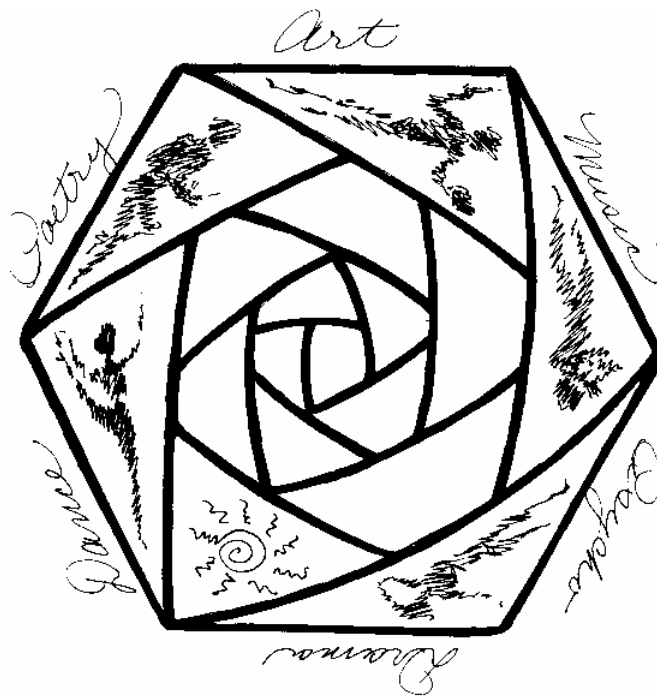


Creative Arts Therapies Conference

Maintaining Mental Health Through Exploration and Imagery



Friday, March 16, 2007

**Academy of the Holy Names
1075 New Scotland Avenue, Albany, New York**

8:30 a.m. – 5:00 p.m.

Sponsored by the Consultation Center

Concurrent Workshops – Session I

1. Multi-Sensory Sing Alongs with Patients with Alzheimer's Disease

Explore how to use the sense of touch, hearing, sight, smell and taste to create a multi-sensory sing along that will stimulate, entertain and make a connection with all of your geriatric patients.

Presenter: Sharon M. Sharrow, MT-BC, *is a board certified music therapist who has been working with the geriatric population in nursing homes, adult homes and independent living centers for the past 15 years.*

2. Moving MomentsSM – Choreographing Your Life

This experiential workshop will address the utilization of creative movement to create therapeutically meaningful moments and build connections. An introduction to BrainDance will be provided. Attendees will also receive handouts outlining various movement activities.

Presenter: Cara Bulson Arcuri, MA, ADTR, NCC, LCAT, *is a Community Participation Facilitator with more than ten years experience working with older adults with developmental disabilities in group home settings. She is committed to helping others develop their full potential through creative interventions.*

3. Boundaries and Relationships with the Patient Diagnosed with Borderline Personality Disorder

Treatment for patients with borderline personality is crisis laden. An integration of developmental theory with cognitive treatment offers the patient awareness of maladaptive thinking and skills for a more individuated approach for interacting in the world.

Presenter: Jane De Souza, MPS, ATR-BC, LCAT, *has worked at Saint Vincent's Catholic Medical Center, Westchester, for over 26 years. For the past ten years she has been team leader for CDTP/DBT Track for SMI patients diagnosed with Borderline Personality Disorder. She is president of Westchester Art Therapy Association.*

4. Psychodrama A Deux

This workshop offers a demonstration of psychodrama and action methods in one-on-one individual sessions as a means of allowing clients to access their creativity and enhance spontaneity.

Presenter: Michael Traynor, LCSW, CP, PAT, *conducts weekly outpatient psychodrama groups treating addictions, depression, anxiety and eating disorders, as well as training workshops for psychotherapist and health care professionals in the Capital District.*

5. So I'm not the only one who feels this way! Sociodrama with Teenagers

This is an experiential workshop for all who work with teenagers, especially in school or residential settings. Participants will learn methods for developing group cohesiveness and tools for greater assurance of confidentiality among group members. They will also learn to facilitate exploration of issues of concern to teenagers in a non-threatening, non-judgmental atmosphere.

