



Florida Art Therapy Association

Summer Issue 2007

Message from the PRESIDENT

2007

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Parliamentarian

Vacant

Newsletter

Lisa Wasserman

Governmental Affairs

Craig Siegel

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Education

Vacant

Twenty years ago Patricia Isis started the Art Therapy Association of Florida and because of her vision, dedication, and enthusiasm she managed to create the beginnings of a successful journey towards a stronger sense of Art Therapy in Florida. As the president, and understanding the meaning behind Patricia's efforts I would like to celebrate this moment throughout this year. The FATA board of Directors has identified many ways that we can do this and we began at the regional symposium in May 2007. I shared with attendees an overview of the history of FATA from its inception to the present. I started to organize a detailed list of the past board members from start to finish but I realize that at this point in time the information is incomplete. If you were a past board member please contact me via e-mail at the FATA website with your name and position on the board.

Another, way we plan to celebrate FATA's 20th anniversary is by improving record keeping methods, such as, with cd's (limited paper waste) and using e-newsletters. Our scrapbooks are large and difficult to manage and they need updating for archival reasons. A quilt (each board can create a square) has been initiated and it was displayed at the symposium. The quilt has begun and so far it looks great. I look forward to the continuation of this project.

I would like to take this opportunity to highlight the continued success of our continuing education programs. On May 19th and 20th, in St. Petersburg, Florida we held this years Regional Symposium "Art Therapy and the Medical Population". We had two dynamic speakers

Ellen Urbani, MS, ATR-BC and Anita Mester, ATR-BC, LPC that gave the attendees the opportunity to learn how to start an art therapy program or art cart program within a medical based environment as an employee or contractor. We learned how the art process helped many to develop a stronger sense of self during a medical illness and the process of remission. The two days was a glimpse of the potential for our work and it helped us to energize our efforts to help others. A nice surprise was the unique approach to the experientials and the ability to use them with a broad range of clients.

I know that FATA has been providing you all with excellent opportunities for continuing education and I look forward to meeting you all at the next cruise conference in February 2008.

Lisa Wasserman, Psy.D., ATR-BC

President, Florida Art Therapy Association



Permission To Come Aboard

FATA is hosting its Second State Conference on the High Seas to be held on the luxurious Royal Caribbean Cruise ship, Enchantment of the Seas, February 14th to Feb 18th, 2008. The cruise itinerary is as follows:

<u>Date</u>	<u>Port</u>	<u>Arrive</u>	<u>Depart</u>
Thursday	Fort Lauderdale, Florida		5:00pm
Friday	Cococay, Bahamas	8:00am	5:00pm
Saturday	Key West, Florida	9:00am	6:00pm
Sunday	“Fun Day” at Sea		
Monday	Fort Lauderdale, Florida	6:30am	

Conference Speakers and Schedule:

Art Therapy with Adolescents: Imagery & Narrative Patricia Isis, Ph.D., LMHC, ATR-BC

Art Therapy with Older Adults: Making Memories Yetta Miller, ATR-BC

Thursday Evening Feb. 14th	Valentine’s Check in & registration	Upon boarding
Friday Feb. 15 th	Conference session	9:00-11:30
Saturday Feb. 16 th	Conference session	9:00-11:30
Sunday Feb. 17 th	Conference session	9:00-11:30 and 1:00-3:30
Sunday Feb. 18 th	Closing reception, cocktail party	4:30-6:00

	AATA Member Pre 9/2/07	AATA Member 9/2/07-11/2/07	AATA Nonmember Pre 9/2/07	AATA Nonmember 9/2/07-11/2/07
Seminar	\$100	\$150	\$125	\$175
Students	\$55	\$75	\$85	\$100
CEC’s	\$15	\$15	\$15	\$15
Cruise*	\$394	\$394	\$394	\$394
Cruise deposit	\$100 due	\$294 due by 11/2	\$100 due	\$294 due

* Cruise price is per person, double occupancy for an inside cabin.
Take advantage of the low registration fee by registering early.

