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AATA NEWS

National Children's Mental Health Awareness Day 2016



Donna Betts, PhD, ATR - BC



On May 5, 2016, the Substance Abuse and Mental Health Services Administration (SAMHSA) held National Children's Mental Health Awareness Day at George Washington University, Washington, DC. Held in conjunction with Mental Health Awareness Month, this annual event explores how communities can increase access to behavioral health services and supports for children and youth. The AATA proudly participated as a National Collaborating Organization. AATA officials as well as representatives from the Potomac Art Therapy Association (PATA) were in attendance, including practicing clinicians and students. The PATA coordinated to represent the profession at a designated table, complete with informational brochures, promotional materials, and an exhibition reflecting the significance of art therapy in children's mental health. **READ MORE**

Fourth Annual Mid-Atlantic www.playtherapytraining.org

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Final Results of 2016 Annual Election



AATA

The results of the 2016 Annual Election are in. The names of the elected individuals by position can be viewed at the attached link. For more information about the Elections, please visit the [Members-Only site](#). **READ MORE**

Visiting the Alternate Universe of Psychodrama



Rebecca Wilkinson, MA, ATR-BC, LCPAT



Gioia Chilton and I just recently took a dip into the alternate universe of Psychodrama when we attended their 74th annual conference, Healing the Spirit Within, this April in Phoenix. It felt like we'd stepped into a Star Trek episode where Captain Kirk strides onto the bridge and everything looks the same, except that Lt. Uhura has blond hair and glasses, Sulu is bald and has a moustache and Spock is short with square not pointed ears. It's all the same and yet completely different.

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Call for 2017 Nominations



Kate McIntosh, MPS, ATR-BC, LCAT, Chair of the Nominating Committee

Dear AATA Community,

I am excited to chair this year's Nominating Committee, a group of exceptional art therapy leaders throughout the country who bring great vision to our work to cultivate a diverse slate of nominees. Mickie McGraw and I have been re-elected to the Nominations Committee for the 2016-2018 year. Abbe Miller, Kelvin Ramirez, and Megan Robb will be continuing the second year of their terms on the Nominating Committee and Michaela Kirby will continue to act as our Board liaison. **READ MORE**

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AATA Featured Member



AATA

"I was around before AATA was formed," says Connie Livingston-Dunn, PhD, ATR-BC. Nowadays, she finds that being an AATA member acts as an extension of her education as an art therapist and offers a more extensive support network. Connie began practicing art as therapy in 1966 after discovering Margaret Naumberg's 1947 book, *Studies of the 'Free' Art Expression of Behavior Problem Children and Adolescents as a Means of Diagnosis and Therapy*. She joined the newly formed AATA a few years after hearing about it in 1971, and



applied for registration using her many years of work as an activity therapist at a state institution. "When I discovered art therapy was an actual profession, it perfectly meshed with my interests in art, psychology, and helping others to heal," she notes. In the 80s, she served as interim Director of the Art Therapy internship program at Mount Mary University (then College) and taught for the Atira Art Therapy program at the Oasis Center in Chicago. **READ MORE**

ART THERAPY IN THE NEWS

Tapping into your creativity to help with healing



The Chicago Tribune

Even after her husband began recovering from vasculitis five years ago, Lisa Wadler struggled with fear and uncertainty about the future. Romance novels and tae kwondo with her young son and daughter had helped Wadler stay strong during her husband's exhaustion and shortness of breath brought on by the potentially deadly disease, which causes blood vessels to become inflamed. But Wadler, 47, needed more grounding to deal with the emotional residue of her husband's illness, she said. So she turned to her own untapped creativity and wrote "The Draig's Woman," a historical romance about a heroine who rescues herself and the man she loves. Research has shown that art can be therapeutic for people during stressful times. **READ MORE**

Why art should be incorporated into mental health therapy



VICE

Rachel Finn writes: "After I had a mental breakdown in 2011, the years that followed were a revolving door of various doctors and departments that all tried to give some sort of meaning back to the life I felt I had already lost. I tried a few medications, several kinds of therapy, and sat in more psychiatrists' offices than I can count. Nothing seemed to work particularly well – or at least it didn't work well enough. In the end, my recovery was dependent on a few things. Medical intervention, in some ways. Supportive family and friends, of course. But, importantly, on my better days, I wrote, churning out hundreds of pages of creative writing. Whether it was objectively good or bad was irrelevant, as the therapeutic benefits were undeniable." **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.

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