Presenter: Sister Regina Peterson, MSC, LMSW, CP, PAT, *is a creative arts therapist and psychodramatist with the teenage population at St. Cabrini Home in West Park, NY. She is also on the faculty of the Hudson Valley Psychodrama Institute, New Paltz, NY.*

6. Movement, Using a Body-Mind Centering® Systems Approach

Ever wonder why various movement, sports, dance and exercise experiences have unique sensations and attributes? Body movement is influenced by body systems. Participants will experience the somatic differences between movement that is initiated and driven by the organs, the fluids, the bones, the glands and more. No experience is necessary.

Presenter: Toni Smith, MFA, *is a dancer/choreographer who has a private practice in Body-Mind Centering, helping adults and children with physical and developmental challenges. She was a member of the Skidmore Dance Faculty for eight years, the Artistic Director of the National Museum of Dance, the founder of Partners in Dance, a member of the New York State Dance Force, and Adaptive Yoga for Disabilities instructor.*

Concurrent Workshops – Session II

7. Connecting to Ourselves and Each Other through Playback Theatre

Experience first-hand how the elements of Playback Theatre invite an exploration of our personal stories that takes us deeper into ourselves and our experiences while helping us connect with our common humanity.

Presenters: **Bill Baetz** is a business consultant, actor, dancer and singer in his second year as a member of the *Pentimento Playback Theatre Company*.

Suzanne Lang Baetz is a teen theatre director in her second year as a member of the *Pentimento Playback Theatre company*.

Ellen Becker is a lawyer and an artist. She is married and the mother of two children. She joined the company in 2002.

Shelby Harrison believes in the healing power of storytelling. She has been performing with *Pentimento Playback Company* since 2002.

Marsha Smith works as a nurse practitioner in *Employee Health*. She has been performing with *Pentimento Playback Company* since 1997.

John Stevenson is poet, editor and graduate of the *Jonathan Fox School of Playback Theatre*. He has been with *Pentimento Playback Company* since its inception in 1992.

8. Dance/Movement Therapy: Intimacy, Humor, and Sexuality with Older Adults

This past year, a weekly dance/movement therapy group for older adults has begun to grow closer, exploring themes of intimacy, sexuality, humor and love. The workshop includes a DVD presentation, discussion, and dance/movement therapy experience.

Presenters: **Pamela Faith Lerman, MEd, LCAT, LMHC, ADTR**, is a Registered Dance/Movement Therapist with the *American Dance/Movement Therapy Association*, *NYS Licensed Creative Arts Therapist*, and *NYS Licensed Mental Health Counselor*. She is a *Creative Arts Therapist* at *Ellis Hospital Department of Psychiatry*.

Jaclyn N. Hamlin is a student at *Russell Sage College*.

Ollire “Posie” Dunn holds a BA in *Creative Arts Therapy and Dance* from *Russell Sage College*.

9. Art Therapy and Social Skills Development for Social Learning Deficits

Creative experiences foster flexibility and decrease rigidity in social engagement. Art therapy techniques meet the unique needs of people with social learning deficits. This workshop will use collage as the medium for social growth.

Presenters: **Leslie Abrams, MPS, PhD**, conducts art therapy groups for at-risk children and adolescents. She has served as the clinical coordinator and adjunct faculty in graduate art therapy programs at *Pratt Institute* and *Springfield College*.

Holly Majkut, MS, utilizes creative therapeutic techniques to assist children and adolescents in a variety of treatment settings. She serves as an adjunct faculty member in the graduate art therapy program at *Springfield College*.

10. Moving Emotions

This workshop combines poetry writing and creative movement to explore various universal emotional states. Participants need no experience in these expressive art forms to benefit from the deeply stirring emotional response they will encounter.

Presenter: **Sha’an Mouliert, MEd**, creative arts specialist, founder of *Heart Felt Expressions* and director of the *African American Alliance*, has developed and implemented well-being programs for pre-schoolers to seniors in various settings.