The costs are reasonable and comparable to attending a conference on land. When calculating a four-day conference, one should figure that the average hotel room is \$75 a night and food costs approximately \$45 a day, bringing the grand total to \$480. The cruise costs considerably less and provides much more; including three meals plus buffets, entertainment, and the opportunity to participate in excursions to Key West and a day of fun on Royal Caribbean’s private island, Cococay.

For more information, and to read reviews from our first Cruise Conference, please visit the FATA website at: www.floridaarttherapy.org

**Symposium on the Seas
Agenda**

Thursday, February 14, 2008	12:30-1:30	On-board Registration
	1:30-3:30	Session I
Friday, February 15, 2008	8:00 – 10:00	Session II
	10:00 - 5:00 pm	Visit CocoCay, Bahamas
Saturday, February 16, 2008	8:00 – 10:00 am	Session III
	10:00 - 6:00 pm	Visit Key West, Florida
Sunday, February 17, 2008	8:00 - 10:00	Session IV
	10:30- 12:30	Session V
	4:30 – 6:00	Closing reception/cocktail party
Monday, February 18, 2008	6:30 am	Arrive in Fort Lauderdale

President-Elect

Honorary Lifetime Membership

Patricia Isis was granted Honorary Lifetime Member status at the Florida Art Therapy Association's (FATA) Regional Symposium in St. Petersburg, FL. The conference gathering provided an opportunity to celebrate the 20th Anniversary of FATA. President Lisa Wasserman's opening address highlighted the history of the organization and its many accomplishments. It was during this address that Patricia was formally recognized for having founded the Art Therapy Association of Florida (ATAF) in 1987. To show our appreciation Patricia was granted Honorary Lifetime Membership status with FATA. As is often the case with mothers, our thanks for Patricia's nurturing of FATA in its formative years, didn't come until much later...twenty years later to be exact. But the gratitude is sincere and was only unspoken, not unfelt, all along. Thank you Patricia.

-Raquel Farrell-Kirk, President-Elect, Florida Art Therapy Association

President-Elect

Past, Present and Future

The Clinical Art Therapy Department of Miami Dade County Public Schools (MDCPS) kicked off its 2007 Spring Exhibit with an opening reception sponsored by the Florida Art Therapy Association (FATA). The exhibit, titled "Past, Present, Future", featured works by MDCPS students who receive art therapy as a related service through the school system. The pieces on display included both two and three dimensional

Secretary

CONGRATULATIONS!!!!

We are very happy to share this news with you all that Morgan our dear friend, co-worker, team mate, artist, therapist, and wife, is now a Mother.

Here are a few photos of their son, Lukas Henry Gonzalez-Quevedo. He was born May 28 at 8:26 p.m., weighed 8.12 lbs., and was 21 1/4 inches long.

The labor lasted 15 hours, just enough time for my mother and sister to catch a one-way flight from New Jersey, make a mad dash to the

works in a variety of media from with the artists ranging from elementary age children to high school seniors. ArtsCenter provided a wonderful exhibit space on a busy corner of South Beach's popular Lincoln Road Mall. The large space and glass exterior walls of the gallery drew the attention of passersby and many came in to explore the exhibit. This provided wonderful exposure for the profession of art therapy in general and for the commendable work of the long standing MDCPS Clinical Art Therapy Department. Kudos to each of the art therapists who work daily with their student clients to create and document real growth and change. I also would like to praise the exhibit committee, chaired by Susan Gonzalez, for producing such a professional exhibit at a prime location. All art therapists around the state can truly be proud of this exhibit.

-Raquel Farrell-Kirk, President-Elect,
Florida Art Therapy Association

hospital in a cab, and be present in the delivery room to welcome Lukas into the world. Lukas is healthy, very handsome, and has powerful lungs. Gerardo and I are extremely happy - though very tired.



Morgen Chesonis-Gonzalez, ATR-BC, Secretary
Florida Art Therapy Association

Treasurer

We continue to be in good financial status that will help us to continue to offer affordable conference fees for our members while still attracting qualified speakers. We hope to continue seeing support from our ATR-BC's, students and friends in the Florida community. Our goal is to reach at least 100 members in order to move forward with licensure. Thank you to all of our members for your continued support -Craig Siegel, ATR-BC, Treasurer, Florida Art Therapy Association

FATA NEWS

Continuing Education Chairperson

"So, Art Therapy is Where You Interpret My Drawing?"

