



# Firefly & Phoenix LLC

with  
Water & Stone, a Creative Arts Therapy PLLC



## 2024 Winter/Spring Schedule

### Registration Link

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

Registration: <https://forms.gle/GkbAmpMnVtYbiD2A6>

Questions: Contact Emery – [emery.mikel@creativelyhealing.com](mailto:emery.mikel@creativelyhealing.com)

### Continuing Education

LCAT (NY), LPAT (NJ), ATR/ATR-BC  
Others, check your organization's CE guidelines

### Optional Payment Plan

Financial Accessibility - Payment Plan Available for All Programs and Workshops  
5 equal payments (every other week) OR contact Emery for options

### Note: Workshops Marked as “(Recording)”

Those registering and attending these workshops understand the zoom workshop will be recorded, agree to have their audio/video on & recorded, and agree to have the recording used in its entirety, or in parts, for self-paced workshops in the future. In exchange, participants will get credit equal to the amount they pay, towards workshops/programs/mentoring in Fall 2024.

## Preview of Calendar

Virtual Unless Otherwise Noted

### Open Studios & Creative Writing Lab

Virtual Creative Arts Studio – Weekly Wednesday Meetings (register for a month at a time) – Wednesdays (10:30am-11:30am)  
In-Person Open Studio & Creative Writing Lab – Monthly Meeting on Sunday (10:00am-12:00pm)

### Creative Workshops

Tues 1/9 (7-8:30pm) – 1.5 CE Hours - Guided Visualizations and Art Therapy: Guiding Clients Through the Process (Recording)  
Wed 1/17 (7-8:30pm) – 1.5 CE Hours - Art Journaling: Breaking "Rules" and Assumptions (Recording)  
Sat 2/3 (9am-12pm) – 3 CE Hours - Emotional Vision Boards (Recording)  
Thurs 2/8 (6:30-8:30pm) – 2 CE Hours - Visual Storytelling – Take Your “Anxiety” on a Journey  
Thurs 3/7 (6:30-8:30pm) – 2 CE Hours - Visual Storytelling – Take Your “Joy” on a Journey  
Thurs 4/4 (6:30-8:30pm) – 2 CE Hours - Visual Storytelling – Take Your “Anger” on a Journey  
Sun 4/7 (9-11am) – 2 CE Hours - Finding the Magic Everyday Life: Creative Journaling  
Tues 4/16 – 1 CE Hour Each - When Words and Creativity Collide: 6:30pm Mixed Media, 7:30pm Movement, 8:30pm Spontaneous Poem

### Ethics & Professional Boundaries

Ethics and Art Therapy – 2 CE Hours Each  
Tuesday 1/16 (6:30-8:30pm) – How Ethics Help Us Hold Solid Boundaries: Limits and Freedom of Confidentiality  
Tuesday 1/23 (6:30-8:30pm) - Working with Clients Who Don't Seem to Want to “Do the Work”  
Tuesday 1/30 (6:30-8:30pm) - Ethically Using Modalities and Approaches You Didn't Study in School

### Supervision

Supervising: Creative Leadership! - 2 CE Hours Each  
Monday 2/5 (6:30-8:30pm) - Leading vs. Managing  
Monday 2/12 (6:30-8:30pm) - Creativity in Supervision  
Monday 2/26 (6:30-8:30pm) - Group Supervision

### Private Practice

Dreaming: Envisioning What Is Possible (Firefly) – 5 Workshops - 1.5 CE Hours Each  
Monday 2/5 (12-1:30pm) or 3/2 (9:00-10:30am) Workshop 1 - What is Your Dream?  
Monday 2/12 (12-1:30pm) or 3/2 (10:45am-12:15) Workshop 2 - How Do You Want to Work?  
Monday 2/26 (12-1:30pm) or 3/2 (12:30-2:00pm) Workshop 3 - What You Need to See Your First Client  
Monday 3/4 (12-1:30pm) or 3/9 (9:00-10:30am) Workshop 4 - Financial Wisdom  
Monday 3/11 (12-1:30pm) or 3/9 (10:45am-12:15) Workshop 5 - Intro to Marketing/Communicating with Clients  
Innovating: Actively Pursuing Your Intentions – 3 Month Program  
Thursdays 7:00-8:30pm - 2/15, 2/29, 3/14, 3/28, 4/11, 4/25 – 9 CE Hours  
Private Practice Intensive – 6 Week Program  
Tuesdays 7:00-8:30 - 5/21, 5/28, 6/4, 6/11, 6/18, 6/25 - 19.5 CE Hours

