

A *Message* from the FATA President

Happy Autumn to you all. Summer seems to fly by so quickly but the cool evenings of fall always are welcomed. I'd like to highlight news from the summer as well as upcoming events. In July AATA hosted the 42nd Annual Art Therapy Conference in Washington D.C. To my disappointment I was unable to attend however, I continue to be inspired by the many wonderful details various attendees have shared with me. Two FATA members were recognized for their outstanding contribution to the field of Art Therapy, Dr. Marcia Rosal and Dr. Patricia Isis. Congratulations to both of you on your achievements. Also, of note, a few of our Florida Chapter Members joined together and held a panel discussion at the conference on the use of Mandalas for self care. You can see images and read the articles about our member activities in D.C. on the upcoming pages. Thank you to all of you that made it to the Meet and Greet to network with other chapter members and to share your ideas for FATA.

If you weren't able to make it, or if you have had more inspiring ideas you'd like to share, please send us an e-mail. Speaking of inspirations and sharing thoughts, FATA continues to reach out to the public to raise awareness of the healing potential that Art Therapists offer through their professional work with different populations in Florida. The American Association of Kidney Patients located in Tampa, Florida recently asked if we could send them an article about Art Therapy for their bi-monthly magazine, *aakpRENALIFE*. Thanks to many of you who have shared your thoughts and ideas, we were able to send them a testimonial.

So often we don't hear how our services have effected our clients after they leave. So when someone sends the FATA board an e-mail sharing their perspective on the experience they had with art therapy, it is inspiring. This happened recently when I received an e-mail from a Graduate student who was researching information for her thesis and including information about art therapy.

Her experience with art therapy as a child inspired her toward a career in the arts. Her story can be read in the upcoming pages as well. I hope you enjoy all the inspiration shared in this edition of the newsletter. FATA is offering professional education credits through our first webinar in November. We are looking forward to hosting this event and exploring the options of future webinars for our members. Many thanks to our Board Chairs for their time and efforts to uphold the FATA Mission. Also, thank you to our FATA Members who have contacted us with their thoughts and news. As always, keep an eye on our website, www.floridaarttherapy.org for upcoming FATA events and webinars as well as community events involving art therapy around Florida.

Merrilee Jorn



2011 FATA Board of Directors

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Florida Medicare News

The changes to Florida Medicare services have been proposed and according to the timeline are now seeking waivers and amending where needed. These changes will potentially provide art therapists with more clients, but we need to make sure our voices are heard and that art therapy, or at the least "other/additional ser-

vices" will be included in the language of the document as to what Medicare will provide for its patients. The website http://ahca.myflorida.com/Medicaid/statewide_mc/index.shtml#tab1 provides information about contacting those involved in these proposals as well as the timeline for the proposals and changes.

The program's implementation is laid out and those who are interested are also able to enter their information in order to receive alerts about changes or updates to the current information.

Laurie

Wear BLUE on 11/17 to support Children's Grief Awareness Day in Florida



@ Conference!



Right to left: Sara Windrem, Donna Betts, Sheila Lorenzo de la Pena & Amy Bucciarelli



Jane DeSouza & Rachel Farrell-Kirk



Judy Rubin

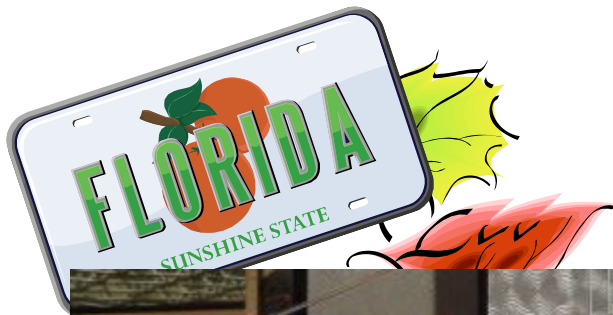


Right to left: Carol Cox, Sara Windrem, Amy Bucciarelli & Sheila Lorenzo de la Pena

As AATA Conference Chair, I was proud to see Florida so well represented in DC! We had attendees, presenters, pioneers like Myra Levick, AATA board members like Craig Siegel, and this year's HLM, Dr. Marcia Rosal, all hailing from Florida! Next year, with the conference closer to us (in Savannah), we should be able to have another strong showing.

