



## Creative Arts Therapy Conference

### Happy 10th Anniversary!

Thank you for being here and we wouldn't have made it a decade without you! Some of our amazing presenters have been a part of this from the beginning and many of you have attended multiple times over the years. If you are returning once again, thank you. You are the reason this community is so creative and diverse. If you are new, welcome and we are excited to have you here!

For our 10<sup>th</sup> year we are going all out...

May 30 & 31 – Preconference, In-Person – Rochester, NY

June 5-7 – Main Conference, Virtual – Worldwide

June 7 – Main Conference, In-Person – New York, NY

June 13 – Post Conference, In-Person – Dover Plains, NY

Virtual Juried Art Show – Details on Website

### How to Use This Detailed Schedule

You will be registering for INDIVIDUAL workshops, so you can design the schedule you want!  
Use the information below to decide which workshops you would like to take and, when ready, follow the link below.  
Registration Form, Pricing, and Other Information is on the website.

REMINDER: Payment Plans are Always Available at No Extra Cost  
Just choose that option on the Registration Form

Questions?

[emery.mikel@creativelyhealing.com](mailto:emery.mikel@creativelyhealing.com)

703-402-4515

Information and Registration Form

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

### Continuing Education Information

1 Clock Hour = 1 Hour of Continuing Education

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

ATCB Art Therapy Specific Hours – List of Approved Workshops on Website

Other national CAT credentials will likely accept hours, check with your organizations.  
LMHC, LCSW, etc. approval is underway, but may not be in effect until the fall depending on how long NYS takes to approve.

*Water & Stone, A Creative Arts Therapy PLLC is recognized by the  
New York State Education Department's State Board for Mental Health Practitioners  
as an approved provider of continuing education for licensed creative arts therapists. #CAT-0017.*

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## Preconference - *In-Person, Rochester*

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### Saturday May 30<sup>th</sup>

**9:30am-5:00pm**

**The Kinetic Family in Action (KFiA) Experiential**

6 CE Hours

*Sharon Marianetti-Leeper, PhD, LMFT, LCAT*

The Kinetic Family in Action (KFiA) protocol combines elements of drawing, scripting and psychodrama to help individuals grow awareness of family system dynamics. This workshop will be experiential and action-oriented as participants follow the multimodal journey of the KFiA with the guidance and assistance of Dr. Sharon Leeper.

1. Participants will be able to name at least two concepts from family systems theories and approaches.
2. Participants will be able to identify at least two family systems concepts in their artwork and enactments.
3. Participants will be able to describe at least three multimodal approaches in creative arts therapy in a sequential and step-wise fashion.
4. Participants will be able to list at least three creative arts therapy directives that are oriented towards family systems work.

### Sunday May 31<sup>st</sup>

**9:30am-12:30pm**

**Small Containers: Metaphor in Art Therapy**

3 CE Hours

*Emery Hurst Mikel ATR-BC, LCAT (NY), LPAT (NJ & DC)*

One of the amazing things about art is the ability to physically create and interact with metaphors. Spend the morning exploring containers in therapy with a focus on many topics such as anxiety, grief, and trauma. We will take time to explore the process of having a simple small box and making it our own, followed by several interventions focused on how to use the box in session. Themes such as autonomy, control, choice, and containment will be included and you will leave with ideas for how to implement this into your own work!

1. Participants will be able to identify at least 2 ways a container can be used as a metaphor.
2. Participants will be able to describe 2 topics or themes these interventions could support with clients.
3. Participants will be able to demonstrate at least 1 way a container can help transition during the start or end of a session.
4. Participants will be able to lead at least 3 prompts when using this intervention in their own practice.

**2:00pm-5:00pm**

**The Present Moment: Art Therapy, Meditation, and Nature**

3 CE Hours

*Emery Hurst Mikel ATR-BC, LCAT (NY), LPAT (NJ & DC)*

Learn new ways to help your clients ground themselves in the present moment by experiencing it yourself! We will use nature, art, and meditation to develop a better connection to ourselves and others while dealing with topics such as impermanence, grief (personal and global), and living with the unknown. Solo and in small groups we will explore techniques that you can replicate in your own practice, from nature mandalas/art to lowering anxiety using our senses.

1. Participants will be able to list 2 benefits of incorporating nature into their therapy work.
2. Participants will be able to lead at least 2 interventions using meditation or art.
3. Participants will be able to identify at least 1 way to adapt these techniques for different clients.