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## Ongoing Virtual Open Studio

### Community Creative Arts Studio – Non-Clinical Approaches to Creative Arts Therapy

Virtual - 1 CE Hour/meeting

ALL Modalities Welcome and while we will learn and base the hour on a community art studio approach, you can make art, explore movement, write poetry, etc. Whatever creative means you are drawn to explore each week are totally welcome!

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. There will be guidance for intention setting, prompts, and a framework for sharing/listening at the end. Sharing at the end is optional and you choose what you would like to share. All welcome and no experience with anything necessary!

Wednesdays

10:30am-11:30am

\$25 per meeting

Register for a month at a time! (discount for 3-month registration)

## Monthly In-Person Open Studio & Creative Writing Lab

### Community Creative Arts Studio – Non-Clinical Approaches to Creating a Therapeutic Community

In-Person - 2 CE Hours/Meeting

Within the below guidelines, I would like to find a way to share space with as many modalities as possible! While based on an open studio approach we will use this time to explore what a community creative arts studio can therapeutically offer. You can make art, explore movement, write poetry, etc. Whatever creative means you are drawn to explore each week are totally welcome! There will also be an area for those who would like to focus on writing. If you have an idea or project and would like to join us with pad/pen or laptop, you are welcome to enjoy the space as a creative support to your process.

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. There will be guidance for intention setting, prompts, and a framework for sharing/listening at the end. Sharing at the end is optional and you choose what you would like to have seen or heard. All welcome and no experience with anything necessary!

Guidelines:

In General – this is a shared space so be aware of noise you might make and how to adapt to a community environment, respecting your neighbors. Those more sensitive to sound, please feel free to have headphones or earplugs to change or dampen noises that may affect you. While tuning out completely is not encouraged, taking care of yourself is.

Feel free to ask Emery for help determining what might be an appropriate level of tuning in/out in this setting.

Art Supplies – per space regulations – no glitter or paint (personal watercolor sets are okay).

Music – we can't have instruments yet (working on a space acceptable for that), but anything involving music (writing, mixing, etc.) should be able to be done with headphones on for now. Feel free to share ideas/feedback with Emery!

Movement – there will be space and wearing earbuds if music is involved is totally fine. If we need a bigger room at some point we can do that, so please keep Emery updated on your needs.

Sundays

1/28, 2/25, 3/24, 4/14, 5/19

10:00am-12:00pm

\$50-75 per meeting (self-reported sliding scale)

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# January

## **Guided Visualizations and Art Therapy: Guiding Clients Through the Process (Recording)**

Virtual – 1.5 CE Hours

Spend this time experiencing a short, guided visualization and creative response before learning how to lead clients through the process more effortlessly. We will cover how to lead a client into the process, how to notice our energy/voice/cadence/etc. during the guided portion, and how to offer creative processing to our clients after the visualization is over.

Tues.1/9  
7-8:30pm  
\$45

## **Art Journaling: Breaking "Rules" and Assumptions (Recording)**

Virtual - 1.5 CE Hours

Combine your creative visual arts side with words and explore how to use art journaling while working with a variety of clients in group and individual sessions. We will explore the many ways to use paper, writing implements and art supplies while noticing the assumptions or constrictions we put on ourselves during the art journaling process. Finding ways to free up our minds in order to flow more freely creatively with help us express openly on the page. We can benefit from this process ourselves while also gaining a better understanding of bringing this to clients in session.

Wed.1/17  
7:00-8:30pm  
\$45

## **Ethics and Art Therapy**

Virtual - 2 CE Hours Each

These hours meet the ATR Ethics CE Requirement & 1/16 and 1/23 meet the NYS Professional Boundaries Requirement

In these workshop, we will tackle the importance of professional identity and how setting boundaries creates a framework for more ethical behavior on our part. We will touch on boundaries with clients from the start of therapy to termination, using paperwork to support yourself as an ethical therapist, and what to do if an ethical line is crossed by client/therapist/someone else.