See y'all there!
Raquel Farrell-Kirk





Your FATA Board Chairs have been hard at work all through the summer and here's what they had to say:

President-Elect

My FATA involvement at the conference was related to serving as delegate and hosting the Meet & Greet. Many wonderful ideas were exchanged at both of these events. City-based FATA committees were proposed and conference plans outlined. Legislature initiatives were also valued aspects of the conversations at the conference.

Currently, Annie and I are preparing the CEC: Art Therapy in the Digital Age. Also, we have found a location in Coconut Grove that requested assistance with painting a mural. The location is a Head Start program and FATA members will be contacted with an invitation to participate in the community art therapy project which will take place in mid-late February.

Regards,
Amanda Alders

Membership

Congratulations, FATA Members! We've had a stellar rise in FATA's membership count for summer 2011. Our member-base increased by 60% in the past six months. From January to July 2011 we went from 46 to 77 members. Your collective voice and patronage are much appreciated!

Rachel Upton-Rice

Government Affairs

Over 1000 art therapists and professionals were in attendance to this year's conference at the nation's capitol. There was a great showing of Florida art therapists and Florida State University students, alumni and staff. Many of those affiliated with FSU's art therapy program gathered at FSU's annual conference student and alumni party hosted by Dr. David Gussak. This year's event honored Dr. Marcia Rosal who received AATA's Honorary Lifetime Member Award and was celebrated by those in attendance.

At the forefront of numerous presentations was the subject of art therapy in school systems. The first keynote speaker, in fact, was the newly elected president of the American Association of School Administrators (AASA). Working in collaboration, AASA and AATA have recently made available an Art Therapy Toolkit (<http://www.americanarttherapyassociation.org/upload/toolkitarttherapyinschools.pdf>) an interactive resource that informs about art therapy programs in schools.

On a personal note, I spent much of this summer working to maintain my job in the public school system in the face of major budgetary cuts that resulted in huge cuts in the visual arts. This resource was something that I was able to forward my boss which he could then use in defending my position as an art therapist. It is very user friendly and extremely informative.

At the conference, I was also able to make valuable GAC contacts and attend advocacy and GAC related trainings for both approaching elected officials and working through grassroots campaigns to increase

awareness and promote the field of art therapy. I have been able to add my name and information onto AATA's national GAC email list and conference call list. There is a conference call scheduled next week, so I will report back any new, pertinent information as it becomes available.

Laurie Brown

Newsletter

The 1st newsletter using the new format launched at conference. Visitors to the FATA table picked-up copies and had the opportunity to speak to one of the board chairs present.

Members should have received an electronic version of the newsletter via e-mail in July. If you didn't you will be able to find an archived copy on the FATA website along with those from previous years.

While in DC I was able to meet some amazing Floridians at the FATA Chapter table, the FSU table, and the FATA Meet & Greet. Overall, Florida, was well represented as providers of workshops, panels, master supervision groups, and in reception of prestigious awards.

Thank you for all those who have submitted stories and photos. This Fall newsletter is jam-packed full of member news from all around the state. Some announcements are in retrospect while others are happening soon. All the same, take a few minutes and make note of what is happening in our state. Keep documenting the great work you do and send us the details so others know too.

Sheila Lorenzo de la Pena

A Letter from Your Treasurer: Dr. Lisa Wasserman

Dear Members,

At this years AATA conference in Washington DC some of our accomplishments were recognized. As the treasurer of FATA, past president and active board member since 1997, I truly felt proud to be an Art therapist from Florida. Our continued efforts will help us make way as a leading chapter in Art Therapy.

AATA board of directors announced that Dr. Patricia Isis has been awarded life time member of FATA and Myra Levick was also awarded for her prestigious accomplishments in art therapy. While Dr. Marcia Rosal from FSU was awarded for her great accomplishments to the field of art therapy and is now a lifetime member of AATA. Craig Siegel, FATA's past President made comments at the opening session, as well as, spoke on behalf of Miami-Dade's successful Art Therapy program. Raquel Farell- Kirk another past president of FATA was the program chair and she not only spoke at the conference but she helped to make the conference a huge success.

