

# *Creative Arts Therapies Conference*

The

Symbolic

Perceptive

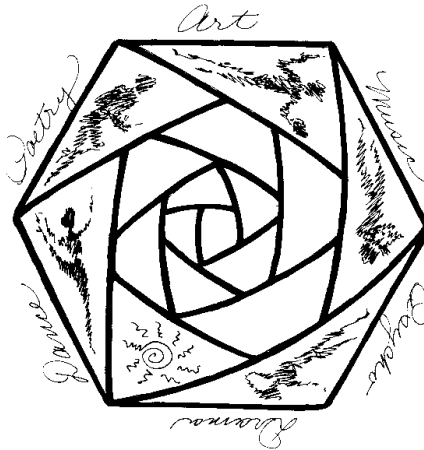
Intuitive

Relational

Inspiring

Therapeutic

Aspects of the Creative Arts Therapies



**Friday, April 17, 2009**

**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. Everyone Dances . . . They Just Don't Realize They Do

Explore how you define dance and what dance means to you! Participants will have the opportunity to utilize props and experience a variety of creative movement possibilities including elements of dance, childhood dances, and social dances.

**Presenter:** *Cara Bulson Arcuri, MA, ADTR, NCC, LCAT, is a Community Participation Facilitator with over ten years experience in residential settings with older adults with developmental disabilities. She is also a children's summer camp director and is committed to helping others develop their full potential through creative interventions.*

### 2. Making and Using Stencils for Projects in Long Term Settings

Stenciling is a popular craft accessible to all. Make your own stencils and learn how to use them for developing group cohesiveness and products to sell this process. It supports psychic integration and physical centering.

**Presenter:** *Lucy Mueller Young, MA, ATR-BC, is co-director of the Art Therapy Studio, Northampton, MA, and adjunct professor of art therapy and print making at Springfield College. She is a board certified art therapist.*



### 3. A Workshop for Those Who Care

Providing care to others, as a mental health practitioner or any type of caregiver, can be very gratifying, but also exhausting. This workshop is designed to help replenish and reinvigorate your energy to insure continued self-care. Techniques will include imagery, relaxation, movement, and Reiki. If you are a caregiver of any sort, come and give yourself time to receive.

**Presenters:** *Ann Marie Truppi, PhD., ATR, is a registered dance therapist and licensed psychologist. She is a consultant at the Our Lady of Mercy Life Center, McAuley Residence and St. Peter's Nursing and Rehabilitation Center. Dr. Truppi is also in private practice.*

*Jill McCabe, LMHC, has over 15 years experience in Human Services with special emphasis on women's issues, alcohol and drug treatment, and adolescent psychology as well as individual and family therapy. Jill is also a Second Degree Reiki Practitioner in the Usui System of Natural Healing.*

### 4. Growing through Playback Theatre

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

**Presenters:** *Our group is a diverse selection of volunteers, whose professions range from the practice of law, nursing, organizational consulting, and education to human resources management.*

## Concurrent Workshops – Session II

### 5. Moving Stories

In this experiential workshop, participants will discover their inner strengths and resources using guided imagery, dramatic movement and storytelling to solve problems and create an environment conducive to well-being. This workshop is for the general population and those open to an alternative creative, non-intrusive, self-empowering problem solving technique.

**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.*

### 6. Drama Therapy for Persons with Dementia

This Drama Therapy workshop focuses on the strengths of persons with dementia and provides techniques to maximize their cognitive and communication skills; foster creativity and individuality; encourage physical activity; build community; and strengthen self-esteem.

**Presenter:** *Nancy Sondag, MA, RDT/BCT, LCAT, CDP, is the Director of Therapeutic Recreation at Menorah Home and Hospital in Brooklyn, NY and mentors drama therapists and students.*

### 7. Theatre Workout

If you want your group to work, start by making them work by using their bodies. Using our bodies has the effect of putting feelings on the table and is a safe and non-threatening way to circumvent verbal defense mechanisms which at times can be counterproductive. At this session we'll teach you some non-competitive theatre games and warm-ups to use with your groups.