11. Music Is the Bridge

Come and experience music therapy as a medium for integrating students with developmental disabilities and typical peers. Learn how to use music and movement in sensory integration, symbolic play, and for social stories with children on the autism spectrum.

Presenter: **Joy Fisher Pollard** is a Board Certified Music Therapist in practice for more than 30 years. She has worked with people of all ages and disabilities, as well as having taught music in *Recreation* and *Jazz Voice* at the college level.

Concurrent Workshops – Session III

12. Fission or Fusion: The Social Atom As a Creative and Diagnostic Tool

The social atom is a basic building block of psychodramatic thought and action. It is creatively adaptable to many circumstances and can be used with individuals and groups, on paper or in action. Learn by doing!

Presenter: Judy Swallow, MA, CRS, CAT, TEP, is a co-director of the Hudson Valley Psychodrama Institute and is a senior psychodramatist at Four Winds Hospital. She is the founder of Community Playback Theatre and has taught worldwide. She has a private practice in New Paltz and Katonah, NY.

13. Using Improvisational Theater for Groups in Clinical Settings

Explore the use of improvisational theater training to develop tools for building community in clinical groups. Experience a sampling of different improvisational techniques for clinical work and experience the power of personal stories in groups.

Presenter: Jennie Kristel, MA, has a Master of Arts in Expressive Arts Therapy with a concentration in Psychodrama from Lesley University. She is nationally board certified by the National Association of Expressive Therapists®. She is certified by the School of Playback Theatre as a teacher and practitioner. Jennie has worked in a variety of clinical and non-clinical settings as an Expressive Therapist. She has also taught Playback internationally. Jennie works as an expressive therapist in private practice and is the Artistic Director of Vermont Playback Theatre in Burlington, VT.



14. Hypnosis and Imagery of the *Informed Child Technique*

The **informed child technique** is a phase of an overall powerful experiential hypnosis treatment approach involving the alternating between emotions of fear and safety. This technique targets and corrects the childhood misconceptions that linger semiconsciously and impair current adult functioning. This didactic and experiential workshop will include an informational quiz on hypnosis, videos of the informed child technique, and possible demonstration of a non-clinical example.

Presenter: James M. Hislop, LCSW, BCH, is a Board Certified Hypotherapist and Licensed Clinical Social Worker working in an eclectic private practice in Albany since 1991. Public service has been with families and adults at clinics in Saratoga, Glens Falls and Hudson Falls.

15. Is an Expressive Arts Approach Effective with Persons with Dementia?

Using both didactic and experiential presentation methods, this workshop will outline information learned during a year-long research project funded by the NYS Department of Health that explored the use of visual art making with the residents living with dementia at Marjorie Doyle Rockwell Center in Cohoes, NY.

Presenters: Denie Whalen, OTR, MA, is the Director of New York Expressive Arts in Albany, NY, a community-based organization that provides an expressive arts training program, community “art-reach” work, and arts-based consulting and coaching. She is a registered occupational therapist and holds an MA I Expressive Arts from the European Graduate School in Switzerland.

Susan Moran, MA, is the Administrator of Marjorie Doyle Rockwell Center, a residence and educational center devoted to enhancing the lives of persons with Alzheimer’s Disease. Susan has a background in psychology, and is a graduate of the New York Expressive Arts program in Albany.

See next page for more Session III
workshops.

Concurrent Workshops – Session III

16. Psychodramatic and Action Methods Techniques for Groups with Children/Adolescents

This workshop will offer participants experiential exposure to many Psychodramatic and Action Method techniques time-tested and successful in working with children and adolescents. Come prepared to participate, absorb and take useful practices home.

Presenters: Steven J. Wood, LMHC, MA, CP, works at Four Winds – Saratoga where he has been Director of Psychodrama Services since 1998 and is a therapist on the child/adolescent service. Steve also has a private practice.

Clinton Germond is a second year graduate student at St. Joseph's. He has also worked on the children's unit at Four Winds – Saratoga for four years.

