

## A *Message* from the FATA President

As life is renewing itself all around us, FATA is in a rebirth of its own. In January, as a result of the collected votes, I was honored to follow in the footsteps of Raquel Farrell-Kirk as the new FATA President, located in our state Capitol, Tallahassee. The position of President-elect was accepted by Amanda Alders who is located in Miami. Secretary, Annie Hoffman, also of Miami. As Treasurer, Lisa Wasserman returns for her 7<sup>th</sup> year with FATA president-elect, Secretary and Historian in the past.

Thank you to all of our Members who returned a response in voting for the executive board members for 2011-2012. Member responses and the dedication of volunteers to our Board are important for the success of our state chapter.

In January, work began to fill positions with a new team of energetic and talented professionals located in both North and South Florida. That being said, I take great pleasure in announc-

ing the art therapy professionals that have stepped forward to volunteer their time to fill Chair positions and contribute a vital role as part of our FATA Board Team: Membership Chair: Rachel Upton Rice, Miami; Web Master: Jessie Spraggins, Tallahassee; Newsletter Chair: Sheila Lorenzo de la Peña, Tallahassee; Government Affairs Chair: Laurie Brown, Jacksonville, and Historian: Maggie Chavez, Tallahassee. Each Board member has an active role to make FATA work as a state resource for your professional needs.

At the AATA Conference in Sacramento, I attended the Chapter Assembly to gain ideas and inspiration from other Chapters around the Nation as well as from AATA Committees. I was able to bring back these ideas and with the help from Member majority votes and the talent from a fantastic board we began work. So far we have completed a renewal of the FATA website with AATA branding recognition and new pages of continuously updated

information. The 2011 Summer Newsletter is here. We are working on CECs in webinar format. We are working on public relation initiatives to expand our involvement with university art therapy departments such as Florida State University, schools and substance abuse mental health agencies in north and south Florida to coordinate events that promote the use of art therapy within the mental health field. Events being discussed will include art therapy awareness events at the capitol during the legislative session to support recognition of Mental Health Awareness Month and Mental Health Awareness Day activities.

May was Mental Health Awareness Month and this years theme was "Building Resilience in Young Children Dealing with Trauma". However, this theme can be used all year long. Around the state art therapists have organized time and space in hospitals, school functions, and other events to share handouts, art and provide an open studio to inform

Continued on page 2

## FATA is Changing Things Up

As you may have noticed a few things have changed around here! FATA has joined the AATA approved chapters by updating our web and newsletter design. Both the website and the newsletter will continue to bring you information from practicing art therapists in our Sunshine State.

We hope that you enjoy the changes and if you have not yet noticed, take a peek at our newly remodeled website, [www.floridaarttherapy.org](http://www.floridaarttherapy.org), you'll likely notice the artwork highlighted on our homepage. These mandalas were created by

Sheila Lorenzo de la Peña, Newsletter Chair on our FATA Board. The artwork on our homepage will be changed bi-monthly and *we are looking for submissions from FATA members.*

As part of the FATA community we the board believe that your voices should be heard. In order to stay with the trends in communication we will soon be adding a Facebook page. This new tool will allow us to quickly communicate with our members and other friends of FATA. We want your stories, photos, and news! Let FATA know of upcoming

events, creative feats and just plain-ol-amazingness and we will share it with art therapists throughout the state!

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

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

## 2011 FATA Board of Directors

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AMANDA ALDERS
SECRETARY
ANDREA HOFFMAN
TREASURER
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JESSICA SPRAGGINS
HISTORIAN
MAGGIE CHAVEZ
NEWSLETTER
SHEILA LORENZO
DE LA PEÑA

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the public about the use of art therapy with children who have experienced trauma. If you are making plans to be at the AATA conference in DC check out the Capitol Hill Advocacy Day to see some highlighted events. We would love to have your local events spotlighted on our website and at the National Conference next year in historic Savannah, GA.

Last year art therapists in Florida responded to the crisis in Haiti. This year there is a call for collaboration with art therapists interested in helping the children in Japan. If you would like to be a part of this effort go to the FATA website for more information and a link to AATA.