**Presenters:** *Our group is a diverse selection of volunteers, whose professions range from the practice of law, nursing, organizational consulting, and education to human resources management.*

### 8. Dancing through Broken Dreams

This workshop is for those who are curious about dance/movement therapy and interested in working with teenage girls. I will share my experiences for the past five and a half years as a consultant at Saint Anne's Institute, a residential and community based preventive service agency. We will also get a chance to dance, so wear comfortable clothes and bring your questions!!!

**Presenter:** *Rachelle Smith-Stallman, MS, ADTR, has almost 30 years of experience as a Dance Therapist with a special commitment in the healing and exhilarating quality of dance and movement. Her therapeutic work is informed by her long experience as a choreographer and performer and her understanding of the ways that movement can liberate the deep emotional resources within all of us. In addition to her work at St. Anne's, she maintains a private Dance Therapy practice in Albany, NY. Rachelle is also a teaching artist with Capital Region Center for Arts in Education.*



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

## Concurrent Workshops – Session III

### 9. Crossing the Bridge to Health:

#### *A Creative and Symbolic Journey*

Through a lecture and experiential format, participants learn how the creative and symbolic process in art therapy can be an important source of healing for our body, mind, and spirit when faced with an illness or physical problem. Come ready to envision ways to enhance your own health and well-being.

**Presenter: Penny H. Baron, PhD, ATR-BC, LCAT,** *is a Registered-Board Certified Art Therapist and Licensed Creative Arts Therapist. She holds a doctoral degree in Health Studies from the Union Institute and University, and has over 25 years experience working with individuals and groups in the areas of creativity, stress management and holistic health.*

### 10. The Art and Science of Handwriting: A Tool for Self-Discovery

Handwriting can reveal the physical, mental and spiritual state of the writer and is a permanent record of personality. This workshop will explore handwriting as a way of increasing mindfulness of how the brain acts as a communicator through writing.

**Presenter: Jo Coppola-Griffiths, MA, GHA, LMHC,** *is a Graduate Handwriting Analyst and a Licensed Mental Health Counselor. She has been teaching handwriting analysis workshops over the past 18 years and is actively involved as a Staff Development Instructor at Omega Institute since 1997. Jo writes articles and is currently working on a book that will explore love letters and the healing spirit through handwriting analysis.*

### 11. A Place Called SAFE

Those who have suffered abuse and other traumas have a difficult time trusting others . . . sometimes even themselves. In order to truly benefit from therapy, they first need support to find hidden among the ashes of their reality, something they don't dare believe is there: that place called "safe."

**Presenter: Sister Regina Peterson, MSC, CP, PAT, LMSW** *is currently working with young women at a residential facility in West Park, NY. Many of these teenagers have a history of abuse and neglect that contributes to their developmental difficulties. Through creative arts and psychodrama, Sister Regina supports their search for safety and meaning in life.*

### 12. Let's Have Fun with Hypnosis

Hypnosis is an ever present part of our daily lives, yet we rarely pay enough attention to notice the "right brain" influence. This seminar is about demonstrating hypnosis in groups for curiosity and entertainment. We can get to know this process with videos and demonstration.

**Presenter: James M. Hislop, LCSW, BCH,** *is a Board Certified Hypnotherapist and Licensed Clinical Social Worker working in an eclectic private practice in Albany since 1991.*

**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 April 10: \$90.00)

### **Planning Committee:**

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

### **For further information contact the Consultation Center:**

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Fax: 518-489-5189  
E-mail: [consultation.center@rcda.org](mailto:consultation.center@rcda.org)  
Web Site: [www.consultationcenteralbany.org](http://www.consultationcenteralbany.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 April 17.

**Workshop Choices:**

	<b>Number of First Choice</b>	<b>Number of Second Choice</b>
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**