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### AATA NEWS

## Voices of Art Therapy: Art Therapy and Art Making for People who Struggle with Memory Loss



AATA National Office

Thank you to everyone who has shared their meaningful stories with us. The AATA continues to gather stories and vignettes from art therapists to help answer the familiar question, "What is Art Therapy?" In a previous article, two art therapists wrote about clients who battled daily anxiety: one had experienced trauma, and the other suffered from a chronic disease. The following three stories describe powerful moments when art therapists assisted clients who struggled with memory deficits and helped them express their feelings and communicate through art. If you have not



yet had the opportunity to participate, we invite you to share your story, through our Voices of Art Therapy page, which may be found online. Please include accompanying artwork with your story. The following stories were contributed by our members. **READ MORE**

### AATA Supports Access to Mental Health Services



AATA National Office

AATA continues to be an active member of the Mental Health Liaison Group (MHLG) and act in support of the provision and expansion of mental health services. As described below, AATA has been a signatory to recent letters that include supporting a bill to increase services for substance abuse care, opposing provisions of the

American Healthcare Act (AHCA) that would limit coverage of mental health and substance abuse service, and supporting the MHLG FY 2018 Appropriations Recommendations that recommend investment in mental health and substance abuse treatment. **READ MORE**

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## AATA Featured Member



AATA National Office



Theresa Van Lith, Ph.D., ATR, AThR, moved from Melbourne, Australia in 2013 to join the Art Therapy program at Florida State University, where she currently works as an Assistant Professor and Clinical Coordinator. She has primarily worked in community and acute mental health facilities with a focus on using art therapy as a coping and meaning-making tool. Dr. Van Lith serves on the AATA Research Committee and Multicultural Sub-Committee, and on the Editorial Board for Art Therapy: Journal of the American Art Therapy Association. **READ MORE**

## IN THE NEWS

### Kids Like Us program receives national award



The Frederick News-Post

A Frederick County counseling and art program that aims to help children from families touched by addiction has received national recognition. County Executive Jan Gardner announced that the Frederick County Health Department's Kids Like Us program won a 2017 National Exemplary Award for Innovative Substance Abuse Prevention Programs, Practices & Policies from the National Prevention Network. Kids Like Us is one of only three prevention programs nationwide to receive the award. **READ MORE**



### Report: Making and looking at art may reduce depression and doctor visits



Artsy

We all know that art can change your life, but what about helping to save it? A new report has found evidence that the arts bring a wide range of health benefits, speeding medical recoveries and improving overall quality of life. Released recently in the U.K., "Creative Health: The Arts for Health and Wellbeing" details numerous instances where the arts offered medical improvements for those of every age. That includes art therapy (which reduced agitation in those with dementia) and music (lullabies were seen to calm the heart, lessening the

hospital stays for newborn children in neonatal intensive care). **READ MORE**

## Johns Hopkins researcher available to discuss your brain on the arts



Newswise

Our brains interpret the world around us, taking in the sights, sounds, textures and smells of the world. But how does our brain respond when we observe art? What goes on in its neural circuits when we see or create something beautiful? Susan Magsamen, executive director of the International Arts and Mind Lab of the Brain Science Institute at the Johns Hopkins University School of Medicine, is pioneering the effort to marry the arts and research to find answers to these questions. The answers and the quantifiable results seen in patients may turn medical and social interventions as we know them on their heads. **READ MORE**

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