\$60 each or \$150 for all 3 (save \$30)

Tuesday 1/16 - 6:30pm-8:30pm – How Ethics Help Us Hold Solid Boundaries: Limits and Freedom of Confidentiality

The wonderful thing about ethical guidelines is how supportive they can be when we are confronted by dilemmas or challenges. Let's take a moment to dig into confidentiality deeply and understand how important it is and how we can use it under different circumstances. For instance, when a family member gets in touch about their spouse or a client is hesitant to trust us with the heaviness of their life experiences.

Tuesday 1/23 - 6:30pm-8:30pm – Working with Clients Who Don't Seem to Want to "Do the Work"

It's hard to know when to be with the client in the unknown or discomfort and when to push for them to shift or move in a direction. Even when clients choose to be with us, they may feel showing up each week is going to be enough to heal all they struggle with. How do we support both them showing up and also explore how to push through mental blocks, ambiguity, and fear of change.

Tuesday 1/30 - 6:30pm-8:30pm – Ethically Using Modalities and Approaches You Didn't Study in School

What is the difference between an art therapist using movement and a dance movement therapist using movement? How can we bring other tools and skills into our work in an ethical and responsible way? It is okay to use many approaches, tools, interventions, etc. in sessions as long as you take an ethical look at your intentions in doing so and know how you will deal with unexpected responses from the client.

# February

## **Emotional Vision Boards (Recording)**

Virtual - 3 CE Hours

Vision boards can be used for many purposes and explored in limitless ways. Come learn how to approach a vision board with a specific emotion in mind, so you and clients can explore the multilayered nature of emotions in this wonderfully visual way. You will work on a board focusing on the emotion of your own choosing (your choice - supportive or challenging!) and the relationship you would like to cultivate with it over the next year.

Saturday 2/3  
9:00am-12:00pm  
\$75

## **Private Practice - Dreaming: Envisioning What Is Possible (Firefly)**

“The Overlap of Clients, Ethics, and Business: Building a Working Foundation”

Virtual – 1.5 CE hours per workshop (up to 7.5 total)

Focus - Foundational Skills, Client Communication, Confidence Mindset,

Dreaming is a series of workshops from which you can build the foundation for your entrepreneurial adventures, whether you are aiming for a couple clients on the side or a larger group practice. These workshops give you the foundational knowledge, tools, and confidence to move forward with what you want to create in your practice and put out in the world. Even if you don't know exactly what you want to do or have an idea, but aren't sure where to start, this program will help bring your vision into focus! Take just the workshops you need or sign up for all of them and get a few bonus offerings! This series is great for those just starting out and therapists feeling a need to reconnect with these topics after a practice is established. People have taken this series multiple times throughout their journey to reconnect with the foundational concepts from new perspectives or to regroup as they expand in new directions.

Each Workshop \$75

OR

All 5 for \$300 (save \$75)

- Discounted Price
- Lifetime access to the private Firefly & Phoenix Online Group
- One free 1:1 mentoring session with Emery (30 min - \$100 value)

Detailed outline on website - “Core Program Descriptions” document

Mondays 12-1:30pm

Monday 2/5 Workshop 1 - What is Your Dream?

Monday 2/12 Workshop 2 - How Do You Want to Work?

Monday 2/26 Workshop 3 - What You Need to See Your First Client

Monday 3/4 Workshop 4 - Financial Wisdom

Monday 3/11 Workshop 5 - Intro to Marketing/Communicating with Clients

OR Saturdays March 2<sup>nd</sup> & 9<sup>th</sup> (see March details)

## **Supervising: Creative Leadership!**

Virtual – 2 CE Hours Each

These hours also meet the ATR Supervision CE Requirement

Supervising students, limited permit license holders, or 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.

\$60 each or \$150 for all 3 (save \$30)

Monday 2/5 - 6:30-8:30pm - Leading vs. Managing

This workshop will help you take the strengths you already have and explore how to apply them during supervision meetings. What is the difference between managing someone and using leadership skills to guide their journey as they become a better therapist?

Monday 2/12 - 6:30-8:30pm – Creativity in Supervision

Modeling how important our creative side is within the field can happen just by making sure a portion of your supervision time is dedicated to creative exploration. We will find several ways to include art, movement, and more into supervision when dealing with common topics that arise.

