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October 27, 2016


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## AATA NEWS

# Eco-Art Therapy: Deepening Connections with the Natural World



Ellen Speert, ATR-BC, REAT

The Nez Pierce have a saying: "Heal yourself and heal Mother Earth and all our relations." It is widely agreed that art therapy is as old as the earliest human expression. We cite prehistoric cave paintings as evidence that people used art (therapy) to relate to what was most important to their lives, utilizing available materials to summon power in relationship to their needs. Yet, eco-art therapy is seen as a new, even innovative, aspect of our field. Really? I think it has been only our recent development as a modern psychological field that has separated art therapy into a profession removed from the world of nature. **READ MORE**



## Reminder: Membership Survey Responses Due Nov. 7, 2016



AATA

Attention members: Please complete the Membership Survey before Nov. 7, 2016. A link to the survey was sent to all members via email on Sept. 28, 2016. Every few years, the AATA conducts this important survey to gather information vital to achieving specific goals tied to the association's critical priorities. Member participation is key,

as it allows the AATA to understand and advance the profession through research, to respond to communications inquiries, to accurately describe key employment information, and to track emerging trends and changes in the profession over time. If you need help accessing the survey, please contact the National Office at [membership@arttherapy.org](mailto:membership@arttherapy.org).

## Fall Special: Buy One – Get One (BOGO!)



AATA

Don't put off earning continuing education any longer! AATA is pleased to announce an opportunity to earn a free course! If you purchase one course from the Institute for Continuing Education in Art Therapy (ICE/AT) between Nov. 1 and Nov. 30, 2016 we will give you a one-credit course for free! **READ MORE**

### Professional Doctorate of Art Therapy

This Mount Mary University program advances working professionals' careers through an annual, summer 12-day residency, online coursework and practitioner-generated research to transform the profession.

## Only 4 Days Left! Submit Artwork for the AATA-Dover Publications Collaboration



AATA

There are only a few days left to submit artwork for the AATA-Dover Publications adult coloring book collaboration before the October 31, 2016 deadline. This is an opportunity to help spread an accurate message about art therapy by using the popular platform of adult coloring books. The book will be illustrated solely by credentialed professional AATA members and will promote an accurate and consistent message of art therapy as a regulated mental health profession, aligning with the AATA's mission and vision. Click [here](#) for more details about how to submit artwork.

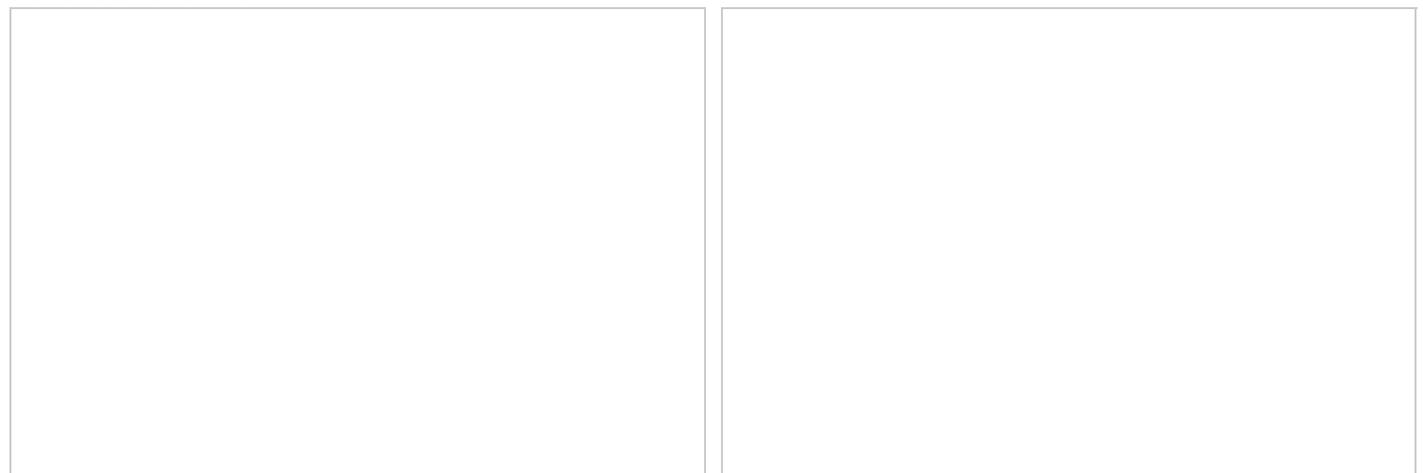
## AAPCSW Conference, 'Mind and Milieu: From the Consulting Room to the Community'

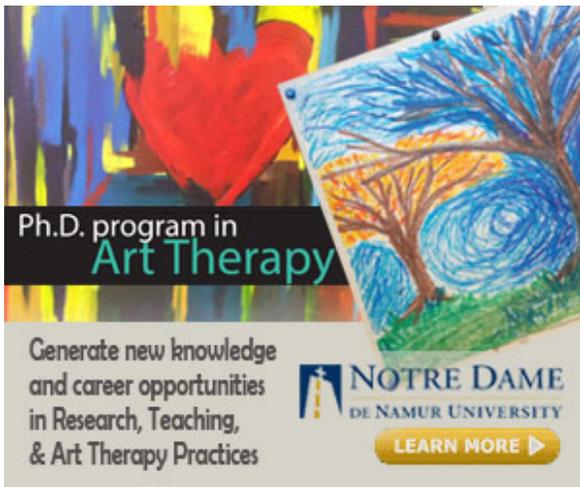


AATA

The [American Association for Psychoanalysis in Clinical Social Work](#) (AAPCSW) will be hosting their 2017 Conference "Mind and Milieu: From the Consulting Room to the Community" from March 23-26 in Baltimore, MD. The conference will highlight the inextricable link between mind and milieu, the complex relationships between inner and outer worlds, the core of social work's emphasis on "person in environment", and the importance of relationships. Registration and the conference program can be accessed [here](#).

