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### AATA NEWS

## 2018 Conference: Just 3 Weeks Left to Register at Lower Rates... Let's Go!



Heidi Tournoux-Hanshaw, MA, LPC-AT-S, ATR-BC, ATCS, Conference Chair

Now that Labor Day is past and the Fall Season is upon us, it's time to get registered for the American Art Therapy Association's 49th Annual Conference, to be held October 31 to November 4 in Miami, FL. There are only 3 more weeks left to register at the lower advanced registration rates. Rates increase on September 28th at 5pm EDT. Why pay higher rates? **It's time to get registered now!** [READ MORE](#)



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## AATA and the Creative Arts Therapies Professions at #APA2018



Donna Betts, PhD, ATR-BC, AATA Past President

This year's American Psychological Association convention took place August 9 – 12 in San Francisco, and creative arts therapies leaders proudly represented their respective professions! The AATA was represented by Immediate Past President Donna Betts, and art therapist presenters also included Gioia Chilton, Juliet King, Melissa Walker, and Rebecca Wilkinson. [READ MORE](#)

## What's the Buzz? The Latest Discussion on the MyAATA Community



AATA National Office

**Welcome to MyAATA!**

The resource library and online community available exclusively to AATA members

Since launching the [MyAATA](#) Community last month, we've heard members weigh in on topics licensure to mentorship, research, professional identity, and beyond. If you're a member and haven't joined the discussion yet, now is your chance to connect with fellow members for discussion, guidance, or inspiration. Think you might have something to share? Login to [MyAATA](#) today and post your thoughts, resources, or experiences. Follow this checklist to get started! [READ MORE](#)



## Annual Meeting of the Membership to Take Place on November 2, 2018



AATA National Office

Attention, AATA Members! This year's Annual Meeting of the Membership will take place on Friday, November 2, 2018, from 8:30 – 10:00 a.m. during the AATA's 49th [Annual Conference](#) in Miami, Florida. All conference attendees are strongly encouraged to attend. Voting members must check in at the registration desk before entering. We look forward to seeing you there!

## Featured Member



AATA National Office



Blanche C. Brown, BS, BA, MBA is pursuing her MS in Art Therapy with Concentration in Counseling at Mount Mary University in Milwaukee, WI. She is a Chicago-native, multi-media artist, whose work addresses social injustices and the psychological and psychosocial impact on undeserved and underrepresented groups. An [Ex Fabula](#) fellow, storyteller, poet, and coach, Brown uses “the art of storytelling to assist people of various populations to be empowered to share their personal stories, enabling them to establish meaningful connections with others thereby breaking down walls of oppression, racism, misrepresentation, and other barriers that seek to diminish human dignity.” Read more about her work [here](#). **READ MORE**

### ART THERAPY IN THE NEWS

## Does Creativity Help Anxiety? Stephen Colbert's Quotes About Anxiety Show How Valuable It Is



Elite Daily

Stephen Colbert has made a huge impact on pop culture — that's something most people can agree on, right? He totally revitalized political satire in America, and he's had not one, but two wildly successful late night shows (not to mention, he's a children's book author and a dad). Now, while a performer like Colbert is pretty on top of his stuff, his recent comments in an interview with Rolling Stone about how creativity can help with anxiety show that mental and emotional health issues can impact anyone, no matter how successful or productive they happen to be. **READ MORE**

## Cancer Patient Turned to Creative Therapy During Chemotherapy



WISH-TV

Cancer patients seeking alternative or complementary treatment are supplementing radiation, surgery and chemotherapy with creativity. Patients are increasingly turning to art therapy to relieve cancer symptoms including pain, anxiety and depression, according to oncologists. Community Health Network, based in Indianapolis, offers alternative treatment programs including art therapy, massage therapy, yoga and tai chi. **READ MORE**



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## 'A Creative Education Is the Greatest Gift We Can Give'



TES

What are the arts for? Why do we encourage creativity? Why do we teach children to play, to perform, to paint? There is no single answer to these questions – culture and creativity permeate every aspect of our education and our lives. But that very ubiquity means it is difficult to articulate the value of creativity. We come closest to

understanding its importance when it is absent, when for example we see children denied the chance to play – to be spontaneous, to have fun and to enjoy themselves. Life seems diminished. [READ MORE](#)

### Reducing Stress By Trying Something New



St. Clair News-Aegis

With the last few days and weeks of summer upon us, it can be easy to get lost in the monotony of daily life. The kids have done what feels like everything available, they're either excited for school to start back or dreading it. And with that anxiety comes jitters and, possibly, the feeling of going stir-crazy. The antithesis, I propose, is art. [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 Clara Keane at [ckeane@arttherapy.org](mailto:ckeane@arttherapy.org). Publication of any guest article is at the sole discretion of the AATA. The opinions expressed and/or contents of guest articles, advertisements, and external links included in any AATA publication do not represent the positions or policies of the AATA. The AATA makes no warranty or representation concerning the accuracy of such content.

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