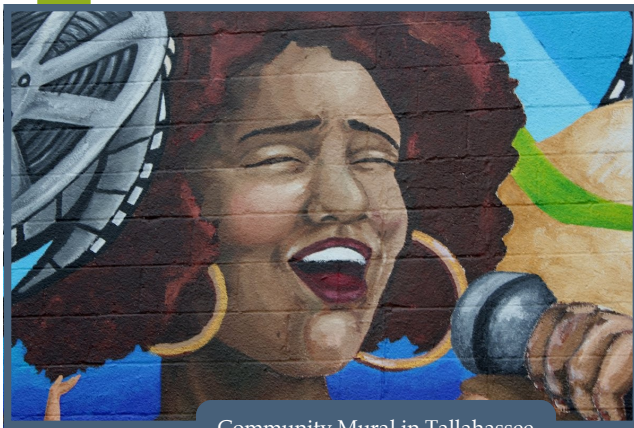
be presenting in a panel discussion on mandalas. We have made plans for a FATA member meet and greet during the conference. Review the Happenings & Events section of the newsletter for date, time, place and contact information.

Be sure to visit the FATA website and drop us an e-mail with your thoughts. Let your ideas and stories ignite the spark of creativity in others around the state. Send us information about what art therapy is like in your community. Don't forget to take time to explore your own creativity we are spotlighting members' art and their work. FATA will be selecting artwork from member submissions every 2 months and placing it on the website and the newsletter. Hopefully something you see will inspire you to keep creating and to share with us. Again, your active participation and feedback is encouraged. As the Board moves forward with planning and events, we hope to hear from our members so we can connect, inspire, and professionally support Art Therapy initiatives around the state.

- Merrilee Jom, MS. ATR-BC



"FATA is in  
a rebirth of  
its own "

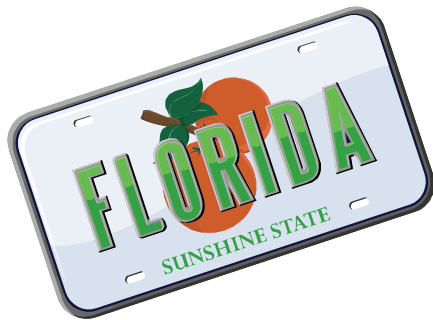


Community Mural in Tallahassee  
Celebrates the Arts

The AATA Annual Conference is almost here! Our President elect, Amanda will be the delegate in attendance at the Assembly of chapters and we look forward to the inspiration she will bring back. Our Government Affairs Chair, Laurie Brown is making plans to be on Capitol Hill and our Newsletter Chair will

Image taken at this years South Eastern Regional Music Therapy Conference in SC at a co-therapy workshop.





## *Meeting the New FATA Board!*

In this installment of your FATA Newsletter we wanted to introduce you to the new board members. In getting to know them we've asked that they present a glimpse of the initiatives each will be working towards in the coming months.

### President

Merrilee Jorn, M.S. ATR-BC, has served FATA as the membership chair in the last two years and in January stepped into the role of FATA President. She received her Master's degree in art therapy from Florida State University. She works with adolescents and adults at the Behavioral Health Center at Tallahassee Memorial Hospital. In addition, she is an active volunteer in the community facilitating art therapy groups with post treatment cancer survivors. As FATA president she will: Improve communications between the FATA board and members via the new website and updated newsletter. She is also working to provide increased membership benefit opportunities such as workshops with CEC's and additional community involvement with public relations interactions that would improve knowledge of art therapy and the integrity of FATA within our state.

### President-Elect

Amanda Alders, MS, ATR is currently president-elect. She is completing her PhD at FSU and is a full-time clinical art therapist with the Miami-dade public schools. She enjoys using technology in art therapy sessions and is Chair of the AATA Technology Committee. As the president-elect of FATA her goals are: to Fulfill delegate responsibilities; Provide CEC opportunities for members; Set-up publication networking groups; Set-up supervision referrals to facilitate member ATR achieve-

ment; Develop FATA conference and workshop opportunities; Develop video tutorials on art therapy pioneers for open-access posting on web; & Fulfill a "helper" role to all other board members.

### Secretary

Annie Hoffman is the secretary of FATA and a practicing art therapist currently working with adults in an inpatient psychiatric hospital in downtown Miami, FL. After obtaining her masters degree in Art Therapy from Hahneman/Drexel University in Philadelphia, PA, Annie decided to return to her roots in Miami, FL. As a South Florida native, she has strong ties to the community and has worked/volunteered in various facilities and organizations with both adults and children. She brings with her a strong passion for education and promoting the field of Art Therapy and a desire to strengthen the sense of connection and community of Art Therapists throughout the state of Florida.

