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AATA NEWS AND EVENTS

A Message of Peace and Renewal from The American Art Therapy Association



Cynthia Woodruff, Executive Director

Dear Members and Friends,

As this is our last issue of *Art Therapy Today* for 2015, I would like to take a moment to thank you for being part of our community and to express my pride for all that we have been able to accomplish together this past year.

You are the reason for everything we do at the AATA. In fact, we couldn't succeed without you. In addition to being part of a tight-knit member community, many of you give countless hours of volunteer service to advancing our mission by working within your local chapters, as well as on the national level. We know you do this out of passion and for our shared belief that making art is healing and life enhancing. The profession of Art Therapy offers a much needed and unique mental healthcare option that deserves to be known and shared. I believe that your work makes the world a better place and, after all, isn't that what this season is all about? For our year-end issue, you will see many events and opportunities that we hope you will enjoy.

Thank you for your work and as always, for your inspiration.

Have a wonderful, healthy and joyful new year.

The AATA National Office



Give Yourself a Holiday Gift — Register Early for the 2016 Conference!



AATA

Register now for the conference and you'll be able to invest in your professional development while saving money too! Registration is now open for the AATA's 47th Annual Conference, to be held July 6-10, 2016 at the Baltimore Waterfront Marriott located on the Inner Harbor of Baltimore, Maryland. Our conference theme, "Art Therapy: Integrating Creativity, Healing & Professionalism", will feature themes surrounding the art therapist's role within the greater health community, the profession's creative roots, and how beneficial the art process is.

Registering early ensures the seats you want in the popular workshops and advanced practice courses will be secured. It also guarantees the lowest rates. So register today! **READ MORE**

AATA Members Receive 25 percent Discount on Dover Books



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Just in time for the holidays, AATA members are now eligible to receive a 25 percent discount on [Dover's wide variety of books](#) that aid in free expression and relaxation. The promo code, to be used at checkout, can be viewed on the members-only [MyAATA page](#).

Give Before the Year Ends and Support the Future of Art Therapy



AATA

The AATA's #GivingTuesday campaign, which raised almost \$3,000 so far, is your opportunity to [contribute](#) to the art therapy profession before the year ends. Our new professionals are just beginning to pave their own path in the world and may struggle to find ways to support their professional development. Help us send them to the biggest art therapy event of the year, the [annual conference!](#)

Event Alert: Learn More About Art Therapy and Chronic Pain



AATA

Interested in the topic of chronic pain and how art therapy could be used to address it? Then you may be looking to attend the [2nd Columbia Psychosomatics Conference](#) taking place at the New York State Psychiatric Institute in January. The theme for this year's conference is "Healing Unexplainable Pain: Translating developmental neuroscience into multimodal treatments for chronic pain." Leading psychosomatic researchers and clinicians will weigh in on novel ways to approach this condition. Alexandra Danner-Weinberger from the University of Ulm, Germany will be discussing the topic in light of art psychotherapy through her two presentations: "Working with Embodied Emotion in Art psychotherapy for Patients with Somatoform Pain;" and "Art Psychotherapy for Patients with Somatoform Pain: An experiential workshop." **READ MORE**

Research Committee: Research Roundtable Call for Proposals



AATA

The Research Roundtable, co-moderated by Patricia St John, EdD, ATR-BC, LCAT, Nancy Gerber, PhD, ATR-BC, and Renee van der Vennet, PhD, ATR-BC, LCAT, LMHC, CGP, will be held at this year's annual conference on Friday, July 8, from 3:15 to 4:45 p.m. The Research Roundtable provides a forum for student, junior, and accomplished researchers to present their research proposals and projects in various phases of completion to an audience of peers, colleagues, and experts. The purpose of the Research Roundtable is to create a dynamic environment that is mutually beneficial to researchers and the audience. Within this context, healthy and critical moderated discussion, consultation, and progressive feedback are utilized to explore new and in-process qualitative, quantitative, mixed methods, and arts-based research projects. The result of this lively discussion will be the generation of questions, ideas, and insights specific to each researcher while simultaneously responding to the bigger, general challenges and innovations in art therapy research. **Submissions will be accepted until May 1. READ MORE**

