

Water & Stone 9th Annual CAT Conference 2025 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 hours, check with your organizations.

	Friday 6/6		Saturday 6/7	Sunday 6/8	
9	9:00-12:00pm		9:00-11:00pm	9:00-12:00pm	9:00-11:00pm
	Ed		Emery	Shoshana	Lia/JaWon
10	Quantum Imagery	9:30-11:30pm	Leadership	Magic of Music	Self & Group
		Emery	(Ethics/Supervision)		
11		Ethics in Supervision	11:15-12:15pm		11:15-12:15pm
		(Ethics/Supervision)	Mindful Break		Mindful Break
12					
1	1:00-4:00pm	1:00-3:00pm	1:00-5:00pm	1:00-3:00pm	1:00-4:00pm
	Eunice	Olivia	Dorit	Julia	Neha/Orit/Jen
2	Scribble Art	Building Awareness	Heart-Mind Connection	Arts Residency	Grief to Growth
3		3:15-5:15pm		3:15-5:15pm	
		Emery		Rana/Linda	
4	4:15-6:15pm	Mindful Embodiment		AT Coney Is	4:15-6:15pm
	Rana/Zayira				Atara Vogelstein
5	Resilience		5:15-6:15pm		Jewish in This Moment
			Mindful Break		
6					
7	6:30-8:30pm				
	Jess (16)				
8	Neurodiversity				

Questions?

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703-402-4515

Registration Information

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

Friday June 6th

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.

9:30-11:30am

Ethics in Supervision (ATCB & NJ Ethics, ATCB Supervision)

2 CE Hours

Emery Mikel, LCAT, LPAT, ATR-BC

As we take on the role of supervisor, we rarely have enough training to fully understand how to lead and end up relying on a more trial and error approach to evolving into our role. The path can be much smoother when we find others to ask questions of, gain a better understanding of general guidelines, and explore our unique way of bringing supervisory support to others.

1. Participants will be able to list at least 2 ethical topics to be aware of while supervising.
2. Participants will be able to identify 1 challenge area they might experience as a supervisor.
3. Participants will be able to compare 2 opposing experiences as a supervisee/mentee/student/trainee.
4. Participants will be able to identify at least 3 strengths they bring to the role of supervisor.

1:00-4:00pm

Emerging Stories Through Scribble Art

3 CE Hours

Eunice Yu, LCAT, ATR-BC

Be free to release perfectionism, let go of control and reconnect with the power of play as the spontaneity of a scribble transforms into a story. When the image is witnessed within the group, we may unearth further connections between the scribble art and our lived experience.

1. Participants will be able to list 3 benefits of scribble drawing technique.
2. Participants will be able to compare subjective vs objective qualities of lines, composition, colors, shapes.
3. Participants will be able to state 1 way the scribble art process relates to their life experience.
4. Participants will be able to identify 1 application of the experiential for connecting with self or others.

1:00-3:00pm

Contact & Connection: Building Group Awareness

2 CE Hours

Olivia Allendada

Everything happening in the present moment informs how we go in and out of contact with ourselves and others. Staying in contact isn't necessarily better, it's more about cultivating awareness so each person can understand better what is happening for them. In this workshop, we will focus on cultivating a more mindful presence within the group therapy setting to heighten both self-awareness for group members and connection with others. We will look at the differences between contact and connection, ways to raise awareness while in the group process, and how creativity supports this approach.

1. Participants will be able to describe 1 difference between "contact" and "connection".
2. Participants will be able to name one way to bring group members into the present moment.
3. Participants will be able to list 2 benefits to using this approach with clients.
4. Participants will be able to identify 1 challenge clients might face.

3:15-5:15pm

Mindful Embodiment: Creatively Exploring Connection and Disconnection

2 CE Hours

Emery Hurst Mikel, LCAT, LPAT, ATR-BC

Our minds are complex and wonderful, but when the mind or thoughts drive all that we do we are missing out on living a fully embodied life. How do we strengthen the connection within ourselves, so we can more intentionally integrate mind, body, and environment or spirit? Through practice, curiosity, and experiences that allow us to explore ourselves and the way we are in the world. Learn several practices that you can use for yourself and share with clients. Some focus on certain goals (groundedness, shifting level of energy, etc.) and others build awareness of your experience in the present moment.