### Treasurer

Lisa Wasserman has taken on several roles on the FATA board over the last 11 years. As the treasurer she will: 1. keep account of all money and make sure to have approval of transactions from president. 2. provide the board with a quarterly report of the account. 3. provide a budget outline for the year (with assistance from the board and member goals). send out letters to members about their account if needed. 4. inform board of financial matters in regard to events, fundraising, and volunteering. 5. Keep all records in handbook and CD.

### Membership

Rachel Upton-Rice is an expressive therapist at University of Miami Hospital. She was born in Boston and currently resides in

Miami, Florida. She graduated in 2010 with honorary distinction from Pratt Institute with a Master's in Professional Studies in Art Therapy and Creativity Development, in 2001 from Parsons The New School for Design in General Studio, and in 1993 with a Bachelor of Arts from Indiana University in Journalism and Psychology. At present, Rachel is actively pursuing her ATR-BC credentials under the supervision of Dr. Patricia Isis, Ph.D., LMHC, ATR-BC. Her membership goal is to unite Florida-based art therapists in common pursuit of professional development and progressive practice.

### Government Affairs

Laurie Brown, a recent graduate of FSU's Art Therapy Program, has stepped in as FATA's new Government Affairs board member. While at FSU, she worked with at-risk youth and EBD students in schools surrounding Leon County and in FSU's University Counseling Center. She also developed and tested a short-term art-based protocol to address trauma and PTSD, combining various therapeutic modalities for her Master's thesis work. Laurie moved to Jacksonville, Florida after graduating to work as a therapeutic art teacher in Duval County Public School system's EXCEL Day Treatment Program where she works with EBD and special needs students, grades 6-12.

As the Government Affairs officer, Laurie hopes to advance the field of art therapy through building a strong relationship with current legislators, with the short term goal of increased awareness of art therapy and the long term goal of the development of state licensure for art therapists. The idea of developing a distance learning program through FSU has been intro-

*For information  
on local events,  
referrals,  
important  
contacts,  
membership,  
continuing  
education and  
more!*






**Summer 2011**

The Florida State University Art Education Department  
and Academic & Professional Program Services  
*present*

# Art Therapy

## FOR THE TREATMENT OF TRAUMA & ABUSE




**Three Weekends -  
June & July 2011**

A summer course for students  
and professionals who are  
interested in the use of  
art therapy as a treatment  
for trauma. The course is offered  
through Florida State University's  
nationally respected  
Art Therapy Program.

**Who Should Attend?**

- Art Educators/Artists
- Art Therapists
- Special Education Professionals
- Social Workers
- Psychologists, Counselors  
and Therapy Professionals



duced by current and previous FATA officers, specifically for the purposes of providing a way for currently practicing art therapists to take additional counseling-based courses needed in order to sit for the national counseling exam and thus gain state licensure in mental health counseling.

#### Webmaster

Jessie Spraggings, M.S., ATR, is on staff at FSU's University Counseling Center (UCC). A graduate of FSU's Art Therapy Masters Program, class of 2008. She joined the UCC staff in August of 2008. She is the primary onsite art therapy supervisor as well as

liaison to the Eating Disorder Treatment Team and editor for the UCC website. Additionally, she manages an individual caseload of about 15-20 clients weekly.

As the webmaster for FATA, she hit the ground running. With board approval Jessie re-designed the website to meet AATA's new branding. Keeping our members in mind the new site is aesthetically pleasing and has improved maneuverability. Over the next 3-6 months she also plans to: 1) Construct a members-only area portion of the website, accessible only by personal username and password. This portion of the site will allow for future resources to be exclusively available to FATA members. 2) Create a FATA Facebook page that will enable communication among FATA members around the state in one accessible technological space.

#### Historian

Maggie Chavez, M.S., is from Texas and graduated from Florida State University Art therapy program. She is a registered mental health intern completing her hours towards her ATR and LMHC. She currently works at Twin Oaks Vocational Academy as a therapist working with developmentally delayed juvenile offenders in a residential program. She conducts individual sessions as well as group sessions doing art therapy and substance abuse. A major goal of Maggie's as the Historian is to provide an avenue for members to capture the moment(s) that stood out for them and offer a way to customize their memories either through pictures, a calendar of selected images, or any other creative means.