Success is within the context of your expectations and I would like to say that being a member of FATA and apart of the board was a way for me to get involved and help myself and fellow art therapist make a difference in our communities. Not only am I involved with FATA but I had the privilege of learning about AATA conferences by shadowing Raquel Farell-Kirk as the program chair as we screened the proposals for the conference. I encourage you all to contact FATA to shadow one of our current board of directors or committee chairs so you too can feel connected to your state chapter and fellow art therapists.

My plans are to move from my strong ties with FATA to the big all mighty mother ship, AATA. Although, I will remain as the FATA treasurer for this term I will also be the new program chair for the next state conference in Georgia next July 2012. I hope that you all plan to attend and if we can help to brainstorm ideas for saving money in order for you to attend I urge you to contact me or any board member of FATA at floridaarttherapy.org. Sharing rooms, becoming a member of a hotel, such as the Marriott helps you to gain points to free nights and access to meal plans. So plan ahead, and plan to attend.

Some of my intentions at this years conference were to network with fellow art therapists from the United States and I was pleased

to have communicated with some art therapists from Italy, China, and Japan as well. The tremendous amount of art therapy services and research being conducted in the mental and physical health fields appear to be growing by leaps and bounds. The conference had so much wealth of knowledge to offer, that I am sure to take at least a week or more to assimilate it all. I plan to apply what I learned to my current practice at Memorial Regional Hospital, Department of Behavioral Health in Hollywood Florida (Broward County).

Some of the information obtained was in terms of the benefits of art therapy on the brain. It was energizing to hear that there was no reason to explain the purpose of art therapy since the psychiatrists, volunteers, non-profit administrators, SAMHSA (substance abuse administration) and many others were letting us know that their patients/clients were making progress in treatment because of art therapy. What a relief! I hope that as leading art therapist in Florida that we can jump on the opportunity to conduct research and treatment for Veterans, and youth with substance abuse.

HUGE Opportunities For Us All:

- SAMHSA is planning on having their next national conference in July 2012 and they want Art Therapists to present for them. and

- They have grants for Art Therapists in the above areas.

- Anyone needing help in your practice feel free to contact me for support, guidance or co-research.

- Anyone interested in speaking on a panel or solo at FATA's next state conference start planning and submit a proposal following AATA's guidelines (see their website). This is a great opportunity to practice for the big leagues (AATA or SAMHSA).

Good luck and I look forward to hearing from you!

As for the treasurer report. FATA is doing well financially. We continue to have members joining us on a monthly basis. As we

appreciate and want your membership please try to join by January of each year. We are one of the states that have the lowest yearly membership of \$10.00 for students and \$20.00 for professional members and we plan to keep it at this rate for as long as we can.

FATA has a goal to keep our membership at or around 100 members. The states that have been able to maintain this number have been able to work with their state to get licensure. The state of Florida only wants to work with us if it is a financial benefit as well as protecting the health and safety of the public. Keep up the good work.

Look for the next newsletter as I have some future plans that I will propose to the FATA Board and members, for helping art therapists in Florida.

Thank you for your time,

Dr. Lisa Wasserman



Carol's Story

Working as a professional art therapist in a hospital setting, client turnover is rapid. On occasion there are a few patients who are in need of longer term healthcare services within the hospital. These patients are typically challenged with life altering illness or injury. On the physical surface progress during recovery can be observed. However on the inside, emotional healing may take longer. After a patient is discharged from the hospital, I often think about the clients I have worked with and wonder about their internal healing process. This I imagine is true for professionals in this field or the like working with any population. So when I was contacted by a young woman who as an adolescent had done art therapy during her long term recovery in the hospital, I was interested in hearing her story and how art therapy influenced her life. She agreed to have me share her story for inspiration.

