



Firefly & Phoenix LLC

in partnership with

Water & Stone, a Creative Arts Therapy PLLC



Payment Plans (Optional)

Financial Accessibility - Payment Plans Available for All Programs and Workshops
Choose between 5 or 10 payments & weekly or biweekly
(Receive a paypal invoice for each payment and pay via - Paypal, Venmo, or Zelle)

Continuing Education

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

Virtual/Self-Spaced Workshops Coming in September

We will be starting an online professional school for creative arts therapists to have a self-paced option for continuing education.

2023-2024 Fall/Winter Schedule

Preview of Calendar

Virtual Unless Otherwise Noted

- Weekly Community Creative Arts Studio - 1 CE hour/meeting – Weds. 1030-11:30
- Tiny Art: Transitional Objects - 2 CE hours – Tues. 9/19 6:30-8:30
- Supervising: Becoming a Leader I - 2 CE hours – Thurs. 9/21 7:00-9:00
- Supervising: Becoming a Leader II - 2 CE hours – Thurs. 9/28 7:00-9:00
- Supervising: Becoming a Leader III - 2 CE hours – Thurs. 10/5 7:00-9:00
- Fall PP Intensive - 19.5 CE hours – Tues. 6:30-8:30pm - 10/3, 10, 17, 24, (no 10/31), 11/7, 14
- The Ethical Therapist - 9:00-11:00 - 2 CE hours – Sun. 10/22
- The Ethical Therapist - 11:15-1:15 - 2 CE hours – Sun. 10/22
- The Ethical Therapist - 1:30-3:30 - 2 CE hours – Sun. 10/22
- Storytelling: Personifying Emotions - 2 CE hours – Thurs. 11/16 6:30-8:30
- Vision Boards - 3 CE hours – Sun. 12/3 9:00-12:00
- Trailblazing - 15 CE hours - Tues. 7-8:30pm - 1/9, 1/23, 2/6, 2/20, 3/5, 3/19, 4/2, 4/16, 4/30, 5/14
- Innovating - 9 CE hours – Wed. 7:00-8:30pm - 1/17, 1/31, 2/21, 3/6, 3/20, 4/3

Registration Link

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

Registration: <https://forms.gle/1ScZ3BgKc82djh8V9>

Questions or Need Help?

Contact Emery – emery.mikel@creativelyhealing.com

Ongoing Groups and Mentoring

Community Creative Arts Studio – Non-Clinical Approaches to Creative Arts Therapy (1 CE Hour/meeting)

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

Registration: <https://forms.gle/1ScZ3BgKc82djh8V9>

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!

Experience and learn more about a community art studio approach to working with people. 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!

Weekly Private Practice Support/Supervision Groups

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

Registration: Contact Emery Directly - emery.mikel@creativelyhealing.com

Join Emery and a group of professionals who meet weekly to share clinical dilemmas, professional challenges, private practice questions, and to gain support! We start with a brief guided meditation and art making check in, followed by time spent on the specific things participants bring up for that meeting. Everyone is welcome! Come try out a month and see if it's the right fit for you.

Tuesdays

11am-12pm

(Currently Full)

Thursdays

3:30-4:30pm

(1st meeting 9/14/23)

\$40 per meeting – 6-8 participant limit

Register for a month at a time with no long-term commitment!

Individual Private Practice and Business Mentoring/Coaching (virtual)

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

Registration: Contact Emery Directly - emery.mikel@creativelyhealing.com

A 30-min phone call (zoom for our first meeting) with Emery that is a more focused, individualized experience that lessens anxiety, so you can dive into the ideas, challenges, or questions you have when it comes to business skills and starting or growing your private practice. Freedom to schedule just one meeting at a time!

\$100/meeting - Schedule one meeting at a time, as needed or set something recurring up.