#### Newsletter

Sheila Lorenzo de la Peña, M.S., ATR-BC, received a B.S. in Art Education from FIU in 2005. She's worked with forensic psych adults

since graduating from the masters program at FSU in 2007. She is the onsite art therapy supervisor for practicum students at the state hospital in Chattahoochee.

As the newsletter editor her first order of business was to re-organize the newsletter template in order to facilitate future editing while freshening-up aesthetics. In order to stay compliant with AATA's new initiative we've also adopted the chapter logo for our publications and future communications. FATA's Newsletter will continue to bring you information from around the Sunshine State on a quarterly basis. In the coming months she will be calling-out to all of our readers and affiliates to re-establish a network for news.

Welcome to the new  
board and new members  
& Thank You for those  
who have remained with

*Help Florida Art  
Therapists stay  
connected.*

**We want to  
hear from YOU!**

*Please send us  
your stories and  
comments.*

## Happenings & Events

### Florida Art Therapists in DC!

Plan to attend this years AATA Conference in DC?! This is a great opportunity for Florida art therapists to network!



FATA will be hosting a "Meet and Greet" at the conference! Your president-elect, Amanda, is the point of contact. Where: Illy's Cafe @ Marriott Wardman Park

When: Saturday from 6pm-7:30pm  
Contact: call/text to 901-438-2765

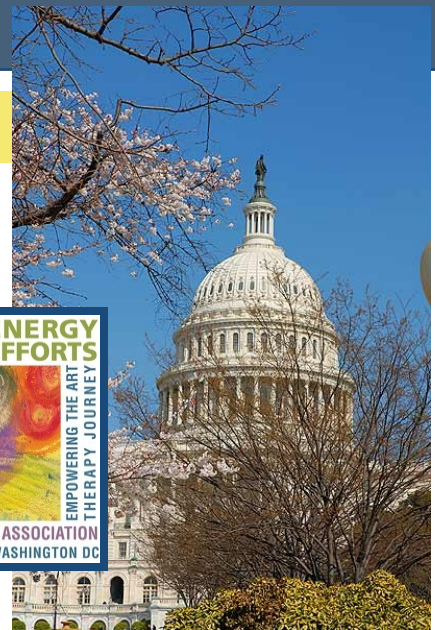


FATA Gov. Affairs Chair, Laurie, will be attending Advocacy Day. She can be reached via email:

[Laurieebrown@hotmail.com](mailto:Laurieebrown@hotmail.com)

for comments, concerns, questions, or suggestions about how best she can serve you and the Florida art therapy community!

Also, don't miss the FSU Art Therapy Student Association information and crafts table at this years conference.



### Did you know?

★FSU's Art Education Dept. has sure been busy. Once again offering their annual workshops. *Weekend One:* Working with Trauma-Related Disorders 6/17-18 with Linda Gantt, Ph.D., TRA-BC, HLM of AATA. *Weekend Two:* Intervention with Families in Acute Crisis 6/24-25 with Dr. Joan Philips, Ph.D., LMFT, LPC, ATR-BC. *Weekend Three:* Mindfulness and Self Care 7/29-30 with Dr. Patricia Isis Ph.D., LMHC, ATR-BC. These workshops are a great opportunity for CECs. For more information contact course coordinator Dr. Marcia Rosal at

(850) 644-2926 or [mrosal@mailers.fsu.edu](mailto:mrosal@mailers.fsu.edu).

★They have also published vol. 2 of the Journal of Art for Life which can be downloaded in PDF format from their website. The inaugural issue was published in the Spring of 2010 and a PDF version is also available through their site.

★FSU ATA does not lag behind! They successfully hosted another Spring Workshop! On February 26<sup>th</sup> from 9am to 4pm featuring one of AATA's founders and honorary life members, Frances E. Anderson, EdD, ATR-BC. It was an amazing activity-

packed day with Dr Anderson sharing her extensive postcard collection and her stories from her Fulbright works in Pakistan.

★Look to FSU every spring for their free workshop open to the community hosted by SGA & COGS.