4. Participants will be able to intentionally pause and engage in a grounding exercise for 20 seconds.
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## **Main Conference - *Virtual, Worldwide***

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### **Friday June 5<sup>th</sup>**

**9:00am-12:00pm**

**Quantum Imagery: How Creating Art Heals and Evolves Our Spirit**

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.

**9:00-12:00pm**

**Making and Using Children's Books in Therapy**

3 CE Hours

*Daniele Kaplan, MPS, LCAT, LPAT, ATR-BC, ATCS, CCLS*

Humans have universally used stories to teach lessons, contextualize experiences, explore feelings, and engage the imagination. In this workshop, participants will learn about different types of children's books and how to use them in therapy. They will have the chance to create books, and write and share their own stories.

1. Participants will be able to list 2 categories of children's books used in therapy.
2. Participants will be able to identify at least 4 children's books to use for specific client populations.
3. Participants will be able to name 3 ways children's books can open up a dialogue and advance treatment.
4. Participants will be able to lead the creation of at least 2 types of books.

**1:00-3:00pm**

**Preserving Process in Digital Art Therapy**

2 CE Hours

*Stefan Oliva, MBA*

*Stephan Meyer zum Alten Borgloh, PhD*

Art therapists increasingly navigate hybrid and digital spaces. This workshop examines how to preserve process, maintain ethical documentation, and support longitudinal witnessing in virtual environments. Through experiential exercises and clinical case illustration, participants will explore frameworks that sustain relational integrity while integrating digital tools into creative arts therapy practice.

1. Participants will be able to list 3 ethical considerations relevant to digital or hybrid art therapy practice under NYSED standards.
2. Participants will be able to identify 2 strategies for preserving client artwork and clinical process in virtual environments.
3. Participants will be able to compare and contrast 2 differences between single-session interpretation and longitudinal portfolio-based noticing.
4. Participants will be able to apply 1 structured framework to analyze artwork across multiple time points.

**1:00-3:00pm**

**Understanding Neurodivergent Children**

2 CE Hours

*Jessica Fox MSED, MA, ATR-BC, LCAT*

Participants will learn about neurodivergent children through deep discussion, case studies and art experiences. The participants will be able to gain insight as well as tools that they can apply when working with this population. This presentation will benefit practitioners as well as caregivers.

1. Participants will be able to list two challenges facing neurodivergent children.
2. Participants will be able to recognize three benefits of art with neurodivergent children.
3. Participants will be able to create at least 1 piece of art that can be modeled in their practice.
4. Participants will be able to outline one tool that can be used directly with self or others.

**3:15-6:15pm**

**SING! The Power of Song in Therapy and Activism**

3 CE Hours

*Andrea Frisch-Hara MA, MT-BC, LCAT*

We'll explore the powerful clinical and historical roles of singing as a catalyst for existential change, in music therapy and resistance movements. We'll listen to examples of global and US resistance songs, past and present. Hands on original group and individual song creations will be facilitated. NO music experience necessary!

1. Participants will be able to identify 3 songs from a resistance movement that can engage client participation
2. Participants will be able to recognize 2 singing techniques that magnify the message of lyrics
3. Participants will be able to list 3 benefits of using song to empower clients within their communities
4. Participants will be able to compare and contrast 2 similarities between singing in creative arts therapy and singing for activism

**3:15-5:15pm**

**Harnessing the Transformational Power of Intensity**

2 CE Hours

*Michael Shawe LCSW*

Intensity isn't a problem to manage — it's a force to own. In this experiential workshop, clinicians will explore their personal relationship with intensity, uncover where judgment and avoidance quietly shape their work, and discover how claiming that relationship transforms clinical presence. Leave with tools, insight, and the power that comes from knowing yourself.

1. Participants will be able to identify at least two ways personal history and nervous system responses shape a person's relationship with intensity in the clinical space.
2. Participants will be able to give one example of the subtle ways judgment, avoidance, and numbness show up in their work — and the cost to their clients.
3. Participants will be able to demonstrate at least 2 practical tools for staying present with, and leveraging, intense moments in the therapy room rather than managing or collapsing them.
4. Participants will be able to describe at least 1 way cultivating a deeper ownership of their relationship with intensity can act as a catalyst for more empowered, attuned clinical presence.