1. Participants will be able to describe at least 1 reason curiosity is important in building awareness.
2. Participants will be able to list 2 benefits of using embodiment practices.
3. Participants will be able to identify at least 2 topics they can focus on with clients to support them with embodiment work.
4. Participants will be able to describe 1 way they can implement these practices into their clinical work.

4:15-6:15pm

We Are Here: Brushstrokes of Resilience

2 CE Hours

Rana Abdallah, MPS, LCAT, ATR

Zayira Ray - Artist, Photographer

Amidst displacement and loss, this community initiative uses art to nurture collective healing and unity within the Palestinian diaspora. A filmmaker/artist and art therapist guide eight strangers in co-creating a living canvas—each stroke declaring “We are here.” Documented via film, the layered colours weave narratives across time through dialogue, crafting a tapestry of liberation.

1. Participants will be able to apply 2 art-based methods (e.g., symbolic collage, communal storytelling, photography) to spark dialogue about collective trauma and resilience in diaspora communities.
2. Participants will be able to identify 3 recurring themes (e.g., displacement, cultural memory, grief, hope...etc) in diaspora art and articulate how they relate to personal/communal healing.
3. Participants will be able to co-create 1 collaborative art piece (e.g., a shared mural, poem, or soundscape) demonstrating how creative expression can challenge erasure and amplify marginalized narratives.
4. Participants will be able to draft 1 actionable step (e.g., hosting a community art circle, designing a zine) to adapt workshop strategies into their own advocacy or healing practices.

6:30-8:30pm

Teaching Neurodiverse Children Art and its Benefits

2 CE Hours

Jessica Fox MSED, MA, ATR-BC, LCAT

Creating art is therapeutic: teaching art to neurodivergent children is therapeutic. The participants of this workshop will learn about working with neurodivergent children and the benefits of art. We will dive into two case studies and learn about their idiosyncrasies. You will gain insight on this population and the tools to apply to your practices.

1. Participants will be able to list 3 benefits of utilizing these tools with children on the spectrum.
2. Participants will be able to describe 1 way they can apply the experiential in their practice.
3. Participants will be able to identify at least 2 emotions that clients may experience.
4. Participants will be able to outline 1 tool that can be used directly with self or others.

Saturday June 7th

9:00-11:00am

Leadership (ATCB & NJ Ethics, ATCB Supervision)

2 CE Hours

Emery Mikel, LCAT, LPAT, ATR-BC

Learn about what your current leadership strengths are, how to develop them further, and what it takes to be a great supervisor! While we often end up in a supervisory role at some point in our careers, we don't often have a lot of support or training when it happens. Similar to becoming a therapist, becoming a supervisor and leader can be a process that helps us uncover our unique set of skills and personality in a way that supports others around us.

1. Participants will be able to list at least 2 ethical topics to be aware of while supervising.
2. Participants will be able to identify 1 challenge area they might experience as a supervisor.
3. Participants will be able to compare 2 opposing experiences as a supervisee/mentee/student/trainee.
4. Participants will be able identify at least 3 strengths they bring to the role of supervisor.

11:15-12:15pm

Mindful Break: Shifting Energy

1 CE Hour

Emery Mikel, LCAT, LPAT, ATR-BC

During each of these mindful breaks, you will have a chance to experience a contemplative intervention that can help both therapists and clients. These will focus on using meditation, movement, creativity, and more to explore the topic of the hour. After exploring the topic through the experiential, we will have time to share and discuss both participants' experiences and how to use these with clients.

1. Participants will be able to list at least 2 benefits to incorporating contemplative practices in their clinical work.
2. Participants will be able to identify 1 challenge clients may experience.
3. Participants will be able to compare the state before and after an intervention is used.
4. Participants will be able identify at least 1 way they could adapt the experience to fit for their clients.