★FSU ATA also hosted the first ever student & alumni BBQ. See below for details.

★"Catharsis & Sublimation" Art Show opened Friday, April 1st @ the Railroad Square Art Park in Tallahassee. FSU ATA pre-

sents artwork by current FSU Art Therapy students, inspired by the theme "Catharsis and Sublimation" and otherwise reflective of therapeutic art processes. As a forum to promote the field of art therapy, FSU-ATA presents this display of our members' personal artistic reflections on their experiences as emerging art therapists. The show will take place Friday, April 1st, 6-9pm during the monthly First Friday event Fire Ants Studio in Railroad Square.

Please direct any inquiries about FSU ATA and their events to Erin Boomgarden at [eb09e@fsu.edu](mailto:eb09e@fsu.edu)

JAFL  
Journal of Art for Life



On Friday April 8<sup>th</sup> FSU ATA hosted the first Alumni BBQ at Tom Brown Park in Tallahassee. The event was well attended by students and alumni with special appearances from 2 well behaved K-9s. Students mingled with prospective supervisors and got the "inside-scoop" on internship sites.



## In from Miami...

Continued from pg 5

### MDCPS Clinical Art Therapy Department

This February (2/23-3/2) the Frost Art Museum at FIU presented ARTWORKS! The Building Blocks of My Life. This was the 3<sup>rd</sup> annual student art therapy exhibit from the Miami-Dade County Public Schools Clinical Art Therapy Department.

Miami-Dade County Public Schools Clinical Art Therapy Department and the Frost Art Museum on the campus of Florida International University united to present cultural support of art as healing process through a collaboration entitled "ARTWORKS!"

through March 6, 2011. This year's theme, The Building Blocks of My Life, challenged students to explore their unexpressed wishes, fears, and emotions by placing them in a box that symbolized safety and containment. The combination of artistic expression and cathartic communication lent itself to an amazing array of visual imagery.

Leah Guzman, MS, ATR-BC  
Clinical Art Therapist  
MDCPS



The installation ran from February 23

## In from Tallahassee...



"Fine art is that in which the hand, the head, and the heart go together"

-Ruskin 1859

### Community Mural Celebrates the Arts

FSU Art Therapy Association, Art Therapy Dept and the Art Education Dept in conjunction with Seven Days of Opening Nights and the City of Tallahassee, coordinated a mural project celebrating the arts. The originators, Dr. David Gussak, Chair of FSU's Department of Art Education and Steve McQueen, Coordinator of Seven Days of Opening Nights worked with the City of Tallahassee to fund the project. FSU Art Therapy Association President, Erin Boomgarden and the Art Education Department President, Matt Paltoo organ-

ized students to work on concept for project, scheduling, recruiting and logistics. The chosen design for the mural was created by FSU Art Therapy Masters Student, Jaclyn Mosing.

Painting began on Wednesday, Feb 3<sup>rd</sup> and lasted for 2 weeks. Groups of volunteers from FSU, Pyramid Studios, Utrecht Arts Supplies, Sail School and Sisters in Sobriety took part in painting various portions of the mural. The completed project was presented

to the city in a ceremony attended by FSU's President, the Mayor and City Commissioner on Tuesday, Feb. 22nd. The Mural can be seen on the SW corner of Gaines St. and Macomb St. in downtown Tallahassee, next to the Railroad Square Art Community.





## FATA *Spotlight*

### *Talk* of the Town

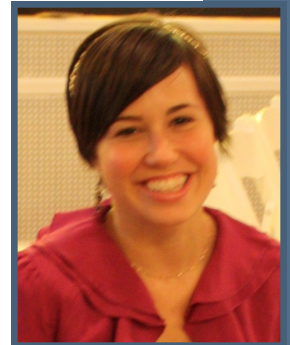
**Amy** Bucciarelli, MS, ATR is the assistant director & research coordinator for the Streetlight program, a palliative care program at Shands & UF in Gainesville, FL. The program is specifically for teenagers and young adults (ages 13-25) who have chronic and life-limiting illnesses such as cancer, cystic fibrosis, sickle cell disease, organ transplant, and other illnesses requiring frequent hospital visits. The program is unique in that it combines comfort care with peer-to-peer support to provide the psycho-social-spiritual needs of young people in the hospital. Chronic sickness can complicate the process of growing up. Teens and young adults in the hospital have lost their health,

but they have also lost their place in school, their friends, their identity, their independence, and sometimes their dreams.