Monday 2/26 - 6:30-8:30pm – Group Supervision

A group is a wonderful way to help supervisees learn, but how do you find time to fit everything in and make sure everyone feels supported? Learn some ways to let the group format work for you, so each person comes away feeling supported and trusting the process.

### **Visual Storytelling – Take Your “Anxiety” on a Journey Virtual – 2 CE Hours**

Explore the use of storytelling and personification in relation to emotions and how this can help clients gain new insights into their own world. We will focus on anxiety and how that shows up so differently in each of our lives. First developing a creature representing that emotion for you and then taking a little journey as you learn more about how this little creature exists in the world. A great intervention for kids, teens, and adults.

Thursday 2/8

6:30 -8:30pm

\$50 or \$125 (save \$25) if you take all 3 Visual Storytelling workshops (2/8 Anxiety, 3/7 Joy, 4/4 Anger)

### **Private Practice - Innovating: Actively Pursuing Your Intentions - “Breaking Through the Barriers to Fully Connect with the Community”**

Virtual - 9 CE Hours (program runs once a year)

Focus – Intentional Goals and Accountability to Create Momentum/Change

If you are motivated to set a goal, face fears, and move forward with your practice, this program is for you! We will build off your ideas and you will learn how to create action oriented steps that will move you in the direction you want to go for your practice and your clients. No matter what you want to focus on - overcoming a fear/confidence block, authentically communicating what you do/offer with your clients, creating something sustainable, etc. - this program will offer tools and support, so you can see things shift. Support will come from Emery, your peers, and your accountability partner. The first meeting will help focus in on what you would like to accomplish over the course of the program. This program is designed so it can be taken multiple times when someone wants a place for support and accountability.

Detailed outline on website - “Core Program Descriptions” document

Thursdays 7:00-8:30pm

2/15, 2/29, 3/14, 3/28, 4/11, 4/25

9 hours plus 2 individual meetings with Emery (\$200 value)

\$900

Payment Plan Available

(ex. payment plan - 5 payments of \$180 or 10 payments of \$90 if you contact Emery)

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## **March**

### **Dreaming: Envisioning What Is Possible (Firefly)**

“The Overlap of Clients, Ethics, and Business: Building a Working Foundation”

Virtual – 1.5 CE hours per workshop (up to 7.5 total)

Focus - Foundational Skills, Client Communication, Confidence Mindset,

Dreaming is a series of workshops from which you can build the foundation for your entrepreneurial adventures, whether you are aiming for a couple clients on the side or a larger group practice. These workshops give you the foundational knowledge, tools, and confidence to move forward with what you want to create in your practice and put out in the world. Even if you don't know exactly what you want to do or have an idea, but aren't sure where to start, this program will help bring your

vision into focus! Take just the workshops you need or sign up for all of them and get a few bonus offerings! This series is great for those just starting out and therapists feeling a need to reconnect with these topics after a practice is established. People have taken this series multiple times throughout their journey to reconnect with the foundational concepts from new perspectives or to reground as they expand in new directions.

Each Workshop \$75

OR

All 5 for \$300 (save \$75)

- Discounted Price
- Lifetime access to the private Firefly & Phoenix Online Group
- One free 1:1 mentoring session with Emery (30 min - \$100 value)

Detailed outline on website - "Core Program Descriptions" document

Saturday 3/2

9:00-10:30 Workshop 1 - What is Your Dream?

10:45-12:15 Workshop 2 - How Do You Want to Work?

12:30-2:00 Workshop 3 - What You Need to See Your First Client

Saturday 3/9

9:00-10:30 Workshop 4 - Financial Wisdom

10:45-12:15 Workshop 5 - Intro to Marketing/Communicating with Clients

### **Visual Storytelling – Take Your “Joy” on a Journey**

**Virtual – 2 CE Hours**

Explore the use of storytelling and personification in relation to emotions and how this can help clients gain new insights into their own world. We will focus on anxiety and how that shows up so differently in each of our lives. First developing a creature representing that emotion for you and then taking a little journey as you learn more about how this little creature exists in the world. A great intervention for kids, teens, and adults.

