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AATA NEWS AND EVENTS

Art Therapy and Coloring Books: AATA Draws the Line



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Some coloring book publishers are inaccurately using the term "art therapy" in their branding. The popularity of adult coloring seems to indicate a renewed public awakening to the use of this activity for self-care. However, coloring books are not "art therapy," and AATA endeavors to promote accurate information that distinguishes between engaging with coloring for self-care and accessing art therapy services provided by a credentialed art therapist. We also acknowledge the coloring book trend as an opportunity for the AATA to help educate the public about the evidence-based integrative mental health profession, art therapy.

The AATA has taken a proactive stance on this, and over the past several months, we have: **READ MORE**

Exploring Strengths Through Masks



Gioia Chilton, Ph.D., ATR-BC and Rebecca Wilkinson, MA, ATR-BC

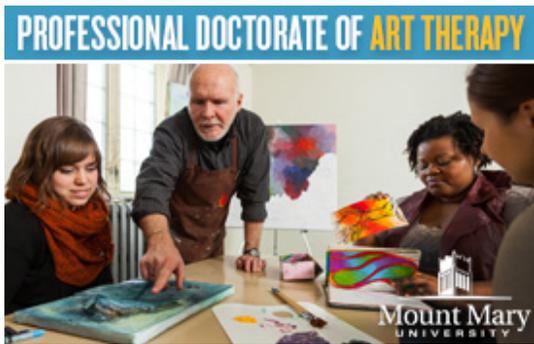
Although masks are ubiquitous to art therapy, when we were recently asked to run several mask-making workshops we realized that we were both conflicted about what they actually represent. Are they meant to hide or protect some aspect of ourselves? Do they reflect what we show to the world and obscure our "true" selves? Or do they help us uncover and discover parts of ourselves? Finally we decided that, as art therapists who operate from a positive psychology perspective, we would use masks to highlight and celebrate some aspects that showcase strengths. **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.

New cohorts begin each summer. Learn more at www.mtmary.edu/dat

2016 Annual Conference Early Bird Registration



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Early bird registration opened last month. Be sure to register early to ensure the lowest rates, and to secure seats in the workshops and advanced practice courses that are your first choices. The [conference website](#) has all of the details about the program including an expansive conference brochure listing all of the sessions and program highlights. [Register today!](#) **READ MORE**

AATA Featured Member



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Louvenia Jackson, MFT, ATR, is a part-time instructor and Art Therapy PhD candidate at Notre Dame de Namur University (NDNU). For the past 10 years, she has worked at the residential facility Canyon Oaks Youth Center as a Creative Arts Therapist and has developed specific research interest based on acquiring new knowledge through art self-exploration and collective journaling to enhance cultural humility. Of her first experience attending the American Art Therapy Association annual conference, Louvenia says, "The highlight of my experience was meeting the amazing black women pioneers who offered their guidance and inquiry of my research that open perspective, re-evaluation and validation. AATA has members that have exerted energy to make advancements in multicultural art therapy practice that has moved the association forward, while

encouraging the organization to continue growing in the multicultural arena. Without the AATA's multicultural committee and the ethics standards that have been developed, it would be difficult for me to do the work that I am doing today." **READ MORE**

ART THERAPY IN THE NEWS

Art isn't just good for the mind, it's good for the body too

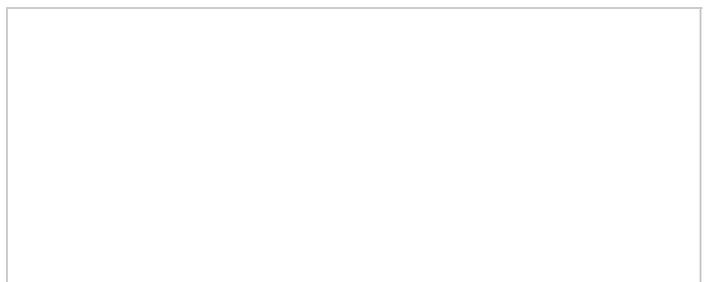
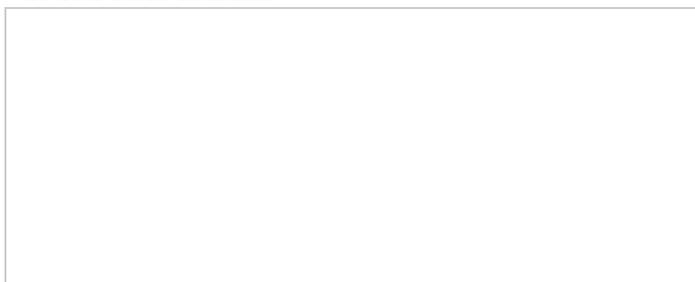


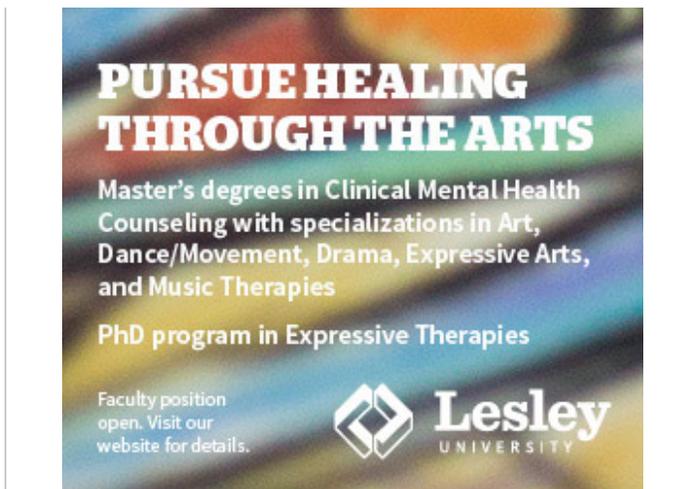
The Huffington Post

Priscilla Frank writes: "My dad was the one who had just had brain surgery, but I also needed to heal. While he recovered in Cedars-Sinai Medical Center I found myself roaming the halls which, luckily for me, were adorned with a museum-quality art collection, including the work of Paul Klee, Marc Chagall, Helen Frankenthaler and Robert Rauschenberg. I was not the sick one, but was nonetheless overwhelmed with gratitude for those humble monochromatic forms, and in awe of their power. To members of the art therapy community, this ostensible miracle is more like science. The effects of art viewing are not just emotional, but physical as well."

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When words don't work, arts program can help heal veterans



Star Tribune

The leaders of a new Minnesota program to provide art therapy for veterans dealing with trauma have made a discovery: Sometimes the most resistant participant ends up getting the most out of it. For veterans who have experienced post-traumatic stress disorder or other forms of service-related trauma, applying paint to canvas or simply cutting out and pasting images from a magazine can often be a better form of expression than sitting around and talking about it. **READ MORE**

How art therapy may help children raised in poverty, violence and other trauma



Philadelphia Inquirer

Ninety-four percent of patients at Drexel's Stephen and Sandra Sheller 11th Street Family Health Services have been exposed to one or more childhood traumas, according to a survey conducted by the center. A recent feature story in the Philadelphia Inquirer put a human face on the statistic. It profiles Xavier Johnson, 12, and his brother, DeShawn, 9. Both live in a north Philadelphia public-housing project that is surrounded by violence and drug dealing. The boys find solace in an art therapy program run out of the 11th Street health center through a collaboration with Spring Garden School. Now in its second year, the program uses a "trauma-informed" approach that targets children living with severe stressors who may not necessarily seek out behavioral health care, faculty from the College of Nursing and Health Professions explain in the story. **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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