The Streetlight program is directed by founder Rebecca Brown, M.Div, and Amy Bucciarelli, MS, ATR who each bring their unique professional perspectives to the program. Brown has a Master's degree in Divinity and has a background in piano composition. Bucciarelli has a Bachelor's degree in Religious Studies and a Master's degree in Art Therapy. Their spiritual interests combined with their creative art talents help guide the 65+ University of Florida pre-med student volunteers who are specially trained in the emotional and social support needs of hospitalized youth. The volunteers partner with patients in the hospital from

diagnosis to end-of-life or cure to provide them with anything from diversion - like movies and video games - to friendship and a listening ear about matters of life and death.

For more information on the Streetlight program check out the following article title "Friends for Life" <http://post.health.ufl.edu/2011/03/11/friends-for-life/> and link to the Streetlight website [www.shands.org/streetlight](http://www.shands.org/streetlight).



#### DC in July?

Both our Spotlight headliners will be discussing their use of the mandala in the panel "Communicating Through Mandalas: Exploring traditional and online media with fellow therapists" on Friday morning.

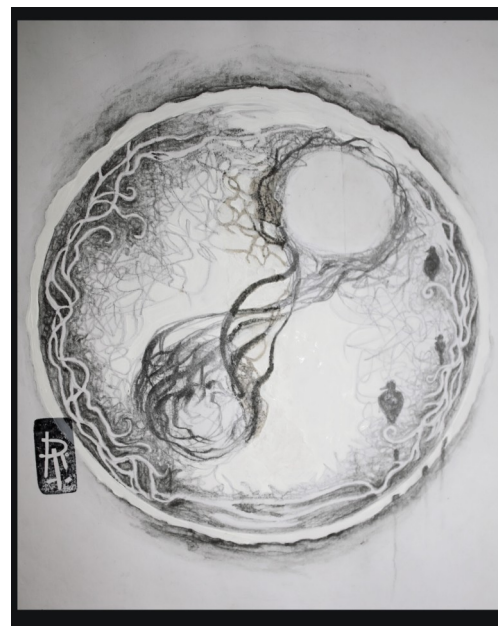
## Creative *Style*: Artist Spotlight



**S**heila Lorenzo de la Peña, MS, ATR-BC utilizes the construct of the mandala to entice and contain the creative impulse. She utilizes the inherent dialectics to contain the raw material allowing an extended time for experiencing and subsequent processing.

She creates her mandalas in order to re-shape the chaotic events that are central to therapeutic encounters. As an artist she uses the images as a visual catalogue depicting struggles and achievements. As a clinician, the mandalas provide the metaphor for exploring topics of professional identity. Throughout her mandala series she explores the familiar struggle between the artist self, the art therapist, and the role inherited at the work place.

Sheila facilitates the viewing of her visual portfolio via the community of artists of Deviantart.com. For the full gallery visit her page at [www.babygig.deviantart.com](http://www.babygig.deviantart.com)



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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.

Did you know about Art Serve? They are located in Fort Lauderdale and held their second annual healing arts exhibit (InSIDE)/Out!: Art as Healing Therapy from June 9th until June 17th 2011. They have a goal of making S. FL an art hub and their mission is to spread the word about the benefits of art with various populations. So check them out at [www.artserve.org](http://www.artserve.org) and then write to us and let us know what you thought!

We are always listening for feedback from our members and increasing our efforts to communicate with you regularly. Also submit your testimonials, favorite art directives, etc.



If you collaborated an event for Mental Health Awareness Month "Building Resilience in Young Children Dealing with Trauma" let us know! We'll highlight the event!

FATA is currently gathering information for a new section on our webpage about supervision for new professional art therapists in Florida. If you are a FATA member, registered or board-certified art therapist and able to supervise, please email your name, credentials and a short bio (about 5-6 sentences) to

[floridaarttherapy@gmail.com](mailto:floridaarttherapy@gmail.com)

You can now update your personal contact information directly on the AATA website at [www.arttherapy.org](http://www.arttherapy.org)

**Don't forget!**

*[www.floridaarttherapy.org](http://www.floridaarttherapy.org)*