Most people today have heard of art therapy yet do not know what it is *exactly*. They believe that the client draws an image and then the art therapist interprets the drawing; it is almost daily that I encounter someone who does not really know about art therapy. Where I was once frustrated by the unfamiliarity of others about our profession, I am now grateful, for I have had dozens and dozens of opportunities to refine and clarify this field.

Last week, I had the occasion to meet with two Florida west coast art therapists. I shared with them that I have pared down my definition of art therapy to one sentence that always uses the same two verbs and the same two nouns – (verbs and nouns are italicized and in bold). Here is the sentence: "Art therapy is the creative art process that offers clients *access* to their own *expression* and feelings so that they can *extract* meaningful *insight*." –Poppy Scheibel

The other effective way to communicate about the field of art therapy is via a story. Using both of these approaches has widened the awareness of the profession of art therapy, here in a city that has 4 (practicing) registered art therapists. Prior to becoming an art therapist, I was in sales and marketing using a psychology-oriented approach for our sales model. This approach served to influence the direction I took in meeting people; one person at a time; building awareness and, of course, relationships.

It took about a year and half for me to recognize that the people in this area, who for 15 or so years, have postured themselves as art therapists (yet who are neither qualified nor degreed,) were the actual impetus for me to re-educate and inspire community perception to an accurate representation of art therapy. If it were not for them, (and I am now genuinely grateful), I would not continue to have the clarity and passion to distinguish the specialized services that the art therapist provides.

So here are some of the steps that seemed to be successful:

I made myself visible in the arts community, presenting dozens of workshops, presentations, and seminars – most free at first, joining the Arts Council, The Art Center, Aging Network, and becoming a faculty member at Ringling College of Art and Design.

In early 2006, I approached a friend who works at the newspaper (subsidiary of NY Times) and asked if he thought an article on art therapy would fit somewhere. Like Goldilocks, I met with three different departments: first, the *Business* side, then *Lifestyle*, and then *Healthy Living* sector. After 6 months, December 2006 featured a two page article in the

Healthy Living magazine pullout section of the paper on my role as an art therapist.

A colleague who works with seniors also has a weekly TV show called: *Connecting with Seniors*. At a monthly members meeting, he asked if I would like to be a guest on his show. A new magazine featuring the visual arts emerged in January of 2007. In the May 2007 issue, the same freelance writer who had interviewed me 5 months earlier contacted me to offer an art therapy article for the magazine. This time, Art Therapy was in huge bold letters on the cover of the May magazine titled: *Mind, Body, Soul*, with a three page article inside.

Several days ago, the CEO of the largest hospital in this southwest region commented that the article about me and art therapy in that issue was "wonderful." It is perhaps the one-step-at-a-time approach that has helped the flow of awareness of art therapy. After almost four years of living in Florida, my name and art therapy appear to be becoming synonymous. I have intentionally and deliberately created this association because I so believe in the overwhelming value that the specialized field of art therapy provides.

The PR that I have generated around my role as an art therapist was borne out of my desire to bring clarity, awareness authentic representation to the field of art therapy. May it be that all us as art therapists, can co-create heightened awareness and perception of this magnificent field with which we are aligned.

-Poppy Scheibel, M.S., ATR, Florida Art Therapy Association

Historian

We have been lucky enough to have Cynthia Andreas as our historian and life line to the thread of FATA since the beginning of times. Cynthia had to step down from her FATA board position but we wanted to note that all her efforts and caring attitude has stayed with us. Cynthia we want you to know that we thank you for all your dedication and hard work. We all hope to see or hear from you soon.

Currently, we have asked Stephanie Moreno to step in and help organize our current scrapbooks and to keep up with our most recent events. Stephanie has been provided with recent pictures of events and she will begin to organize them as she can. Thank you Stephanie and welcome aboard.



