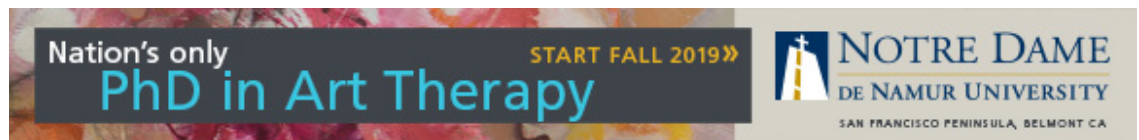


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January 3, 2019


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AATA NEWS

Thanks to You, AATA Receives a \$5,000 Matching Grant!



AATA National Office

We asked for your help, and you delivered! Thanks to your generous support, we exceeded our year-end fundraising goal and will receive a \$5,000 matching grant from a foundation. We're off to a great start in meeting our larger 50th Anniversary fund-raising goal in 2019!

Here are some thoughtful notes from supporters who donated:

"As a retired Art Therapist (and Art Teacher) I have witnessed over many years the power of art to heal. I hope the field will continue to flourish." — Carol

"Art therapy is a powerful and important way for helping everyone!" — Hope

"I believe in giving back to the profession that has given so much to me." — MaryEllen

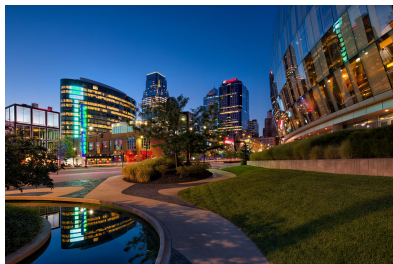
You can read more notes on our [Network for Good](#) page.

2019 is going to be a pivotal year for our profession. We are expanding awareness about the benefits of art therapy, fighting for licensure in 13 states and working to support the communities we serve! With your support and this matching grant, our 50th year is already off to an amazing start!

Just Four Weeks Left to Submit Your 2019 Conference Proposals!



AATA National Office



Happy New Year! It's time to focus on submitting conference proposals for the AATA's 50th Annual Conference to be held October 30 to November 3, 2019 in Kansas City, Missouri. We hope you will "meet us in the middle" of America's heartland as we celebrate 50 years of healing through art! The 2019 Annual Conference Call for Proposals is now open. Submissions will be due on February 1, 2019. Visit the Proposal Submission site to learn more.

READ MORE

Join us to Celebrate 50 Years of Healing Through Art on Social Media

AATA National Office

We're kicking off our 50th anniversary year with a fun, collaborative social media project to share thoughts, experiences and memories of our profession! Visit our [Facebook event page](#) each day in January, which will feature daily prompts and themes to help us reflect, inspire and create. It's all about celebrating together! Or join us on Twitter at [@arttherapyorg](#) or Instagram at [@arttherapyorg](#) using the hashtag #AATA50th. Check out the daily topics and themes in the graphic below.

You're invited to share images, fond memories, amazing moments, & inspiration for the future of art therapy in response to our daily themes throughout the 31 days of January. Participate with the hashtag #AATA50th in association with content you post on FB, IG & Twitter in response to each day!

1. Beginnings	11. Fifty	21. Membership
2. Art Meets Therapy	12. Diversity	22. International
3. Memories	13. Schools	23. Recovery
4. Celebration	14. Milestones	24. Reconnection
5. Advocacy	15. Pioneers	25. Leadership
6. Creativity	16. Aspirations	26. Education
7. Identity	17. Favorite Day	27. Art as Activism
8. Story Telling	18. Color	28. Community
9. Gold	19. Membership	29. Vision
10. Collaboration	20. Chapters	30. Research
		31. Future

[arttherapy.org](#)

AATA Conference Attendees Send Stars of HOPE Following the Tallahassee Yoga Studio Shooting



AATA National Office

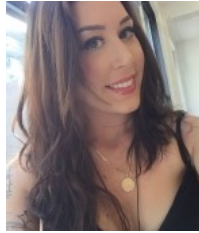
Every year at the annual conference of the American Art Therapy Association, attendees are invited to create artwork in the open studio — a wonderful way to step back and process during the intensive days of learning. At the 2018 conference held in Miami, attendees were invited to join Stars of HOPE, USA in painting 12-inch wooden stars with a message of hope. The Stars of Hope team planned to use the 200 completed stars to show support and pay-it-forward to a community involved in a natural or man-made disaster where hope and healing are needed most. **READ MORE**



Featured Member


hotyogatallahassee


AATA National Office



Julia Culkin LCAT, ATR-P, works as an art therapist at an outpatient mental health clinic in Brooklyn, NY. She values her AATA membership especially for the Journal subscription and access to the online Community Forum. "Topics of discussion are thought-provoking and make me feel connected to a larger community," says Culkin. "I believe the online component to our membership with AATA greatly educates us as clinicians with those practicing innovative and outstanding roles in the art therapy field." **READ MORE**

ART THERAPY IN THE NEWS

How creating art can help reduce stress



Refinery29

Around 2015 or so, adult coloring books arrived on the Amazon bestseller list, and haven't left since. The response was polarizing: Kate Middleton was reportedly a fan at one point, but Quartz dubbed them America's "cry for help." Forbes called them the "dark horse of publishing" that year. Regardless of how you feel about coloring books for those past grade school, studies have proven that they do help some de-stress at the end of the day, highlighting an oft-forgotten means of stress relief: Creating art. **READ MORE**



Healing through artistic expression



The Stony Plain Reporter

Healing grief can start with letting emotion spill onto canvas. Parkland School Division, in partnership with Stony Plain FCSS and Spruce Grove FCSS brought the latest strong families session, How Art Heals Grief, to the PSD office in Stony Plain on Tuesday. Art Therapist Jean E. Tait led parents through some of the things both children and adults go through while dealing with grief, and ways for them to cope. **READ MORE**

This Bay View studio teaches healing through art therapy



WYMS-FM

All this month, Radio Milwaukee has celebrated the importance of arts education in our local communities. We've visited the Latino Arts Strings Program at UCC, Grace Weber's Music Lab, Islands of Brilliance and many other local arts education programs. In this piece, we walk through the doors of Bloom Center for Art and Integrated Therapy in Bay View. **READ MORE**

Emylia Safian's Traces exhibition sheds light on art therapy and childhood wounds



Danamic

Provoking its audience to pay closer attention to childhood issues affecting or arising from contemporary society, Traces, a research-informed and art therapy practice-based art exhibition, aims to make such issues and concerns more accessible to achieve greater public awareness. Emylia Safian, the academic lead of the exhibition and a registered art therapist, added: "Such research material would otherwise be confined to academic journals. This has also encouraged the art therapists to become agents of social change, using art as a platform." **READ MORE**

Special Tree cares for its patients and its employees



Macomb Daily

Matt Oberdier is a digital marketing specialist for Special Tree Rehabilitation and that position has him sitting at a desk developing strategies and online content that promotes the company's work as a brain and spinal cord rehabilitation-provider for Macomb and Oakland counties. His boss, however, encourages his employees to take regular time out for physical and emotional renewal. So, there are times during the workday when he can be found sitting in the greenhouse painting a tree or taking a gardening class. **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. 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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