1:00-5:00pm

Secure Attachment Through Heart-Mind Connection

4 CE Hours

Dorit Netzer, PhD, ATR-BC, LCAT

An experiential introduction to the nature of heart-mind connection in interpersonal-neurobiology, attachment-theory, and trauma-informed creative practices. Presentation, creative-expression, and conversation will explore bio-psycho-social dynamics that strengthen secure attachment within your personal and professional art therapy practice.

1. Participants will become experientially familiar with theories pertaining to the bio-psycho-social nature of heart-mind connection and be able to recognize at least 3 ways in which creative expression heals and deepens connectivity.
2. Participants will be able to define secure attachment and identify at least 3 ways the therapeutic triad in art therapy reestablishes inner-trust and interpersonal connection.
3. Participants will be able to design at least 1 experiential to incorporate into their personal-professional development.
4. Participants will be able to list at least 1 ethical consideration of heart-based and mindfulness art therapy in trauma-informed practice.

5:15-6:15pm

Mindful Break: Walking Meditation

1 CE Hour

Emery Mikel, LCAT, LPAT, ATR-BC

During each of these mindful breaks, you will have a chance to experience a contemplative intervention that can help both therapists and clients. These will focus on using meditation, movement, creativity, and more to explore the topic of the hour. After exploring the topic through the experiential, we will have time to share and discuss both participants' experiences and how to use these with clients.

1. Participants will be able to list at least 2 benefits to incorporating contemplative practices in their clinical work.
5. Participants will be able to identify 1 challenge clients may experience.
6. Participants will be able to compare the state before and after an intervention is used.
7. Participants will be able identify at least 1 way they could adapt the experience to fit for their clients.

Sunday June 8th

9:00-12:00pm

The Magic of Music: Clinical Applications

3 CE Hours

Shoshana Averbach, LMSW, MA, LCAT, MT-BC, CCM, CDP

Learn the basic premises of music therapy as an evidence-based form of psychotherapy based on research, its history, training requirements, therapeutic value to be used in a general way with individuals and group settings, music and the brain, and several user-friendly techniques applicable for most age groups.

1. Participants will be able to identify at least 1 difference between music therapy/music therapist and recreational music.
2. Participants will be able to name at least 2 music-therapy techniques.
3. Participants will be able to describe 1 benefit focused on how music is a whole-brain activity.
4. Participants will be able to identify at least 1 way music fosters creativity and resilience in healing.

9:00-11:00pm

Bridging Self & Group: A Negative Space Approach

2 CE Hours

Lia M. Camion, ATR-BC, LCAT

Ja Won (Christina) Han, LCAT-LP (candidate, May 2025)

How can group art therapy honor both individuality and connection? This workshop explores how positive and negative space fosters group cohesion even in challenging settings. Participants will explore the therapeutic benefits of felt fabric and create hand-traced paper cutouts in a structured, sequential process that allows self-reflection, integration, and connection.

1. Participants will be able to identify at least two benefits of using negative space in art therapy to enhance group cohesion
2. Participants will be able to describe the five-step process of the dual-purpose directive and its impact on individual and group engagement
3. Participants will be able to compare and contrast the sensory and psychological impact of using felt vs. paper in group art therapy
4. Participants will be able to outline at least two ways to adapt this directive for various clinical, community, and virtual group therapy settings
- 5.

11:15-12:15pm

Mindful Break: Response Art with Movement

1 CE Hour

Emery Mikel, LCAT, LPAT, ATR-BC

During each of these mindful breaks, you will have a chance to experience a contemplative intervention that can help both therapists and clients. These will focus on using meditation, movement, creativity, and more to explore the topic of the hour. After exploring the topic through the experiential, we will have time to share and discuss both participants' experiences and how to use these with clients.

1. Participants will be able to list at least 2 benefits to incorporating contemplative practices in their clinical work.
2. Participants will be able to identify 1 challenge clients may experience.
3. Participants will be able to compare the state before and after an intervention is used.
4. Participants will be able identify at least 1 way they could adapt the experience to fit for their clients.