Governmental Affairs

FATA's GAC committee is proud to announce the first ever Art Therapy exhibit at the State Capitol. The exhibit is scheduled for Thursday April 8th, 2008 in the Rotunda on the Plaza Level. Legislators and the general public will be invited to view client artwork and learn about the role of art therapy in our state and the need for professional regulation. Please lend your time and talents to this important effort. Not sure how to help? You can provide client artwork (written releases required), volunteer to be present at the exhibit to answer questions, or even help us come up with a name for this exhibit! Please contact Craig Siegel, GAC chairperson via the FATA website at www.floridaarttherapy.org if you would like to get involved or want more information.

Membership/Ethics

We wanted to inform our members that we are close to meeting our goal of a 100 art therapy members. If you know of anyone that is not an AATA and FATA member please ask them to join. We will be meeting with legislators for licensure and we need these numbers to move forward. As of July 31 we have 89 active members.

Hope you are enjoying the summer!
Mercedes

Mercedes B. ter Maat, Ph.D., LPC, ATR-BC,
Membership/Ethics
Florida Art Therapy Association

Vacancies on the Board of Directors

Yes, you... We need your enthusiasm and motivation. Please inquire about the following openings:

- **Publications-** help design, edit and distribute our newsletter and other correspondence such as event flyers
- **Local Arrangements-** help coordinate conferences and social events
- **Webmaster-**help maintain and update the FATA website
- Allison G. and Merrilee J. thanks for joining the team as support members of FATA

Contact Lisa Wasserman at www.floridaarttherapy.org if you are interested in being a part of the FATA team!

A Message from FSU-ATA

FSU Art Therapy Student Pursue Exciting Opportunities

Authors: Kristy McDonough and Jessie Spraggins

With contributions by: Lesli-Ann Belnavis, Alyssa McClish and Whitney McLean

The Florida State University Art Therapy Association (FSU-ATA) is a registered student organization and a member of the Congress of Graduate Students (COGS) at FSU. We currently boast around 30 members; most are graduate art therapy students, but the organization is open to any graduate student and includes a couple members from the social science fields. We meet about once a month for community service and fundraising events to encourage educational and professional opportunities for our members. A very special community service last year was our box painting event. A group of FSU-ATA members painted and decorated small memory boxes that were then donated to hospitals. Hospital workers gave the boxes to parents who recently lost a newborn so they would have a personal and private place to keep mementos and memories of their little one.

In August, FSU-ATA is looking forward to welcoming a new batch of masters and doctoral art therapy students. We hope to ease their transition with informational handbooks on the local area and the art therapy program at FSU. We also encourage as many members as possible to attend the annual American Art Therapy Association conference. Last fall, about 20 graduate art therapy students attended the conference, representing one of the largest groups of students there! In the spring, the FSU-ATA and the art therapy department at FSU will host an annual speaker and workshop. In the past, the organization and department have brought in such venerated art therapists as Judy Rubin, Sandra Graves and Virginia Minar. We are already beginning to make plans for this coming academic year. This year, we hope to pursue new goals of public relations work with in our own community to spread the word about art therapy as a profession and a self care event for graduate students.

Life as an FSU Art Therapy student can be stressful, yet rewarding. Below, Lesli-Ann Belnavis, a second year student, describes what the FSU art therapy program has been like for her. She also illustrates her experience with her first internship in an assisted living home.

My experience at FSU as an Art Therapy student has been interesting and has been a journey for me. I find that the program challenges me in many ways to think about myself, my clients and the process of art therapy. I was placed at an assisted-living facility last semester, which gave me an opportunity to work with elderly clients with Dementia. It provided me a great chance to work with and understand this population. I left the site knowing more about myself, my therapeutic approaches, as well as knowing what art therapy interventions help or may sometimes regress these clients. I witnessed first hand how a non-verbal process like art was therapeutic as it aided in taking away a client's worry of no longer being able to be self-sufficient, but allowing peace of mind even for a small moment during the creative process.

