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AATA NEWS AND EVENTS

Postpartum Imagery: Finding the "Good Enough"



Kathryn Snyder, MA, ATR-BC, LPC



The postpartum period in the family life cycle is one that is fraught with ambivalence and anxiety. While a new mother's body is flooded with the oxytocin meant to link her in love with her helpless charge, it is also, often, simultaneously flooded with the hormones of fear and worry, combined with the fogginess of sleep deprivation and the stress of learning to take care of this fragile, small human. It is this latter group of feelings that often go unattended to and are found ignored in new mothers, leaving them feeling helpless and alone. **READ MORE**

American Art Therapy Association Annual Conference — Early Bird Rates!



AATA

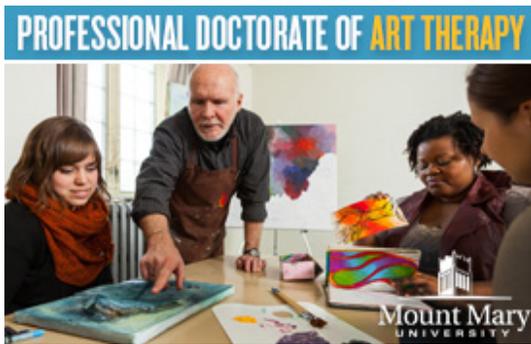
There are just three weeks left to register at the early bird rates for the 47th Annual Conference to be held July 6-10, 2016 in Baltimore, MD. Spaces are filling up in the popular workshops and advanced practice courses. You could pay more for registration, but why would you want to? [Register at the lowest rates now!](#) **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



AATA Members Receive 25 percent Discount on Dover Books



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Members of the AATA are eligible to receive a 25 percent discount on Dover Publications' extensive assortment of books that aid in free expression and relaxation. The promo code for the discount, to be used during checkout, can be viewed by logging into the members-only [MyAATA page](#). This offer will expire on March 31, 2016. **READ MORE**

AATA Featured Member



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Juanita Duran-Wilson, LCSW, ATR-BC, considers her connection to the AATA as one of strength, resource and affirmation that she is part of a larger society. She values it as her one countrywide link to the profession of art therapy. The theme of connection is an important one that extends to Juanita's sense of the significance of art therapy as part of her own life. She notes, "I must acknowledge that no matter how much I plan, digress, and prepare for, art therapy continues to filter through my existence and is woven into all that I do." Currently, Juanita works as a Licensed Clinical Social Worker serving Veterans through the Eureka VA Community Based Outpatient Clinic in Eureka, California, and provides Medical Social Work to those in the clinic. **READ MORE**



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ART THERAPY IN THE NEWS

Blazing a trail in art therapy, pioneer benefits from its healing power too



The Augusta Chronicle

Harriet Claire Wadeson loved to create art when she was growing up, but she never considered pursuing the solitary career of an artist. She was determined to be involved with others, she said, so she earned a bachelor's degree to become a therapist. When she learned about the emerging field of art psychotherapy, "it was the

marriage of my two major interests, and it was at a time that the field had only just begun," recalled Wadeson, 84, now retired. [READ MORE](#)

The American Art Therapy Association endorses the use of Dover coloring & activity books in a self-care regimen

Justmeans

Dover Publications is proud to announce that the American Art Therapy Association supports the idea that coloring is beneficial as a self-care activity. The AATA is an organization representing over 5,000 practitioner and student members. An integrative mental health profession, art therapy combines theories of human development and psychology with visual arts and the creative process to address a range of treatment goals. Art therapists can help people resolve conflicts and problems, develop interpersonal skills, manage behavior, reduce stress, increase self-esteem and self-awareness, and achieve insight. [READ MORE](#)

Mindfulness and engaged creativity: A best in integrative medicine

JustMeans

The words mindful and mindfulness are showing up everywhere these days, in exploring the value of mindful awareness practice in daily life with dishwashing and knitting, in advertising for beauty, health, learning and business products, and even as a more common form of everyday language. This recent popular interest in mindfulness has developed following scientific interest and inquiry initiated by Jon Kabat-Zinn and the ongoing work of the Center for Mindfulness at the University of Massachusetts with teacher training in the Mindfulness-Based Stress Reduction and other programs worldwide. The resulting profusion of mindfulness as a concept or product has currently moved from trend to trendy. With art therapy, creativity practice allows participants to shape a more generalized, integrative understanding of their subjective experience, thus transforming their inner experience into an observable object for reflection. Likewise in mindfulness practice, awareness of experiences is observed from a witnessing stance. [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 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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