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### AATA NEWS AND EVENTS

## New Jersey Passes Bill for Art Therapy Licensure



AATA

On January 11, 2016, New Jersey Governor Chris Christie signed the bill that provides for the licensure of art therapists in the state of NJ, A-1783/S-2020 (McKeon, Ribble, Sumter, Moriarty/Vitale, Cunningham) – "Art Therapist Licensing Act." All current practitioners with the ATR-BC credentials will be grandfathered in, while those who have their ATR will be required to obtain the BC in order to become licensed. Development of the application and the licensing board will take place in the next year. **READ MORE**

## Art Therapy and Eating Disorders: Resolving to Make Authentic Change



Michelle L. Dean, MA, ATR-BC, LPC, CGP



As the New Year unfolds, we may find ourselves inundated with messages to make resolutions, lose weight, and commence rigorous exercise programs in order to feel fit, fabulous, and most of all, loved. These ideals take hold and blossom for some because they play on underlying vulnerabilities and a need to look outside of oneself for assurances. As a result, each year countless seemingly innocent diets turn into deadly eating disorders. It is estimated that 20 million women and ten million men in the United States have an active eating disorder while four out of ten individuals have either personally experienced an eating disorder or know someone who has. **READ MORE**

### PRODUCT SHOWCASE

#### Professional Doctorate of Art Therapy

Mount Mary University's professional doctorate prepares working art therapists to transform their profession and advance their careers. This three-year professional doctorate combines an annual 12-day residency on campus with online coursework and independent doctoral study with activist leaders in the field.

## PROFESSIONAL DOCTORATE OF ART THERAPY



New cohorts begin each summer. Learn more at [www.mtmary.edu/dat](http://www.mtmary.edu/dat)

## Employment Opportunity with the National Office of the American Art Therapy Association



AATA  
AATA is seeking a highly-motivated, detail-oriented professional who would like to work in a flexible and friendly environment with a small but dedicated team of professionals who are passionate about serving their members and the profession of art therapy. Terrific Alexandria, VA location with free parking, a 37.5 hour workweek, full health, dental, and vision coverage, casual business attire, a generous Paid Time Off and holiday policy, and a competitive salary. The **Administrative Assistant** is responsible for the daily operations of the office and also provides key support for major program areas including conference and education. The position is responsible for completing the daily efficiency needs of the office, managing the first-line of customer service with intake of e-mails, mail, or phone calls (as assigned), and processing the daily bank deposits for conference registrations, vendors, and facility needs. The position also supports our Board of Directors, and directly manages our Scholarships, Awards, and Honors programs. **READ MORE**

## 2016 Award Applications Open



AATA  
The American Art Therapy Association would like to announce that the 2016 Scholarship, Multicultural, and Research award applications are now open! Apply now! If you have any questions, contact [info@arttherapy.org](mailto:info@arttherapy.org)  
**READ MORE**

## AATA Featured Member

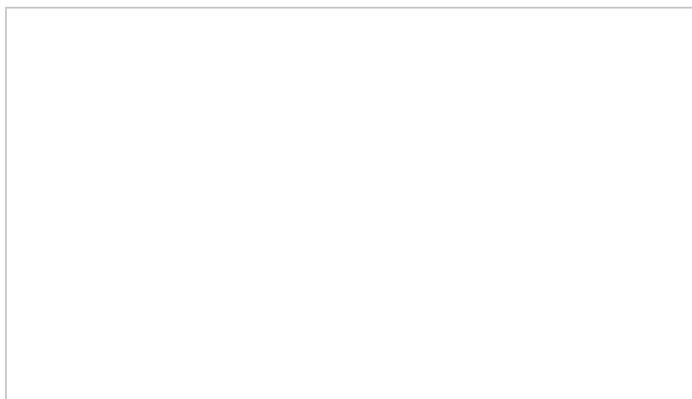
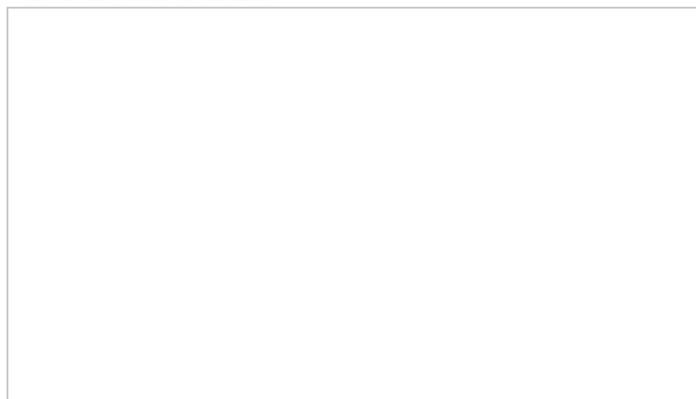


AATA  
It wasn't so much that Kathleen "Sully" Sullivan, ATR-BC, LCPAT, LCPC, found art therapy as it was that art therapy that found her. While visiting someone at the hospital in 1988, Sully spontaneously asked a nurse to help her learn about art therapy. "To this day, I have no idea how or why I asked this nurse this question," she states, "It just came to me in that moment. That was the beginning of my adventurous journey to become an art therapist." Sully cites the AATA as an important part of the profession, especially for those who do not work in traditional art therapy positions, as she does.

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## ART THERAPY IN THE NEWS

### Art therapy: Controlling symptoms with creativity



ADDitude

Jacob Edward, 10, paints a clay plate he made in his past four art therapy sessions. He dips his brush into the cup of silvery black paint he has mixed, and dabs it into the cracks of the clay. Jacob's breathing and brush strokes start to quicken. He seems anxious. I ask him if he needs a break, and he stops to take three deep breaths. He resumes painting, at a slower pace. When he completes his work, he puts the plate aside. Next week he will put the finishing touches on it. He draws quietly for a few minutes before returning to his classroom.

**READ MORE**

### Pulled once more toward the healing power of art



The New York Times

The death of her mother in 2011 left Tanya Nickolan inconsolable. After the benefits from her mother's life insurance policy ran out, Ms. Nickolan, who has bipolar disorder, could not afford the rent. She was evicted from her apartment in Rego Park, Queens, on July 30, 2014, her mother's birthday. In late August, Ms. Nickolan was placed in Transitional Living Community, a shelter for women with mental illnesses, run by Brooklyn Community Services, one of the organizations supported by The New York Times Neediest Cases Fund. There, Ms. Nickolan gravitated to the art therapy room, a refuge that inspired her to retrieve some old art supplies from storage. She began to draw, rediscovering a talent she had developed as a young girl. **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](mailto: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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