**5:30-6:20pm**

**Holding Grief Together Using Family Art Therapy**

1 CE Hour

*Jennifer Lachance-Poirrier, LPC, ATR-BC, LCAT*

This one-hour presentation explores family centered art therapy approaches for grief in both acute hospital settings and for ongoing support. Participants will learn adaptable art directives and clinician grounding practices, and will also engage in experiential art-making to deepen confidence in supporting grieving families across developmental stages in a variety of settings.

1. Participants will be able to identify at least one difference between acute and multi-session family grief work and describe at least 1 appropriate art therapy response for each setting.
2. Participants will be able to implement at least two art therapy directives suitable for use during a brief hospital-based grief intervention.
3. Participants will be able to design a multi-session family art therapy intervention plan that includes at least two ways to support shared meaning-making.
4. Participants will be able to demonstrate one grounding or self-regulation strategy to reduce vicarious grief and maintain therapeutic presence when working with grieving families.

## Saturday June 6<sup>th</sup>

**9:00-1:00pm**

### **Imaginative Poetics within Arts as Therapy**

4 CE Hours

*Dorit Netzer, PhD, ATR-BC, LCAT*

In challenging times the arts are instrumental in fostering individuals' and communities' resilience, hope, and healing. Theories, research, and cross-cultural examples serve as the backdrop for participants' own creative expression. With ethical considerations, this workshop will offer multi-media experientials that harness words and images for personal and professional applications.

1. Participants will become familiar with the role of poetics within arts as therapy and be able to identify at least 3 approaches of incorporating poetic imagery in their work as art therapists.
2. Participants will be able to explain the purpose and value of integrating words and images in art therapy and describe at least 1 reason to consider this approach with their clients and/or for their personal-professional development.
3. Participants will recognize 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 1 limitation or obstacle to incorporating poetry in art therapy with the population they work with.

**9:00-11:00pm**

### **The Stories We Tell Ourselves: Narrative Therapy**

2 CE Hours

*Alexis Cate, LCSW, CCTP, CASAC*

This workshop explores narrative therapy's origins, basic tenets, and how to apply various interventions in practice. This workshop will emphasize the power of one's story and how clients can embrace reprocessing their story through various mediums (writing, art, movement, etc).

1. Participants will be able to name at least two basic tenets of narrative therapy.
2. Participants will be able to implement at least four narrative techniques in their practice.
3. Participants will be able to generate at least three time-limited and measurable treatment goals in the context of treatment planning.
4. Participants will be able to identify at least three aspects of Narrative Exposure Therapy.

**11:15-1:15pm**

### **Art Therapy Interventions Across Dementia Stages**

2 CE Hours

*Sonja Rohde LCAT, ATR*

This interactive workshop explores designing art therapy directives for clients with dementia across stages of progression. Participants will examine evolving therapeutic goals, shifting cognitive, physical, and emotional needs, and practical adaptations to support identity, autonomy, communication, and meaningful engagement throughout the dementia care continuum.

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

**2:00-5:00pm**

**The Art of Embodied Space**

3 CE Hours

*Neha Reddy, LCAT, SEP*

*Jennifer Giuglianotti, LCAT, BC-DMT*

*Orit Zabari LCAT, BC-DMT*

This experiential workshop explores the body as an instrument through somatic awareness, and creative arts processes. Participants will deepen grounding, recognize boundary states, and explore spatial dynamics from chair to nature. Through embodied inquiry, clinicians will strengthen regulation, attunement, and therapeutic presence across varied personal and environmental spaces.

1. Participants will be able to identify at least 3 grounding and co-regulating techniques that support therapist and client stabilization.
2. Participants will be able to recognize and compare 3 states: open, closed, and collapsed boundary states as they manifest somatically, emotionally, and relationally.
3. Participants will be able to analyze how 2 spatial environments—from indoor to natural settings—shape emotional regulation, creative expression, and therapeutic outcomes.
4. Participants will be able to outline 2 nature-based or movement-based prompts applicable to clients experiencing anxiety, overwhelm, or trauma responses.

**2:15-4:15pm**

**Facilitating Identity Integration Through Art**

2 CE Hours

*Molly Farrugia, LCAT, ATR-P*

As therapists, it is likely many of us have worked with clients who describe their life in terms of “before and after” in reference to major life events or traumatic experiences. Sometimes this version of the narrative can fracture one’s sense of identity, creating a feeling of dissonance between one’s idealized identity and who they feel they are now. If left unresolved, individuals may experience identity disruption or diffusion, which can ultimately lead to complicated mental and physical health outcomes. This presentation will explore content, methods and ideas based on an art-based heuristic study examining the experience of creating and sharing narrative art work to promote identity integration after major life events.

