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AATA NEWS

Tune in Tonight for a Webcast on Children's Mental Health



AATA National Office

The Substance Abuse and Mental Health Services Administration (SAMHSA) is hosting their annual National Children's Mental Health Awareness Day Event tonight, **May 10 at 7 PM EDT**. This year's theme is "**Partnering for Health and Hope Following Trauma.**" [Join the live webcast here](#), and be sure to sign in before 7 PM to see the pre-event screening of a **video on the benefits of art therapy for children and adolescents who have experienced trauma**. The video will be playing on loop from 6:30-7:00 PM EDT. [READ MORE](#)



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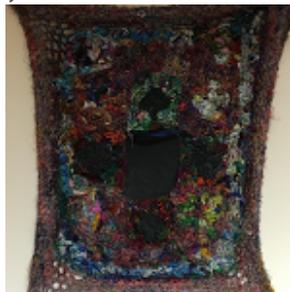
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Voices of Art Therapy: Children's Mental Health



By Clara Keane



In honor of National Children's Mental Health Awareness Day on May 10, we are sharing some stories written by art therapists who work with children and adolescents. The art making process allows for expression without words, helps establish safety, creates opportunities for coping, and offers a way to manage feelings, thoughts, and experiences for future exploration and insight. In the following stories from *Voices of Art Therapy*, art therapists share moments when they helped children find a voice to express themselves, cope with extraneous circumstances, and begin to move past their traumatic or otherwise challenging experiences.

[READ MORE](#)



Honors Nominations Deadline Extended

Andrea Davis, MA, ATR-BC, LPC-AT-S, Honors Working Group Chair

Have you started an Honors nomination, or do you have a nomination in mind but need more time for your submission? The Honors Working Group has great news for you! **The 2018 Honors Nominations deadline has been extended to June 11. [READ MORE](#)**



Call for Nominations and Applications



AATA National Office

The American Art Therapy Association (AATA) is now accepting nominations for Volunteer Officers and Directors of the Board. Applications are also open for annual scholarships, the new Research Seed Grants, and a new Governmental Affairs Award. Read below for details and deadlines for each opportunity. **[READ MORE](#)**

Featured Member



AATA National Office



Michael Galarraga, ATR-BC, LPC, CSAC, CSOTP works in private practice in Richmond, VA providing art therapy to individuals, families, and couples. He is an active member of the AATA community and previously served on the Virginia Art Therapy Association (VATA) Board as Membership Director and Vice President, and volunteered through the Georgia Art Therapy Association (GATA) as Website Developer. Galarraga was a direct mentee of the late Joan Phillips, PhD, ATR-BC, and is currently available to mentor new professionals and students through the AATA's [Mentor Match Program](#). **[READ MORE](#)**

ART THERAPY IN THE NEWS

Canton's Cyrus Gallery Show Explores Art Therapy



The Repository

Much of the art now displayed at Cyrus Custom Framing and Art Gallery in Canton, Ohio, was created as art therapy by people dealing with cancer, addictions, depression, domestic violence, post traumatic stress disorder, negative self-image and other challenges. There is a section in the show devoted to art therapy for veterans. "Talk therapy is important," Wetherell-Sack said. "But if a man or woman has been in three wars, you can't just say, 'Tell me about it.' It could give them PTSD flashbacks. But if they draw it, they have control." **[READ MORE](#)**

Can Art Therapy Defuse Teacher Burnout?



George Washington University

In an Oklahoma elementary school, Christina Hagemeyer, a second-year graduate student at the Columbian College of Arts and Sciences Art Therapy Program, prepares her class for an assignment. She hands out art supplies — paint, colored pencils, chalk pastels — and asks them to draw a picture that describes how they feel about the beginning of the school year. But Hagemeyer's students aren't children — they're teachers. As part of her graduate research, Hagemeyer traveled to Oklahoma to test the effectiveness of art therapy in combatting

teacher burnout. [READ MORE](#)

Addicts Use Art as Tool in Recovery



WECT-TV

Art is painting a way to recovery for addicts in Wilmington, North Carolina. According to art therapist Deb Shoemaker, creativity can be one of the keys to healing. "In art therapy, through the creative process, it really just gives a whole other level of opportunities to develop new skills, new confidence and a new way to look at life," Shoemaker said. [READ MORE](#)

The AATA's Art Therapy Today includes a digest of the most important news selected for the AATA from thousands of sources. Guest articles may be submitted to Clara Keane at ckeane@arttherapy.org. Publication of any guest article is at the sole discretion of the AATA. The opinions expressed and/or contents of guest articles, advertisements, and external links included in any AATA publication do not represent the positions or policies of the AATA. The AATA makes no warranty or representation concerning the accuracy of such content.

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