

Water & Stone CAT Conference 2024 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 6/7	Saturday 6/8		Sunday 6/9	
	Virtual	In-Person	Virtual	In-Person	Virtual
9	9:00-12:00pm Ed Quantum Imagery 		9:30-12:30pm Jess Order Out of Chaos 		9:30-12:30pm Shoshana Courage to Feel
10		10:00-1:00pm Natalie Inner Child 		10:00-1:00pm Eunice Soothing Scribbles 	
11					
12					
1	1:00-3:00pm Neha/Dana/Jen Embodying Messy Emotions 		1:30-3:30pm Eunice PrayerBoard Canva 	2:00-4:00pm Shirin & Leesa Marginalized Sexuality 	1:30-3:30pm Rachel & Astra Empowerment Wheel
2		2:00-4:00pm Sonja Art & Dementia 			
3	3:15-5:15pm Shirin Reexploration of Sexuality		3:45-5:45pm Makiko Chaos & Curiosity 	4:30-6:30pm Eunice Torn Paper Collage 	3:45-6:45pm Dorit Poetry/Imagination/AT
4		4:30-6:30pm Juanita Art Therapy in KAP 			
5	5:30-7:30pm Dina & Lindsay The "IT" Projects 				
6					
7					

Questions?

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703-402-4515

Registration Information

<https://www.fireflyandphoenix/conference>

Friday June 7

VIRTUAL WORKSHOPS ON FRIDAY

9:00-12:00pm (V)

Quantum Imagery: Spiritual Compassion and Intimacy

3 CE Hours

Ed Regensburg ATR-BC, Cht, LCAT

Beyond techniques lies a spiritual understanding of the healing forces at work in every circumstance. This workshop will explain in detail how the universal forces of creation are embodied in imagery (Art)...and when we are attuned to it we can easily apply techniques to facilitate healing for anyone.

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

1:00-3:00pm (V)

The Container: Embodying Messy Emotions

2 CE Hours

Neha Reddy LCAT, BC-DMT, SEP

Dana Fair, LCAT, ATR, LMSW

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

A brief introduction to somatic experiencing and integral somatic psychology and how somatic interventions can expand our capacity to process uncomfortable emotions. Art therapy will be integrated into somatic experiencing so that the participants can practice an embodied approach in using art materials.

1. Participants will be able to identify 3 benefits of using somatic interventions in therapy.
2. Participants will be able to list 3 somatic interventions.
3. Participants will be able to identify 3 ways to use art materials to ground, orient, and contain uncomfortable emotions
4. Participants will be able to imagine one intervention that integrates somatic and art therapy interventions that they can use with their clients

3:15-5:15pm (V)

Re-Exploration of Sexuality Through Art Therapy

2 CE Hours

Shirin Mazdeyasna, LCAT, ATR-BC

This workshop will explore the large influence of cultural upbringing on sexual development through an art therapy case study conducted remotely in Iran. The importance of safety, alongside political upheaval will be discussed through a multicultural lens with respect to the therapist's positionality. Participants will reflect and respond by artmaking.

1. Participants will be able to describe at least one way they can remove expectations or projected goals through a client-centered art therapy lens.
2. Participants will be able to list two ways in which cultural differences can influence the formation of client beliefs and name two ways to avoid presumptions about the client even when the therapist is of the same culture.
3. Participants will be able to identify two ethical dilemmas that might occur during remote sessions in relation to taboo or saturated content such as sexuality which should help ensure safety of the client in their immediate home environment.
4. Participants will be able to name five art therapy directives/assessments that explore one's self through different layers of Ecological systems theory and the five circles of sexuality.

5:30-7:30pm

CuriosITy & CreativITy: The "It" Projects

2 CE Hours

Dina Palma, LCAT, ATR-BC

Lindsay Reynolds, LCAT, ATR-BC

START Creates "It" Projects will be used to examine how truths go unspoken, how boundaries and communication break down, and how self imposed rules perpetuate harm. The "It" Projects will also be used to expose collective experiences that empower us as individuals and as a community, expose new ways of relating and communicating, and challenge the limits we set on ourselves and others that nurture growth.

1. Participants will be able to understand the concept of "it" and identify 1 way it is significant to their personal and professional growth.
2. Participants will be able to identify 1 way that the role of empathy in creating safe spaces for individuals to confront and embrace their "it."
3. Participants will be able to actively participate in 1 multi step directive and discussion to stimulate reflection on their own "it."
4. Participants will be able to identify 1 way that the "It" projects help facilitate connection to others in both professional and personal development.

Saturday 6/8

IN-PERSON WORKSHOPS ON SATURDAY

10:00-1:00pm (IP)

Repairing the Relationship to the Inner Child

3 CE Hours

Natalie Gmora-Nyman, MA, LCAT, RDT, CCTP

At the core of the inner chaos that manifests as re-enactments of trauma and self-abandonment, is a Child who is desperately in need of re-parenting. This workshop will demonstrate an approach to repairing the relationship between the Adult Self and Child Self, and provide opportunity to practice the intervention.