17. Making Safe Harbor

Psychodrama and art can be used to create sanctuary in which we connect with needed social, human, and spiritual strength and wisdom in order to move forward with spontaneity and courage. Especially useful for those working with trauma survivors.

Presenter: Rebecca Walters, MS, TEP, LCAT, LMHC, is the co-director of the Hudson Valley Psychodrama Institute in New Paltz, NY and is the Director of Child and Adolescent Psychodrama Services at Four Winds Hospital in Katonah, NY.

Mental Health Resources will again be providing a display of books and other materials for purchase.

Letters of attendance will be provided upon request. These letters may be used for continuing education units.



SCHEDULE

8:30 a.m.	Registration
9:00 a.m.	Opening – Welcome
9:15 – 10:45 a.m.	Workshop Session I
10:45 – 11:00 a.m.	Break
11:00 a.m. – 12:30 p.m.	Workshop Session II
12:30 – 1:30 p.m.	Lunch
1:30 – 4:00 p.m.	Workshop Session III
4:15 p.m.	Closing Session

Goals of the Conference:

The purpose of the Creative Arts Therapies Conference is to highlight the contribution that art, dance/movement, music, poetry and psychodrama therapies make to the field of mental health. Theoretical and experiential presentations allow participants to enjoy experiences for their own benefit as well as learn techniques to enhance their work.

The Conference:

- Examines the roles of Creative Arts Therapies in various clinical situations.
- Presents theories and techniques involved in the application of each discipline for use with a wide variety of clients.
- Provides participants the opportunity to experience the power of the arts in:
 - Examining and expressing feelings and emotions,
 - Stimulating behavioral change,
 - Promoting insights into the inner self,
 - Dissolving those blocks that inhibit a more enriched life based on personal awareness, self-acceptance, self-appreciation and reliance on inner creative strengths,
 - Accessing a sense of relaxation, peace and centeredness.

Who Should Attend:

Professionals in the field of human services, including creative arts therapists, arts educators, speech pathologists, occupational and physical therapists, social workers, psychologists, administrators, program directors, educators and other interested persons.

Fee: \$80.00, including lunch (Payment after March 9: \$90.00)

Planning Committee:

Mary Frances Beck, SNJM, MA, Administrative Director
Rev. Anthony J. Chiaramonte, PhD, Director
Ann Marie Truppi, PhD, ADTR, NCC, Conference Coordinator

For further information contact the Consultation Center:

Phone: 518-489-4431
Fax: 518-489-5189
E-mail: consultation.center@rcda.org
Web sites: www.timesunion.com/communities/ccenter
www.rcda.org



Directions to the Academy of the Holy Names

From the South: Take NYS Thruway to Exit 23, turn left onto Rte. 9W, right onto Hoffman Ave., left onto Second Ave. When you cross Delaware Ave., bear left onto Whitehall Road. At the end of Whitehall Road take a left onto New Scotland Ave. Holy Names is about a mile further on the right.

From the West: Take NYS Thruway to Exit 23 and follow the directions above.

From the East: Take I-90 West to I-787 South. At the end of I-787 go straight onto Hoffman Ave. and follow the directions above.

From the North: Take I-87 South (Northway) to I-90 East to Exit 4 (Route 85 South). Exit at Krumkill Road, take a left off the ramp, then an immediate right at the light onto Krumkill Road. Follow Krumkill Road around to New Scotland Ave. and turn right. Holy Names is about a mile further on the right.



REGISTRATION FORM

Enclosed is my check for \$_____. Please register me for the Creative Arts Therapies Conference on March 16.

Workshop Choices:

	Number of First Choice	Number of Second Choice
Session I	_____	_____
Session II	_____	_____
Session III	_____	_____

Please check if we may include your name and address on the list given to conference participants. _____

Name _____ Phone _____

Address _____

Zip _____

E-mail Address _____

Please make check payable and mail to: Consultation Center, 790 Lancaster Street, Albany, NY 12203