Programs and Workshops by Month

September

Tiny Art: Transitional Objects – (2 CE Hours)

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

Registration: <https://forms.gle/1ScZ3BgKc82djh8V9>

NY LCAT CE Contact Hours, NJ LPAT, ATR/ATR-BC Hours – 2 Hours

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

Tuesday Sept 19

6:30pm-8:30pm

\$60

Supervising: Becoming a Leader I– (2 CE Hours)

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

Registration: <https://forms.gle/1ScZ3BgKc82djh8V9>

NY LCAT CE Contact Hours, NJ LPAT, ATR/ATR-BC Hours – 2 Hours

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. *This workshop will help you take the skills you already have and learn how to apply them during supervision meetings, when conflict arises, and when guiding challenging or talented supervisees.*

Thursday Sept 21

7:00pm-9:00pm

\$60

Register for 9/21, 9/28, 10/5 = \$150 (save \$30)

Supervising: Becoming a Leader II– (2 CE Hours)

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

Registration: <https://forms.gle/1ScZ3BgKc82djh8V9>

NY LCAT CE Contact Hours, NJ LPAT, ATR/ATR-BC Hours – 2 Hours

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. *This workshop will focus on how supervisors can use creativity in individual or group supervision meetings. Specific art making, journaling, and other prompts will be explored and experienced along with time to brainstorm other possibilities using all modalities.*

Thursday 9/28

7:00pm-9:00pm

\$60

Register for 9/21, 9/28, 10/5 = \$150 (save \$30)

October

Supervising: Becoming a Leader III– (2 CE Hours)

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

Registration: <https://forms.gle/1ScZ3BgKc82djh8V9>

NY LCAT CE Contact Hours, NJ LPAT, ATR/ATR-BC Hours – 2 Hours

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. ***This workshop will focus on how supervisors can handle difficult conversations, the art of not knowing (and often admitting it), balancing agency messages with personal thoughts, and creating a safe space for supervisees to bring in anything while not burning out as the supervisor.***

Thursday 10/5

7:00pm-9:00pm

\$60

Register for 9/21, 9/28, 10/5 = \$150 (save \$30)

F&P Fall Private Practice Intensive (19.5 CE Hours)

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

Registration: <https://forms.gle/1ScZ3BgKc82djh8V9>

NY LCAT CE Contact Hours, NJ LPAT, ATR/ATR-BC Hours – 19.5 Hours

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. Recordings of all 5 Dreaming Workshops to watch between meetings (1.5 hours each), so you can solidify your foundational wisdom and discuss more advanced layers of each topic. If you want to prepare for the new year and create a space for accountability, join us as we explore a variety of topics and take your next steps toward your dreams. Very supportive environment that will help you move through any challenges or road blocks you're currently facing!

Tuesdays 6:30-8:30pm

10/3, 10/10, 10/17, 10/24, (no 10/31), 11/7, 11/14

\$1250 (ex. payment plan - 10 biweekly payments of \$125)

12 hours, weekly 2 hr meetings

▪ hours also meet following requirements:

- 3 ATCB Ethics hours
- 3 NYS Professional Boundaries hours

7.5 hours, recordings of 5 Dreaming Workshops (\$450 value)

2 individual meetings with Emery (\$200 value)

Lifetime access to the private Firefly & Phoenix Online Group

The Ethical Therapist (2 CE Hours Per Workshop)

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

Registration: <https://forms.gle/1ScZ3BgKc82djh8V9>

NY LCAT CE Contact Hours, NJ LPAT, ATR/ATR-BC Hours – 2 Hours/Workshop

These hours also meet the ATR Ethics CE Requirement and NYS LCAT Professional Boundaries Requirement

In these workshops, we will tackle several topics that support professional therapists when navigating ethical dilemmas. Great for newer therapists and seasoned professionals. Please note the third workshop is looking through the lens of private practice, but you can definitely still benefit if working in an agency.

Sunday October 22

9:00am-11:00am – What is so Scary About Ethics: Using Ethics to Support You, Not Freak You Out!

11:15am-1:15pm – Navigating the Gray Area that is Ethics: Using an Ethical Decision Making Model

1:30pm-3:30pm – Suicidal Ideation and Other Challenging Topics in Private Practice

\$60/each

Register for all 3 workshops = \$150 (save \$30)

November

Storytelling - Personifying Emotions (2 CE Hours)

Virtual

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

Registration: <https://forms.gle/1ScZ3BgKc82djh8V9>

NY LCAT CE Contact Hours, NJ LPAT, ATR/ATR-BC Hours – 2 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. You will be able to choose which emotion you would like to work with and first develop a creature representing that emotion for you before 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 11/16

6:30 -8:30pm

\$60

December

Vision Boards (3 CE Hours)

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

Registration: <https://forms.gle/1ScZ3BgKc82djh8V9>

NY LCAT CE Contact Hours, NJ LPAT, ATR/ATR-BC Hours – 3 Hours

Whether you want to pull the coming year into focus or use a vision board to explore your relationship to an emotion like anxiety, this is the workshop to bring that exploration! Learn how to bring images, words, collage, and writing together to start your vision board and be able to use this approach with clients.