Being Jamaican, I grew up witnessing the stigma attached to therapy and mental health issues. However, being at FSU, the art therapy program has made me more aware of how I can apply what I have been taught to individuals and cultures that may reject the concept of therapy. I have found that the art therapy department has understood my dream to return to my home country to facilitate an art therapy program there. Members of the faculty have been extremely helpful and are always willing to assist in finding resources for our individual processes and goals within the field.

Not only do students stay busy with attending classes and participating in a practicum experience, but many students opt to take advantage of other opportunities that may present themselves. This past spring, the art therapy department organized a program to send students once a month to a small town in Mississippi called Pas Christian, to provide art therapy services to children who witnessed all that was Hurricane Katrina. Whitney McLean was one of the students who participated in this program. Here, she explains what it was like for her.

Having no previous involvement with any sort of disaster relief, I had no idea what to expect of this experience. Driving in to the town of Pas Christian, I was surprised to see so many home sites still left bare and in such disrepair. After all, Hurricane Katrina happened almost two years ago. People are still living in trailers and other forms of temporary housing. The local schools seem to have been consolidated into one unit, comprised of, yet again, a series of temporary buildings. I have to wonder, why is progress so slow? And what effects is this having on the children living within this community?

In our work at the local elementary school, my colleagues and I have had the opportunity to meet with children from a variety of age groups, ranging from kindergarten to adolescence. Although our sessions are brief, 45 minutes to an hour one weekend a month for six months, and we often don't see the same faces each visit, the response of the children to both the art and the art therapists facilitating the group work has been an eye-opening experience.

On our visit during the month of July, we invited the five to nine year-olds to work with clay. They were given the opportunity to model three wishes they had for things beyond their holiday wish-list of toys and such. The group I worked with appeared to expend a great deal of energy on their artwork, and seemed proud of their final art products, showing them off around the room to children at other tables. It wasn't just the boost in self-esteem that evidenced itself throughout this process, but also a level of seeming insight and self-awareness emerged as the kids spoke about their wishes. The clay figures focused on themes related to family, safety, food (not one child had eaten breakfast that morning), superheroes, as well as objects meant for self-soothing (when angry). It seemed to me that the children had created not only things they wished for but also things they needed. The clay gave them a space in which to communicate these thoughts, even if they couldn't have put them into words.

This experience as an art therapist working in disaster relief has only increased my awareness of the not only the power of art-making and creative processing but also the significance of just showing up and being there, willing to listen and spend time. For so many of these kids, it seems, that's all they could hope for and may be all they truly need. Consistency and caring... because when it's all said and done, it is my hope that even if I've seen a child just one time, that that brief encounter will have made a difference.

Along with sending students to Mississippi, there are also international opportunities for art therapy students. Every summer, the Center for the Advancement of Human Rights and the art therapy program at Florida State University work together to offer an opportunity to send two graduate art therapy students to travel, work and learn in Bangkok, Thailand. In Thailand, the art therapy students work at Center for the Protection of Children's Rights (CPCR). The population that CPCR serves and protects consists of children that have experienced various types of abuse that range from neglect, physical abuse, verbal abuse, sexual abuse, to even maltreatment resulting from the sex slave trade in Thailand. The integration of art into the children's counseling sessions by the FSU art therapy students allows the children at CPCR to process and manage their individual trauma. Art therapy is also utilized to help the children to develop coping skills in order to deal with their past experiences so that they have a chance to obtain healthy futures.

This past May, Sara Windrem and Alyssa McClish were the art therapy students selected to journey to Thailand. Both students lived and volunteered in Thailand for five and a half weeks. What they learned in this foreign country far exceeds textbook knowledge and lecture material. For these students, their journey to Thailand was an intense learning experience that was personal, invaluable and inspiring as a student, a person, and as future art therapists. Acting as an ambassador for the United States, FSU, and the art therapy field, Sara and Alyssa hope they left a good impression on Thailand and its people and hope they were able to give back to them a little of what they gave to the students.

In the future, the FSU-ATA is looking forward to working more closely with the Florida Art Therapy Association. We believe that an important part of our organization is providing professional and networking opportunities for our members, and we welcome any ideas from the FATA on how we can better do so. We hope that through establishing a closer professional relationship with the FATA, we can create a supportive network between the members of the FSU-ATA and FATA.