1. Participants will be able to identify the 4 components of the Inner Child Intervention.
2. Participants will be able to identify 2 elements of trauma focused therapy.
3. Participants will be able to name 2 Drama Therapy techniques.
4. Participants will be able to state 2 desired outcomes of the Intervention.

2:00-4:00pm (IP)

Creativity in an Unknowable World - Art & Dementia

2 CE Hours

Sonja Rohde, ATR, LCAT

People with dementia experience the world often as an unsafe, chaotic place; past traumas become current reality. Participants in this workshop will learn about sensory deficits, the relationship of trauma and dementia, how to improve therapist/client interactions, directives to use with clients, and how to modify them.

1. Participants will be able to list at least 3 challenges a person with dementia faces.
2. Participants will be able to list 3 ways to communicate with a client with dementia more effectively.
3. Participants will learn at least 2 art directives to use with clients with dementia.
4. Participants will be able to list at least 2 ways to adapt a directive to clients' needs/ limitations.

4:30-6:30pm (IP)

Harnessing Creativity: Art Therapy in KAP

2 CE Hours

Juanita Viera, LCAT

This presentation explores the integration of art therapy techniques within Ketamine Assisted Psychotherapy (KAP) sessions. Through a blend of theoretical frameworks and practical examples, we delve into how art serves as a powerful tool for setting intentions and navigating insights during KAP sessions. Attendees will learn about the symbiotic relationship between art expression and the psychedelic experience, discovering innovative ways to enhance therapeutic outcomes. From guiding clients through visualizations to interpreting symbolic imagery, this presentation illuminates the transformative potential of combining art therapy with ketamine-assisted journeys. Join us to unlock the creative pathways to healing and self-discovery.

1. Participants will be able to define Ketamine Assisted Psychotherapy (KAP) and name at least three of its therapeutic benefits in conjunction with art therapy.
2. Participants will be able to identify at least three art therapy techniques suitable for use in KAP sessions
3. Participants will be able to list at least one art therapy technique for setting intentions using art therapy before a KAP session.
4. Participants will be able to outline at least 2 strategies for integrating insights gained from art therapy into the post-session integration process, listing at least one art therapy technique for ongoing self-reflection and growth post KAP

VIRTUAL WORKSHOPS ON SATURDAY

9:30-12:30pm (V)

Creating Order Out of Chaos

3 CE Hours

Jessica Fox MSED, MA, ATR-BC, LCAT

This workshop will assist participants in discovering how to create order in out of the chaos of life. Steps will be provided to assist participants in assessing their lives and reducing chaos. Everyone will learn ways to structure their lives and lessen stressors that cause chaos. Throughout the workshop participants will outline their daily routines and eliminate unnecessary tasks while learning about boundaries and becoming comfortable saying no. The workshop will allow the participants to overhaul their lives to allow for more order and less chaos to be present in their lives.

1. Participants will be able to list three benefits of utilizing these tools in your practice.
2. Participants will be able to relax for at least 15 minutes through visualization and breathing exercises.
3. Participants will be able to identify two feelings they experienced.
4. Participants will be able to outline one tool that can be used directly with self or others.

1:30-3:30pm (V)

Prayerboard: Create with Canva

- Everyone is welcome! This can focus on your spiritual practice, whether religious, spiritual, or otherwise

2 CE Hours

Eunice Yu, MS, LCAT, ATR-BC

Reset expectations and invite new perspective by creating a spiritual prayerboard. We will creatively reflect on our faith journey, identity, purpose and our work with clients. All are welcome. A tutorial will introduce functions of Canva, an online graphic design website (free to sign-up). Keyboard and mouse are required.

1. Participants will be able to create 1 digital collages using an online graphic design app.
2. Participants will be able to utilize 3 image-editing tools on the computer.
3. Participants will be able to identify 3 benefits of creating a prayerboard.
4. Participant will list the 4 steps to creating a spiritual prayerboard.

3:45-5:45pm (V)

Chaos and Curiosity

2 CE Hours

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

Both the pandemic and post-pandemic brought us chaos. How do we cope with the chaos around us? Being curious about other cultures is one of the ways to help us see the world in a new way. This seminar explores some Asian symbols and metaphors that inspire us to navigate this chaotic reality.

1. Participants will be able to describe basic historical background of symbols/metaphors discussed in the seminar
 2. Participants will be able to explain one way being curious about another culture is important to cope with chaos
 3. Participants will be able to draw at least one symbol that was discussed during the seminar.
 4. Participants will be able to describe at least one way to cope with this chaotic world.
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Sunday 6/9

IN-PERSON WORKSHOPS ON SUNDAY

10:00-1:00pm (IP)

Soothing Scribbles

2 CE Hours

Eunice Yu, MS, LCAT, ATR-BC

Invite the spontaneity of a scribble to transform into what it's meant to be. An overview of Scribble Drawing workshops that the presenter facilitated will compare insights of three different populations. We will create a scribble drawing followed by reflective writing to untangle the story within the lines.

