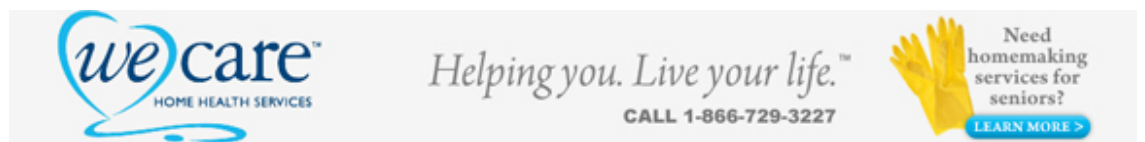


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July 20, 2016


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## AATA NEWS

### Behind-the-Scenes: A Glimpse of the Annual Conference's Inner Workings



AATA

A great deal of work and coordination was involved in making the 2016 annual AATA Conference a success! Our largest conference to date, with 1274 attendees, was an historic event, thanks in large part to the team that made it happen behind the scenes.

Conference days often mean early mornings and late nights for our National Office Staff, our Conference Committee, and Local Arrangements Committee (LAC).

Appearing effortless involves dedication and determination! Those who volunteered their time to ensure a smoothly-run conference did so with grace and good-

naturedness. We are very grateful for these individuals and want to provide a brief glimpse into what it takes to run an event of this scale. [READ MORE](#)



### Seeking Nominations for the Accreditation Council for Art Therapy Education (ACATE)



Dana Elmendorf, ATR-BC, LPC, Chair of ACATE

The Accreditation Council for Art Therapy Education (ACATE) is currently seeking nominations for positions beginning November 2016. Expected vacancies will require art therapy educators, art therapy practitioners and a public member. Please consider nominating someone that you believe will work tirelessly to promote best practices for art therapy educational programs. Members of ACATE will be on the forefront of the implementation of the new accreditation standards and will help to educate all art therapy education stakeholders. For more information, including position descriptions, roles and time commitments, visit the [ACATE webpage](#).

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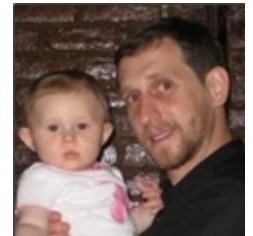
- [This year's SVA MPS Art Therapy conference features Pablo Helguera. Click here to join us on September 23, 2016!](#)



## AATA Featured Member

AATA

Although Matthew Nahoum, MPS, LCAT, ATR-BC, has not served on any local or national AATA committees ("yet!"), he does hope to bring his personal and professional experience to the table by continuing to be an active member of the NYATA and the AATA. "I sincerely believe that I benefit every single day from my NYATA and AATA memberships," he asserts, "These associations serve to bond us together so we are reminded that we are not operating in our own world or in a vacuum (although it may sometimes seem like it) but rather a part of a well-organized group of like-minded professionals whose goals are to further the profession and to continue to offer the best and most fulfilling services to our clients." [READ MORE](#)



## The Canadian Art Therapy Association Calls for Papers on Art Therapy and Anti-Oppressive Practice

AATA

The Canadian Art Therapy Association /l'Association canadienne d'art-thérapie (CATA/ACAT) invites authors to submit content based on their conference topic of art therapy and anti-oppressive practice (AOP). Suggested themes include (but are not limited to): creative approaches to social justice and social practice, art therapy and community action (local and global), and art therapy with those who experience various forms of marginalization. For more ideas, information and submission instructions, please visit their [website](#).



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## ART THERAPY IN THE NEWS

### Making art can reduce stress, regardless of skill level

Lifehacker

Creating art has always been considered therapeutic, yet many people avoid the activity because they lack artistic skills. According to a recent study, however, your artistic ability doesn't matter when it comes to reaping



the benefits. Art can help you de-stress even if you've never touched a paint brush. The study, led by Girija Kaimal, EdD, and published in *Art Therapy: Journal of the American Art Therapy Association*, suggests the process of making art, good or bad, is enough to significantly reduce stress-related hormones in your body.

**READ MORE**

## Art therapy helps marine heal from traumatic brain injury



U.S. Department of Defense

As each brushstroke touches the page, blending the shades and drawing out the lines, the Marine's shoulders relax. This is something he can lose himself in, pouring his thoughts and emotions into his art. For Marine Corps Staff Sgt. Tony Mannino, art and music therapy at the National Intrepid Center of Excellence in Bethesda, Maryland, is a way for him to recover from his traumatic brain injury and post-traumatic stress. **READ MORE**

### *Art Therapy Today*

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