Announcements

-I am in need of a referral for an art therapist in the Gainesville, fl area. Jennifer Gale, PsyD
drjennygale@msn.com

-Looking for an Internship site in Miami or Broward.
Liz Portuondo lizportuondo@bellsouth.net

-I am Sonia A. Thomas, MS, ATR-BC
art therapist/bereavement counselor and I can provide therapy to children and adults at HOSPICE CARE OF SOUTHEAST FLORIDA, INC. Forget-Me-Not Center
954-HOSPICE ext 1502

From The Editor

I am looking forward to providing the ATR community with a newsletter. Please feel free to contact me with any information you would like to see included in future newsletters. Please submit any articles or information no later than the first of the month prior to publication. The following is a list of deadlines and publications for the newsletter:

Due Date

January 1st
April 1st
July 1st
October 1st

Mailing

February 1st
May 1st
August 1st
November 1st

Suggested Topics:

Book reviews	Networking
What's happening at your place of business	Goals
Popular techniques	Editorials
Training/workshops	Graduation/career advancements

Job Posting

Many full-time Art Therapist positions are available at Coalinga State Hospital in Central California. Art Therapists work in the Rehab Therapy Department with Music and Recreation Therapists. Job duties include facilitating groups, participating in Treatment planning, completing Rehab assessments, planning events and activities for patients, and monthly paperwork. Coalinga State Hospital is a new facility treating sex offenders. There is the opportunity to design sex offender specific Art Therapy groups. The Art Center at the hospital includes a Ceramics program, Leatherworking and other Studio groups, as well as Art Therapy groups to address Anger Management, Self-Esteem and other issues. The starting salary is \$50,000+/year. The hospital has been flying qualified applicants to CA to interview and offering re-location reimbursement. Openings will be available for years due to activation...For more information go to: <http://www.dmh.ca.gov> and click on "State Hospitals," "Coalinga State Hospital," "Human Resources," "How to get a State job," and the link for the application form "STD 678." Mail your application to Personnel, Coalinga State Hospital, P.O. Box 5000, Coalinga, CA 93210. You may also contact Amy Pfenning, MPS, Art Therapist, at APfenning@csh.dmh.ca.gov or 559-934-3703, or Evelyn Catano, Chief of Rehab Therapy at 559-934-3780 for more information.

CALL FOR PRESENTERS

In an attempt to provide information about current trends in art therapy practice, FATA is accepting proposals from presenters interested in facilitating hands-on art therapy experiential workshops, symposiums and conferences. We have collected a handful of proposals thus far and look forward to a collection of ready-to-go/pre-approved quality presentations. Please forward all proposals to Poppy at continuing education www.floridaarttherapy.org.

FATA NEWS

St Petersburg Symposium, May 2007



FATA NEWS

Art Therapists, students and friends of art therapy having fun at the Salvador Dali Museum, at the St. Pete Pier and at University of South Florida.

The FATA Mission Statement

The Florida Art Therapy Association is dedicated to providing education, professional development, training, and political action for its members. Further, FATA will pursue the highest Professional and ethical standards to protect the public for which it serves.

FATA MEMBERSHIP

Want a great way to stay in touch with art therapists around the state?

Interested in the field of art therapy, and want to know more?

Joining FATA will give you access to all this, and more.

FATA provides continuing education through workshops and symposia, publishes a quarterly newsletter, connects the art therapy community with one another, and promotes art therapy within the community.

FATA Membership falls into the following categories:

Credentialed Professional, Professional, \$20

Retired Professional and Student, \$10

Contributors, \$20

To receive more information on how to join FATA,
contact Mercedes B. ter Maat, Ph.D., LPC, ATR-BC at mbtermaat@comcast.net

FATA dues are payable each year. You must first be a member of AATA in order to become a member of FATA. Upon receipt of your dues, you will receive a membership card and will begin to receive newsletters and updates on workshops.

FATA exists through volunteer hours and efforts. Dues cover membership in the umbrella organizations, postage, expenses related to programs, publications, and outreach.

Thanks for your support!