1. Participants will be able to describe at least 2 ways identity, integration, and diffusion relate to their current work.
2. Participants will be able to identify 1 way client’s might use language that insinuates identity disintegration after a life event.
3. Participants will be able to describe 1 way narrative therapy can facilitate identity integration.
4. Participants will be able to implement 1 new narrative art directive technique that illuminates before/during/after the processing of a major life event.

## **Sunday June 7<sup>th</sup> (Virtual)**

**9:00-12:00pm**

**Using Creative Arts for Healing and Resilience**

3 CE Hours

*Shoshana Averbach, LMSW, MA, MT-BC, LCAT, CDP, BCBP3, CCM, CMIP*

Gain insight into the role and importance of creativity in resilience and the healing process, creativity and the brain, and overcoming resistance and barriers to creative expression. Several user-friendly techniques from various creative-arts modalities will be discussed as well so clinicians can easily implement them into their clinical practice.

1. Participants will be able to define and understand creative arts therapies and their effectiveness as a form of psychotherapy
2. Participants will be able to understand resilience and its role in healing trauma
3. Participants will be able to understand the role of creativity in the brain
4. Participants will be able to explore and implement therapeutic interventions for patient care through the creative arts

**9:00-11:00am**

**Creating Space for Grief Through Art**

2 CE Hours

*Jennifer Lachance-Poirrier, LPC, ATR-BC, LCAT*

This two-hour presentation explores how children process grief across developmental stages, from early childhood through young adulthood. Participants will examine age-specific grief responses and engage in brief art experientials that model developmentally attuned interventions, strengthening trauma-informed, lifespan-sensitive grief support for children, adolescents, and emerging adults.

1. Participants will be able to differentiate between four developmental grief responses across childhood, adolescence, and young adulthood.
2. Participants will be able to identify two age specific art therapy interventions appropriate for each developmental stage discussed.
3. Participants will be able to demonstrate how to adapt art materials and directives to match developmental level and grief presentation.
4. Participants will be able to develop a brief, developmentally responsive art therapy treatment plan for one selected age group experiencing grief.

**11:15-12:05pm**

**Stories That Carry Us Home**

1 CE Hour

*Melissa Tejada LCAT, ATR-BC*

This session will share practical strategies for integrating these creative modalities to foster resilience, voice, and connection, offering attendees tools to help students communicate experiences that may be difficult to verbalize while honoring their cultural identities.

1. Participants will be able to describe two unique challenges undocumented migrant students face in all-English schools.
2. Participants will be able to describe at least two therapeutic functions of journaling, storytelling, and art-making to support emotional expression, trauma processing, identity development, and resilience.
3. Participants will be able to actively engage in one experiential creative exercise modeling these modalities.
4. Participants will be able to provide three culturally responsive art therapy strategies participants can integrate into their setting to support student/client adaptation, connection, and holistic well-being.

**1:00-4:00pm**

**Why is This So Hard? Accessing the Hard Stuff**

3 CE Hours

*Jodi Wattel LCAT, ATR-BC*

This experiential art therapy group invites participants to explore and safely access anger through guided creative expression. Using varied art materials, attendees will externalize difficult emotions, transforming them into contained visual forms. Participants will leave with practical tools for emotional release and a tangible artwork holding and honoring their experience.

1. Participants will identify and articulate at least two personal triggers or themes related to anger.
2. Participants will engage in at least one structured art directive designed to externalize anger using varied art materials, completing a finished visual representation within the allotted time.
3. Participants will demonstrate one containment strategy (e.g., framing, enclosing, layering, or symbolic boundary-making) within their artwork to safely hold difficult emotions.

4. Participants will report a measurable shift in emotional intensity by rating their anger or distress level before and after the intervention using a 1–10 self-assessment scale.

**1:15-3:15pm**

**The Use of Self Disclosure with LGBTQIA+ Youth**

2 CE Hours

*Lizzie McAdam, RDT/BCT, LCAT*

This workshop will present preliminary data from a qualitative research study that explores the use of self-disclosure by LGBTQIA+ clinicians working with LGBTQIA+ clients in outpatient mental health settings. Participants will explore ways in which self-disclosure can be used in visual/creative work through case presentation and experiential work.