Carol was 13 years old when the van she was in ran off the road and hit a tree. She emerged from the vehicle disoriented, having hit face first into the seat in front of her. Her braces had cut through her face and she was in need of medical care. She was standing in the middle of the road in the rain at night. The last thing she remembered was seeing headlights. Carol was hit by an oncoming car at 55 mph, flew into their windshield and then rolled off of the car into a ditch. She broke her nose, leg, and shattered her pelvis. She had to have multiple operations along with multiple plastic surgeries due to all the abrasions from the glass. Carol spent a lot of time in hospital beds as a result of the surgeries and the rehabilitation process. During her recovery the hospital services provided her the opportunity to use art materials to aid her in her emotional rehabilitation. In Carol's words, "art provided me an escape to that unfortunate reality". Since that time, she has continued to feel very passionate about others having the opportunity to benefit from art as well. In high school, she would volunteer at nursing homes and paint with the residents there.

Today Carol has recovered beauti-

fully from her injuries and is completing a thesis for her graphic arts degree. "I have read many case studies, ordered books, etc... on art therapy in order to better understand the methods and communication. My graduate thesis gave me the perfect opportunity to learn more about art therapy and write about something that I am very passionate about. I know that art is healing and I feel that everyone will benefit in some way given the chance to experience art therapy for themselves."

Thank you Carol for sharing your story with us.

- Merrilee Jorn
FATA President

July 2011

It was wonderful to connect with members of the Florida Art Therapy Association (FATA) at this years 42nd Annual American Art Therapy Conference, Creative Energy, Collective Efforts: Empowering the Art Therapy Journey in Washington, DC. Approximately twenty members from around the state attended the "Meet & Greet" event organized by the FATA board. The event provided an opportunity for members to meet for the first time and reconnect with old colleagues.

Warm regards, Reina



Right to left: Amanda Sanders, Reina Lombardi, Sheila Lorenzo de la Pena

In from Tallahassee

FSU has been bustling with activity this summer and Fall!

The department had an outstanding showing in DC in celebration of Dr. Marcia Rosal receiving the Honorary Life Membership!

Soon after their return to Tallahassee the department welcomed 20 Art Therapy Professionals from South Korea.

Here's what they had to say:

"In late 2008, the Korean Art Therapy Association requested that the FSU Art Therapy Program host an educational program for professors and advanced practitioners of art therapy. On July 9, 20 art therapy professionals arrived on the FSU campus to study with Drs. Marcia L. Rosal and Dave Gussak. The two week program focused on two areas of advanced art therapy research: Contemporary Group Art Therapy taught by Dr. Rosal and Art Therapy with Deviant Populations with Dr. Gussak.

Of the 20 Korean visitors, several past-presidents of the Korean Art Therapy Association including Professor Choi, one of the founders of the association and a past-president of KATA was in attendance. The current President of the association also travelled to FSU for the program and several professors from various universities from around South Korea were also here to advance their un-

derstanding of art therapy education.

An outcome of the summer intensive program was to develop an exchange with Yeungnam University Department of Art Therapy. "

Just in time for the Fall 2011 semester to begin the much anticipated William Johnston building renovations have concluded. The Art Education Department shares the lofty space with Art History and Interior Design. The Grand Opening celebrations were amazing.

September 29th

The Department of Art History kicked off the celebrations with guest speaker Thomas Gordon Smith, professor of architecture at the University of Notre Dame.

September 30th

The Department of Interior Design hosted Eames Demetrios for a ticketed reception and lecture.

October 1st

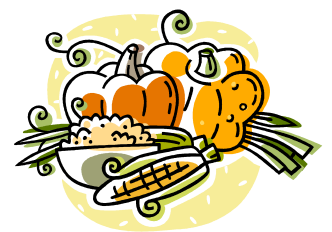
The Department of Art Education celebrated with speaker Ellen Disanayake who combines interests in the arts and evolutionary biology with insights drawn

from 15 years of living and working in Sri Lanka, New Guinea, India, and Nigeria.