1:00-3:00pm

Designing an International Art Therapy Residency

2 CE Hours

Julia Volonts, MPS, LCAT, ATR-BC

This workshop explores the Art Therapy Lab International Residency, a program integrating eco-art therapy, movement, and interdisciplinary collaboration. Participants will engage in an experiential activity, discuss ethical considerations in international programs, and explore how nature-based and performance art practices expand the art therapist scope of practice across cultures, disciplines, and community settings.

1. Participants will be able to identify at least 2 key considerations for designing international and interdisciplinary art therapy programs.
2. Participants will be able to list at least 2 ways eco-therapy, performance art, and contemporary art can apply to therapeutic practices.

3. Participants will be able to name 2 ways the residency uses nature-based and/or movement-focused interventions.
4. Participants will be able to identify at least 1 ethical consideration or topic applicable to international collaborations.

1:00-4:00pm

From Grief to Growth- Finding Connection in Loss

3 CE Hours

Neha Reddy, LCAT, SEP

Orith Zabari, MS, BCDMT, LCAT

Jennifer Giuglianotti LCAT, BC-DMT

This experiential workshop explores grief as a systemic experience, integrating Somatic Experiencing, movement, and expressive arts, led by Dance/Movement Therapists. Participants will embody two somatic experiencing techniques and learn about three grounding rituals using movement, art, meditation or nature. Participants will gain practical tools for personal and professional growth.

1. Participants will be able to define grief as it affects the whole system
2. Participants will be able to name 2 Somatic Experiencing techniques to regulate the nervous system
3. Participants will be able to list 3 movement, art, or nature rituals that ground/regulate in the body and connect with self and others
4. Participants will be able to compare at least 2 ways of showing up for others in grief

3:15-5:15pm

Beyond the Boardwalk: Art Therapy in Coney Island

2 CE Hours

Rana Abdallah, MPS, LCAT, ATR

Linda Votruba, MPS, LCAT, ATR-BC

Creative Solutions transforms Coney Island's guarded resilience into empathy through expressive art therapy. We break barriers, offering a haven for self-discovery and connection. Experience the power of creativity to heal, inspiring kindness and understanding, and uniting the community in a shared journey of growth and transformation.

1. Participants will be able to identify at least 2 methods to integrate art therapy with a community that is guarded and use their own strengths for integration.
2. Participants will be able to name 3 different techniques for using creative expression to overcome barriers and build empathy.
3. Participants will be able to describe 2 strategies for creating safe spaces that inspire empathy and understanding.
4. Participants will be able to identify at least 2 ways of collaborating daily activities with art interventions on diverse age groups and cultures.

4:15-6:15pm

“What It Feels Like to be Jewish in This Moment”

2 CE Hour

Atara Vogelstein, MA, LCAT

Though the focus of this workshop is on responding to the lived experience of Jewish participants, we also invite allies and those wanting to become allies to the Jewish community and other marginalized communities to join us and reflect on applications of this work. This workshop aims to provide a supportive processing space for individuals impacted by the Israel-Gaza war and the rising antisemitism in the aftermath of October 7th. Engaging in embodied and expressive interaction, we will explore our emotional and somatic landscape in the hopes of connecting with each other in intentional community. This workshop will not be a forum for political debate, rather, an experiential opportunity to connect more deeply with each other and ourselves in this divided and painful time. Participants are encouraged to wear shoes and clothing comfortable for movement, and modifications will be provided to promote accessibility for all bodies.

Special note from Emery and Water & Stone during a very challenging time in the world...

Through my company, I try very hard to support people striving to build community with creativity in psychotherapy and am proud to offer a platform for this when the focus is truly on the people/community, rather than a political debate or exclusionary thinking. This is challenging in a world full of chaos, political dysfunction, and constantly changing extremism. Please keep in mind there is a fine line between assessing for what fits in various situations and censoring someone's voice or experience. I am always happy to answer questions or have conversations with anyone concerned about anything offered through Water & Stone and if there is anything you think we could be doing better, don't hesitate to be in touch.

Looking Forward to Seeing You Soon!

Questions?
emery.mikel@creativelyhealing.com
703-402-451

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