Thursday 3/7

6:30 -8:30pm

\$50 or \$125 (save \$25) if you take all 3 Visual Storytelling workshops (2/8 Anxiety, 3/7 Joy, 4/4 Anger)

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## **April**

### **Visual Storytelling – Take Your “Anger” on a Journey**

**Virtual – 2 CE Hours**

Explore the use of storytelling and personification in relation to emotions and how this can help clients gain new insights into their own world. We will focus on anger and how that shows up so differently in each of our lives. First developing a creature representing that emotion for you and then taking a little journey as you learn more about how this little creature exists in the world. A great intervention for kids, teens, and adults.

Thursday 4/4

6:30 -8:30pm

\$50 or \$125 (save \$25) if you take all 3 Visual Storytelling workshops (2/8 Anxiety, 3/7 Joy, 4/4 Anger)

### **Finding the Magic Everyday Life: Creative Journaling**

**Virtual - 2 CE Hours**

Do you feel like it's hard to see the magical moments that make you smile or bring a sense of relief? Sometimes we get bogged down or so many things are happening in the world that we lose the ability to notice small things and feel moments of joy or curiosity. Bringing a magical sense of the world into your life can be as simple as noticing what's around you or giving space for your creativity to bring some light back into your life. Seeing the things in our lives that can make us smile, prepares us to and supports us in dealing with every challenge we face on a daily basis.

Sunday 4/7  
9:00-11:00am  
\$50

### **When Words and Creativity Collide**

1 CE Hour Each (Up to 3 Total)

Explore a few of the different ways we can combine words and other creative modalities to express thoughts, feelings, and experiences. All comfort levels welcome and plenty of options to explore plus choice in how much you feel like sharing as we adventure into words, art, and movement or stillness.

\$30 each or \$75 for all 3 (save \$15)

Tuesday 4/16

6:30pm Mixed Media (Collage/Drawing)

7:30pm Movement/Stillness

8:30pm Spontaneous Poems

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## **May**

### **Private Practice Intensive – 6 Week Program**

Virtual – 19.5 CE Hours (Program Runs Annually)

Focus – Deep Dive into Private Practice

This intensive is a combination of aspects from Dreaming, Innovating, and Trailblazing! 6 weeks of weekly meetings to set goals, get personalized support, hear others' thoughts, receive feedback, and jump start whatever the next step is in your practice. This combines building business skills with communicating and connecting in meaningful ways with clients. Recordings of all 5 Dreaming Workshops (1.5 hours between each meeting) are included and discussed, so you can solidify your foundational wisdom and discuss more advanced layers of each topic. If you want to dive in and feel more immersed in the next steps of your journey, join us as we explore what it will take for you to realize your dreams. Very supportive and will help you move through any challenges or road blocks you're currently facing!

Tuesdays 6:45-8:45pm

5/21, 5/28, 6/4, 6/11, 6/18, 6/25

\$1200 (ex. payment plan - 10 biweekly payments of \$120)

Personalized Payment Plan Available – contact Emery

Detailed outline on website - "Core Program Descriptions" document

- 6 Weeks

- o 12 hours, weekly 2hr meetings
- o 7.5 hours, recorded Dreaming Workshops (\$450 value - all 5 workshops, 1.5hrs each)
- o 2 individual 30 min mentoring meetings with Emery (\$200 value)
- o 19.5 NY LCAT, NJ LPAT, and ATR/ATR-BC CE Contact Hours
  - hours also meet following requirements:
    - 3 ATCB Ethics hours
    - 3 NYS Professional Boundaries hours
- o Lifetime access to the private Firefly & Phoenix Online Group

- Content

- o 5 Dreaming Workshops – Foundational Wisdom
- o Setting Goals and Creating Action Steps
- o Facing Fears/Building Confidence
- o What Do You Actually Want to Create?
- o Knowing How to Build Toward Your Dream Practice (not others' ideas of private practice!)

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## June

### **Water & Stone Conference– (20+ CE Hours in 1 Weekend!)**

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

Registration: Coming in March 2024, see details on conference page on website!

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

Friday 6/7 – Sunday 6/9

In-Person and Online!

All modalities!

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## **Fall Programs Start in Mid/Late September (schedule will be posted Aug 1)**

### **Registration Link**

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

Registration: <https://forms.gle/GkbAmpMnVtYbiD2A6>

Questions?

Contact Emery

703-402-4515

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