Please direct any inquiries about FSU ATA to Erin Boomgarden at eb09e@fsu.edu



Kid's Guernica Project photographed by Adrian Pereira



Happenings & Events: Special Edition

In from Jacksonville

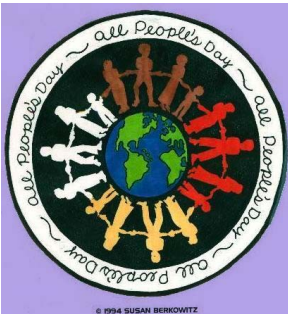
We now have a small community of art therapists living in Jacksonville, FL. There are 7+ art therapists who have found themselves living and working in the northeast corner of the state. In recent weeks there has been talk between them to form an art therapy group with the goals of support and self care, service to the Jacksonville community, increasing awareness in the public eye, advocacy, art making and supervision. The group plans to hold their first meeting in the next month and there is much excitement for a group to form in a large city where the public knows little about what art therapy truly is!

Taylor Freeman, a recent graduate of Florida State University's (class of 2010) art therapy program, works at Daniel Kids a part of Daniel Memorial, Inc. in Jacksonville, FL. She was recently interviewed on television about art therapy and her work with at-risk youth! Through mainstream media, she is spreading the word about the art therapy in the Jacksonville community! Here is a link to the full interview, available on youtube: <http://www.youtube.com/watch?v=Bfc2wcA2rwg>.

Laurie Brown



Laurie Brown



South Floridians should mark their calendars for All People's Day on March 31st, 2012 in Delray Beach. This inclusive holiday was created by Susan Berkowitz Schwartz, MPS, APT-BC in 1973 and she's brought it to south Florida to stay. In 2011 we had 500 people attend!

The *All People's Day*® (APD) holiday celebration is a multicultural program that helps children, adults, and seniors see and embrace the beauty of their diversity. As its very name implies, All People's Day® is inclusive of all populations and addresses the multiple issues of differences and similarities among people. Since 1973, people of many walks of life have experienced this inspirational holiday through crea-

tive participation in its arts traditions.

There will be another festival in Florida on March 31, 2012 the place is still to be determined. We would love to have a larger art therapist involvement. Anyone interested in participating please contact me susan@allpeoplesday.org for planning or having a booth etc. Booths with interactive projects about relevant issues may obtain the space for free. Please visit the website and contact me for more information.

PEACE & LOVE,
Susan



For activity ideas, testimonials and past year events please visit: www.allpeoplesday.org

In from Ocala

Healing Heart: Witness the healing power of art @ Appleton Museum of Art

Ocala member Tannye Johnson ATR-BC, wrote-in to let her fellow Floridians know about a great opportunity she helped bring together.

"I worked with two groups to bring their art work into the Healing Hearts show at the Appleton Museum of Art. The show is about how making art, is a healing force in peoples lives. We participated in the show last year also, with two different clients. It is a very powerful art show which teaches about mental illness and life stresses, and art therapy and how it works. I worked with a group of adolescents from Arnette House as well as a group of adults from NAMI. The show opened on August 21 with free admissions and closed on September 20th. God blessed us this year, the show was great!"

-Tannye Johnson



Here is a poem titled "Truancy" by Client L.
Age: 16

Lots of potential, movie career at 8.
Then beep, beep, beep, I'm late!
I was in a deep sleep,
Then I jump out of bed.
How many times did I hit the snooze?
How much time did I lose?
While in the shower,
I say, "Just another day of school."
"I wish this was a pool to relax in!"
Instead, I will do math, writing and reading.
Will I find life's meaning?
I wish I could just relax instead!
What is the fuss, if I miss the bus again?

Lots of potential, I play the guitar.
Pink Floyd is my favorite star.
I'm in a band, isn't that grand!
What need do I have of school?
Dad did not graduate.
He has been out of work now for a long time.
Parents getting divorced, and there's no one to enforce the rule, to go to school.
I need someone to get me up!
I want to go to school,
So I won't be a fool.
That someone will have to be me!

In from Miami



Earlier this year a group of arts activists from Botswana visited Patricia Isis in her Miami office: "These youth leaders came to Miami as part of a US State Dept funded trip to learn more about using the arts therapeutically to aid the youth with HIV and issues of substance abuse. They also visited Ashville, NC. They were very excited about art therapy!"