Attention Artists! Call for Art Submissions



The American Group Psychotherapy Association

[The American Group Psychotherapy Association](#) (AGPA) wants your art for a print project to celebrate its 75th Anniversary. A high quality limited edition print of the chosen piece will be sold as a fundraiser for the AGPA and

a digital version will be published on the AGPA's website. The artist will be given full credit for the work and will receive a \$1,500 honorarium. The deadline for submissions is Jan. 15, 2016. [READ MORE](#)

AATA Featured Member

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For Erin Rafferty-Bugher, ATR-BC, LPCC, one important aspect of becoming an AATA member is the fact that it supports the professional development and growth of the art therapy profession. Her hope is to one day see art therapy licensure nationwide. Art therapy has always seemed to be a part of Erin's life in some capacity, whether that be through early exposure to the arts as a child or through her family instilling a sense of value for community and helping others. The pinnacle of her initial interest in art therapy and her ultimate decision to pursue it developed in the wake of her grandmother Adelyn's passing. Around the same time, Erin had began her outreach to the art therapy profession by contacting Laurie Ellen Neustadt. [READ MORE](#)



ART THERAPY IN THE NEWS

Adult coloring books promise stress relief

USA Today

Gabe Coeli of Portland, Oregon, is devotee of zen meditation. But in the middle of a busy work day, he often takes a shortcut to mindfulness and stress relief by doing a little coloring. His assistant and many of his co-workers have picked up the same habit, he says. So have a lot of people. Coloring books for adults have exploded in popularity this year in the USA after first catching on in Europe. The books, often featuring complex floral or geometric designs, consistently occupy multiple spots on Amazon's top-20 books list. They have their own prominent display cases in many bookstores. [READ MORE](#)



Art therapy gives a voice to sex assault survivors

MySuburbanLife.com

On their journey to healing, words may not come easy for survivors of sexual assault and abuse. Sometimes, it's easier to express the trauma through a creative outlet, such as art, music, or even dance. The Zacharias Sexual Abuse Center, in Gurnee, Illinois, uses art therapy to give survivors a voice, an outlet to release feelings they cannot verbalize. "When a survivor experiences sexual trauma, it's a very physical and emotional thing. It's really not a verbal thing," said Katie Doerhoff, ZCenter art therapist. [READ MORE](#)



Art therapists help patients express feelings without words

Las Vegas Review-Journal

When it comes to therapy, a picture may well be worth 1,000 words. Eden Pastor is one of just a handful of licensed art therapists in Southern Nevada, and she has worked with multiple children's centers and addiction centers. She has her own practice that operates out of a space in The Arts Factory. "In a lot of cases, people might not even know what they're experiencing internally, so it's hard for them to express it with words," Pastor said. "For some people, if I give them a pen or paint, they can draw or paint what they are feeling more easily." [READ MORE](#)



Art therapy in action for treating troubled teens

Digital Journal

If you have come to the realization that professional help is necessary for helping your young child or teen, turning to a well-qualified residential facility may be the answer. Whether your child suffers from substance abuse problems, behavioral issues, psychological or emotional disorders; there is help available by a staff of qualified therapists and counselors. Integrating a two-part treatment approach that includes counseling and art therapy, Lava Heights Academy has earned distinction in the youth treatment arena for their success with boys and girls of all ages. By integrating therapeutic care that includes participation in the arts, along with a strong academic model, children of all ages who enter our facility in a troubled state are able to leave with a new perspective of themselves and their place in their community. [READ MORE](#)



The AATA's Art Therapy Today includes a digest of the most important news selected for AATA from thousands of sources. Guest articles may be submitted to Kat Michel at kmichel@arttherapy.org. Publication of any guest article is at the sole discretion of the American Art Therapy Association.

Art Therapy Today

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American Art Therapy Association

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