. Participants will be able to list two challenges of online music therapy that digital tools can address
3. Participants will be able to define the term “Soundscaping” as it pertains to music therapy
4. Participants will be able to compare and contrast at least two characteristics of acoustic and electronic music making in a clinical setting.

12:00-2:00pm

Art-Based Peer Supervision

2 CE Hours

Dorit Netzer, PhD, ATR-BC, LCAT

Participants will learn experientially how to initiate, structure, and conduct art-based peer supervision. An introduction to the rationale and creative applications of peer supervision will include evidence-based models of a participatory approach to collegial support and counsel, along with ethical considerations and boundaries unique to this supervision format.

1. Participants will be able to define peer supervision and identify 3 features that distinguish it from traditional supervision.
2. Participants will be able to explain the purpose and value of art-based peer supervision for beginner art therapists as well as mid-late career practitioners and describe at least 1 reason to consider this form of supervision or a model they resonate with most.
3. Participants will be able to name 3 ethical guidelines for professional supervision, in adherence with ATCB Code of Conduct, which would also ensure that peer supervision is structured with integrity to practitioners and their clients.
4. Participants will be able to list at least 2 limitations of peer supervision compared with traditional supervision.

2:30-4:30pm

Drawing Down the Breath- Mindful Drawing Practices to Reduce Stress and Awaken Awareness

2 CE Hours

Marianne Gunther-Chin ATR-BC, LCAT

After running her workshop at Nalanda Institute, Marianne brings us a wonderful version of her Mindful Drawing Practices to Reduce Stress and Awaken Awareness. Round out your weekend at the conference with a chance to reflect, learn new approaches to dealing with stress and explore how to offer these approaches in your practice to clients.