### SPONSOR SPOTLIGHT





### AATA Featured Member



AATA



Maralee Syers, LGPAT, LGPC completed her Bachelors degree in Photography at Bradley University in Peoria, Illinois, and graduated from Mount Mary University's Masters of Art Therapy program in 2015. She currently works as an Art Therapist at the local Health Department, supporting and learning from children and adolescents who are affected by family substance abuse. Maralee is an active member of the Maryland Art Therapy Association, serving as the Membership Chairperson for a number of years, and was a volunteer for the AATA's 2016 Annual Conference in Baltimore, Maryland. Being a part of the AATA and MATA communities has helped her feel supported during times of transition,

particularly in her move from the Midwest to the East Coast: "I began reaching out to a handful of art therapists ranging from New York to Georgia and was greeted so kindly by so many busy professionals. I can't help but be grateful for their words, advice and kindness during a time that tested my determination to be a professional art therapist." **READ MORE**

### IN THE NEWS

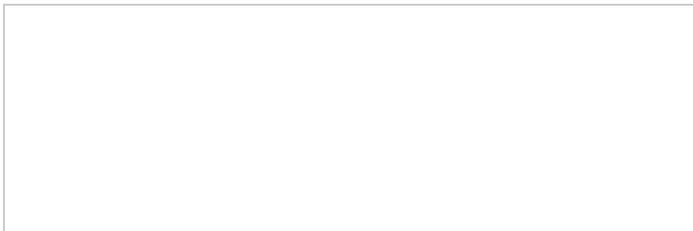
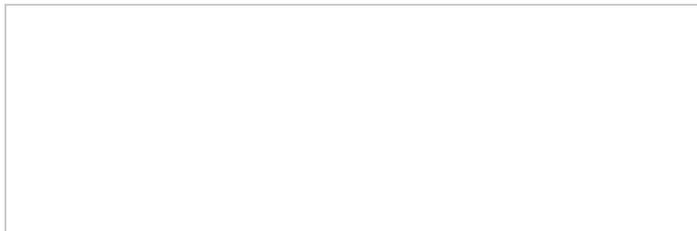
## Art therapy and cognitive processing therapy for combat-related PTSD: A randomized controlled trial

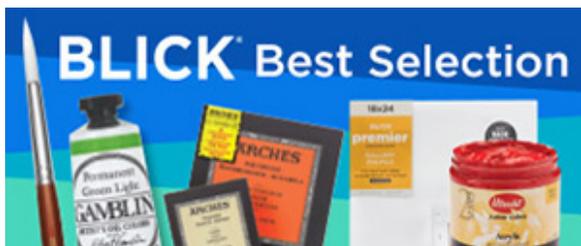


Art Therapy

This randomized controlled trial was designed to determine if art therapy in conjunction with Cognitive Processing Therapy was more effective for reducing symptoms of combat posttraumatic stress disorder than CPT alone. Veterans were randomized to receive either individual CPT, or individual CPT in conjunction with individual art therapy. PTSD Checklist–Military Version and Beck Depression Inventory–II scores improved with treatment in both groups with no significant difference in improvement between the experimental and control groups. Art therapy in conjunction with CPT was found to improve trauma processing and veterans considered it to be an important part of their treatment as it provided healthy distancing, enhanced trauma recall and increased access to emotions. **READ MORE**

### PRODUCT SHOWCASE





### **Blick Art Materials**

At Blick, you'll find the largest selection of art materials available. We carry high-quality products from the best brands in the industry. No matter the medium, Blick has the supplies you need to promote creativity through the visual arts.



### **Winsor & Newton**

William and Henry's commitment to quality and innovation are part of a rich heritage which informs Winsor & Newton to this day. We're dedicated to the craft of the fine artist and to providing them with new ways to explore their creativity, allowing them to share their work with a worldwide community. **Read more**

## **Historic Healing Arts and Military Partnership expands**



National Endowment for the Arts

American service members dedicate their lives and make incredible sacrifices to preserve our safety and freedom. Supporting a successful transition back into society, especially for those who have been injured as a result of their service, has been the focus of a partnership between the National Endowment for the Arts and the Department of Defense. Today, at an event held at the National Intrepid Center of Excellence, part of Walter Reed National Military Medical Center in Bethesda, Maryland, the NEA and DoD announced the expansion of the partnership into Creative Forces: NEA Military Healing Arts Network. **READ MORE**

## **Strong and sturdy – Treating trauma survivors through art therapy**



The Columbian Chronicle

When Jordan Ferranto returns home from work as an art therapist, she changes out of work clothes and into her "home clothes." This isn't just a usual activity: It is a deliberate ritual that Ferranto said separates her from the trauma she witnesses every day. "In the beginning, [the job] was really hard to handle," Ferranto said. "I struggled a lot to the point where I was becoming affected by vicarious trauma and taking on the symptoms I saw in my clients." **READ MORE**

### ***Art Therapy Today***

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