1. Participants will be able to list 3 benefits of scribble drawing technique.
2. Participants will be able to compare and contrast subjective vs objective line qualities.
3. Participants will be able state 1 way the experiential informs their professional identity.
4. Participants will be able identify 1 application of scribble drawing technique for their clients.

2:00-4:00pm (IP)

Exploring Marginalized Sexuality Safely Using Art

2 CE Hours

Shirin Mazdeyasna, LCAT, ATR-BC

Leesa Tabrizi, ATR-BC

Sexuality is a facet of identity manifested on a spectrum of vulnerability and empowerment, inextricably linked to familial relationships, larger systems of culture, and society. In this workshop, two art therapists of Iranian descent examine approaches for safer exploration of marginalized sexuality from multicultural perspectives.

1. Participants will be able to understand two approaches of exploring sexuality in a visual format while establishing safety, utilizing client centered art therapy techniques.
2. Participants will be able to apply artistic practice of at least three different materials that facilitate structured and fluid spaces of creation and discovery
3. Participants will be able to outline at least 2 strength-based and resilience-focused treatment goals in clinical, therapeutic, and community-based settings by analyzing factors contributing to the oppression of marginalized peoples and their sexual well-being.
4. Participants will be able to discuss five circles of sexuality and how they relate to client and therapist alike.

4:30-6:30pm (IP)

Pieces Made Whole: Torn Paper Collage

2 CE Hours

Eunice Yu, MS, LCAT, ATR-BC

Creatively externalize thoughts of uncertainty and icky feelings through this hands-on workshop where we will paint, tear paper and piece it all together in a new, reimagined way.

1. Participants will be able to list 3 benefits of torn paper technique.
2. Participants will be able to identify 3 benefits of collage making for coping with uncertainty.
3. Participants will be able to explain 1 way the creative process of the collage-making informs perspective about a life challenge.
4. Participants will be able to list 1 way the workshop experiential can be adapted for a session with a client.

VIRTUAL WORKSHOPS ON SUNDAY

9:30-12:30pm (V)

The Wisdom of Your Emotions: Courage to Feel

3 CE Hours

Shoshana Averbach, LMSW, MA, MT-BC, LCAT, CDP, CCM, CECP, CBCP, CMIP

This workshop explores how repressed emotions create misalignments in body and spirit, become expressed as bodily stress and illness and effectively releasing them with creative arts therapies and the Emotion Code.

1. Participants will be able to name 1 difference between feelings vs. emotions.
2. Participants will be able to and identify where at least 2 feelings/emotions happen in the brain.
3. Participants will be able to describe 1 way they can use the Emotion Code chart for self-healing.
4. Participants will be able to list 2 ways stress and trapped emotions impact health.

1:30-3:30pm (V)

Relationship Abuse & the Empowerment Wheel Model

2 CE Hours

Rachel Brandoff, Ph.D., ATR-BC, ATCS, LCAT, LPAT

Astra B. Czerny, Ph.D., NCC, BC-TMH, LCMHC-NC & LPC-PA

Relationship abuse is rampant and clients need help breaking cycles of abuse. Participants will be introduced to the Empowerment Wheel model which suggests practical interventions to illuminate six key concepts which promote self-awareness and growth. Participants will leave with an approach to helping clients with a history of relationship abuse.

1. Participants will be able to recognize and analyze 1 operational definition of empowerment and contributing factors, and understand how empowerment can enhance healing from relationship violence.
2. Participants will be able to apply 6 key areas/sectors of intrapersonal awareness and growth contribute to empowerment specifically for victims of relationship violence.
3. Participants will be able to illustrate 1 creative arts intervention designed to highlight one sector of the Empowerment Wheel model.
4. Participants will be able to list 2 challenges to helping clients who are in abusive relationships.

3:45-6:45pm (V)

Poetry and Imagination in Art Therapy

3 CE Hours

Dorit Netzer, PhD, ATR-BC, LCAT

We will explore the interplay between words and imagery in art therapy through various approaches to poetic expression, visualization, and artmaking. Experientials will seek to inspire and support a culturally sensitive practice. We'll discuss how to structure a poetry workshop and the ethical considerations when incorporating poetry in art therapy.

1. Participants will be able to identify at least 3 approaches of incorporating poetry in art therapy.
2. Participants will be able to describe at least 1 reason to consider this approach with their clients and/or for their personal-professional development.
3. Participants will be able to name 2 ethical considerations when incorporating poetry in their work with clients, in adherence with ATCB Code of Conduct pertaining to multicultural competence and confidentiality.
4. Participants will be able to list at least 2 limitations or obstacles to incorporating poetry in art therapy.

See You Soon!

Questions?

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