Sunday 12/3

9:00am-12:00pm

\$90

January

F&P Trailblazing: Actively Pursuing Your Intentions (15 CE Hours)

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

Registration: <https://forms.gle/1ScZ3BgKc82djh8V9>

NY LCAT CE Contact Hours, NJ LPAT, ATR/ATR-BC Hours – 15 Hours

When your practice is more established (at least 2-5 years or after speaking with Emery) and you want to connect with others, explore more advanced topics, build out in new directions, or get support/accountability, this is your group. We meet regularly, set actionable goals that are unique to your work, cover more advanced topics in business/ethics/private practice, and create a space to feel supported in a community of similarly minded private

practitioners. We welcome people with all sorts of practices and ideas! This program is designed to be personalized every time you take it, so it can be taken as many times as you like.

Tuesdays 7:00-8:30pm

1/9, 1/23, 2/6, 2/20, 3/5, 3/19, 4/2, 4/16, 4/30, 5/14

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

Includes

1.5 Ethics Hours (ATCB)

1.5 Professional Boundaries Hours (NYS)

1.5 Supervision Hours (ATCB)

\$1500 (ex. payment plan - 10 payments of \$150 every other week)

Payment Plan Available – just check the payment plan box on the registration form.

February

F&P Innovating: Actively Pursuing Your Intentions (9 CE Hours)

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

Registration: <https://forms.gle/1ScZ3BgKc82djh8V9>

NY LCAT CE Contact Hours, **NJ** LPAT, **ATR**/ATR-BC Hours – 9 Hours

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 create action oriented steps that will move you in the direction you want to go. Whether you want to focus on something like marketing or are interested in adding more clients, this program will offer tools and support sustainable growth, so you can see things actively happen and make decisions with more energy and intention. 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 whenever someone wants a place for support and accountability.

Wednesdays 7:00-8:30pm

1/17, 1/31, 2/21, 3/6, 3/20, 4/3

\$900 (ex. payment plan - 10 payments of \$90)

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

Payment Plan Available – just check the payment plan box on the registration form.

June/Summer Preview Dates and

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

Details: <https://www.fireflyandphoenix.com/conference> (live in December 2023)

Proposals Accepted Jan-Feb 2024 (application process information will be on the website conference page)

Registration: Coming in April 2024, see details on conference page on website.

NY LCAT CE Contact Hours, **NJ** LPAT, **ATR**/ATR-BC Hours

Tentatively Friday 6/7 – Sunday 6/9

In-Person and Online!

F&P Summer Private Practice Intensive (19.5 CE Hours)

NY LCAT CE Contact Hours, NJ LPAT, ATR/ATR-BC Hours – 19.5 Hours

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' journeys, receive feedback, and jump start whatever the next step is in your practice. Recordings of all 5 Dreaming Workshops to watch between meetings (1.5 hours each), so you can solidify your foundational wisdom and discuss more advanced layers of each topic. If you want to take advantage of the summer months and create a space for accountability, join us as we explore a variety of topics and take your next steps towards your dreams. Very supportive environment that will help you move through any challenges or road blocks you're currently facing!

Tentatively: Tuesday Evenings 5/21-6/25

\$1250 (ex. payment plan - 10 biweekly payments of \$125)

12 hours, weekly 2 hr meetings

▪ hours also meet following requirements:

- 3 ATCB Ethics hours
- 3 NYS Professional Boundaries hours

7.5 hours, recordings of 5 Dreaming Workshops (\$750 value)

2 individual meetings with Emery (\$200 value)

Lifetime access to the private Firefly & Phoenix Online Group

Registration Link

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

Registration: <https://forms.gle/1ScZ3BgKc82djh8V9>

Questions?

Contact Emery

703-402-4515 or emery.mikel@creativelyhealing.com