1. Participants will be able to identify at least three ways LGBTQIA+ clinicians report using self-disclosure in outpatient clinical work with LGBTQIA+ clients.
2. Participants will be able to describe at least two clinical benefits and two potential risks of self-disclosure with clients.
3. Participants will be able to describe the impact that self-disclosure had in their work with one client.
4. Participants will be able to articulate at least one personal consideration (e.g., identity, power, boundaries, safety, institutional context) that would influence their own use of self-disclosure in practice.

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## **Main Conference - *In-Person*, NYC**

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### **Sunday June 7<sup>th</sup> (In-Person)**

**9:15-12:15pm**

**The Art of SoulCollage® Embracing Indra's Net**

3 CE Hours

*Carla Rose, LCAT, ATR-BC*

This workshop will celebrate the practice of SoulCollage® and is intended for those with experience and those who are new to the practice. As both a personal practice and a clinical intervention, SoulCollage® is an easy way to access inner wisdom while having fun.

1. Participants will be able to identify at least 2 benefits of using SoulCollage® with clients and themselves.
2. Participants will be able to describe 2 ways to process cards.
3. Participants will be able to list the 4 Suits.
4. Participants will be able to identify at least 2 steps in the card making process.

**9:30-12:30pm**

**Intersections of Being & Living In the In-Between**

3 CE Hours

*Olivia Rose Velasquez-Weber, MA, ATR-BC, LCAT*

*Veronica Chin Hing-Michaluk, M.A., LMHC*

This workshop invites clinicians into the lived landscape of multicultural, mixed-race, cross-cultural, and third-culture individuals' identity through storytelling, somatic awareness, and art therapy. Together we will explore the impact of oppressive systems on the nervous system, and examine how different dynamics shape belonging through body mapping, collage, and narrative processing.

1. Participants will be able to distinguish between third-culture, cross-cultural, and multicultural identities
2. Participants will be able to identify the benefits of third spaces, affinity spaces, and identity language for TCK and mixed-identity communities
3. Participants will be able to apply art therapy tools for identity exploration

4. Participants will be able to articulate compound impacts of oppressive systems on nervous system adaptation, regulation, and identity development

**1:45-4:45pm**

**Letting the Body Lead**

3 CE Hours

*Callie Tepper-Lewis LCAT DMT*

This experiential workshop trains clinicians to shift therapy from narrative to embodiment. Participants practice movement-based interventions, tracking physiological cues, and facilitating body-led exploration to strengthen clients' somatic awareness and regulation. Attendees gain practical tools, clinical language, and skills to help clients access deeper emotional processing and strengthen internal resources somatically.

1. Participants will be able to formulate 1 response that redirects a client from narrative into embodied experience
2. Participants will be able to demonstrate at least 2 movement-based or body-centered resourcing interventions to offer clients
3. Participants will be able to identify at least 3 observable indicators of increased or decreased nervous system regulation during body-based work
4. Participants will be able to demonstrate 1 modification of a movement prompt in response to a described client regulation shift

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**Post Conference - *In-Person, Dover Plains, NY***

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**Saturday June 13<sup>th</sup>**

**9:30am-4:30pm**

**Our Relationship to the Present Moment: How Horses Teach Us About Ourselves**

6 CE Hours

*Emery Hurst Mikel ATR-BC, LCAT, LPAT*

*Olivia Rose Velasquez-Weber ATR-BC, LCAT*

Special Pricing (see website)

Spend the day exploring how you show up in the world! Better yet, spend the day with horses and art making to gain a deeper understanding of how to be more present and engaged in life and in relationships. Horses are very honest and open about what they sense in your energy, intentions, and presence. We will spend the day exploring presence, connection, and how to be aware of the similarities or incongruities between your inner and outer states. Plenty of time with horses (no riding) and open to anyone curious about working with these magnificent animals or the role horses and creativity can play in understanding relationships, connection, and attachment. Leave with deeper personal insight and tools you can use with clients to explore similar topics.

1. Participants will be able to identify 2 ways creativity can be used to increase intentional presence.
2. Participants will be able to describe at least 1 way interacting with horses raises awareness of the connection between a person's inner and outer state.
3. Participants will be able to list 3 challenges equine work is well suited for with clients.
4. Participants will be able to lead at least 2 directives that combine nature and art.

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See You Soon!

Questions?  
703-402-4515

[emery.mikel@creativelyhealing.com](mailto:emery.mikel@creativelyhealing.com)

Registration Information  
<https://www.fireflyandphoenix.com/conference>