Patricia Isis



FATA *Spotlight*

Talk of the Town

Sara Windrem, MS, ATR-BC serves those who have served. As a Creative Arts Therapist at the West Palm Beach Veterans Affairs Medical Center since 2009, Sara uses Art Therapy, Yoga, and Mindfulness interventions with Veterans in the Inpatient Psychiatric Acute Care Unit, the Psychosocial Rehabilitation and Recovery Center, the Mental Health Intensive Case Management Program, the Substance Abuse Intensive Outpatient Program, the Women's Veterans Program, and the Cancer Center. Sara is always looking for innovative ways to reach out to more Veterans and use Art Therapy to promote social awareness within the VA Medical Center. She has organized exhibitions of patient

artwork in connection with the National Celebration of Recovery, the National Suicide Prevention Week, and Military Sexual Trauma Awareness Month. This past July, she provided a glimpse of her personal journey through mandalas in *Communicating Through Mandalas: Exploring Traditional & Online Media With Fellow Therapists*.

For more information about the VA please visit:
www.va.gov

For more information on the panel presentation & practitioner resilience please visit or follow the Mandala Exchange Blog:
www.mandalaexchange.blogspot.com



Creative *Style*: a directive fitting for Hurricane Season

This was an outpatient mental health group of Veterans with chronic serious mental illness.

I began by showing patients various photos and radar images of hurricanes and we discussed what "the eye" of the storm was. We then discussed the group's experiences with hurricanes.

I then read Chapter 64 of Richard Carlson's *Don't Sweat the Small Stuff...and its all Small Stuff* (1997). It's a short read, about 2 pages. Here is the first paragraph from the chapter:

"The eye of the storm is that one specific spot in the center of a twister, hurricane, or tornado that is calm, almost isolated from the frenzy of activity. Everything

around the center is violent and turbulent, but the center remains peaceful. How nice it would be if we too could be calm and serene in the midst of chaos -- in the eye of the storm."

Patients were then asked to draw their response to the reading or to draw themselves handling a potentially stressful situation calmly.

The patients' responses were varied and amazing. As a group they got the metaphor. Some focused on dealing with financial stressors. Another patient focused on how he has some clean time and has seen positive changes but worrying about relapsing now that he actually has something to lose. One patient drew spiraling jagged lines and described stress about

health, homelessness, depression, relationships, and money and then he drew bright yellow center to the storm and wrote the word "calm". He said his calm was being around people instead of isolating, counting his blessings, spending time with family, going to church, and praying. Another drew spiraling lines of a hurricane and drew himself within the hurricane, and said that things have been difficult for him, but that he is moving towards the calmness and peace in the eye of the storm.

I'm sure this is something that could be adapted to various populations so during or after this hurricane season take the time to illustrate your own calm center.

Sara



For Happenings & Events, Talk of the Town, and Creative Style sections submit a short story with up to 3 images to:
floridaarttherapy@gmail.com

All information submitted will be considered for publication in FATA's newsletter or website.



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.

A C H A P T E R O F T H E A M E R I C A N A R T T H E R A P Y A S S O C I A T I O N

Breaking News!

Please look for regular updates in your inbox, in addition to our newsletter.



We are always seeking for your testimonials, favorite art directives, etc.

Thank You for all those who provided photos and captions.

Please email any corrections to the editor.



3 ART THERAPY CECs
Space is limited- Register Today!

The Florida Art Therapy Association is proud to offer a Webinar-based opportunity

"ART THERAPY AND THE DIGITAL AGE: TECHNIQUES AND CONSIDERATIONS"

Highlights:

Interactive format!
Movie-making techniques
Email encryption/Digital signature to how-to
Digital data storage demonstration
Explanation of current laws

How to sign up!

Visit our website: www.floridaarttherapy.org and fill out an online registration form.

Submit Payment: PayPal via FATA website
\$30 – FATA members
\$50- Non- FATA members

Attend:
Saturday, November 12, 2011
from 10am -1pm

FATA members who have their ATR-BC or ATCS and are willing to supervise, please email your name, credentials and a short bio (about 5-6 sentences) to floridaarttherapy@gmail.com information submitted will be added to the FATA webpage.

You can now update your personal contact information directly on the AATA website at www.arttherapy.org

Don't forget!

www.floridaarttherapy.org