

Outline

- Art Therapy vs. Therapeutic Art Making**
When to utilize therapeutic art making vs referring to an art therapist
Ethical implications and scope of practice
Process of creating vs. outcome
- Clinical Application of Therapeutic Art Making**
How to make art well with clients
Media selection
Developmental stages manifested in artmaking
Warning signs in artwork
Positive perspectives
- Creative Techniques and Strategies to ...**
- Build Safety**
For Trauma, Anxiety & Mood Disorders
Safe place art
Mandalas
Stressors vs. calmers
Mindful doodling
Worry dolls
- Build Relationships to Self**
For ASD, Trauma, ODD, ADD
Name designs
Me/not me/ideal me collage
Self object
Landscape of my life
I Am...
- Improve Relationships to Others**
For ASD, Mood Disorders, ADD
Collaborative drawings
Mural making
Circle of commonalities
Group activities
Family art making
- Build Self-Esteem/Self-Compassion**
For ADHD, Anxiety & Mood disorders
Inside out boxes
Aluminum foil sculptures
Positive puppets
Empathy masks
Worry dolls
- Increase Control & Commitment Skills**
For ADHD, Anxiety & Mood disorders, Trauma
Follow directions drawing
Crossroads doodle
Resilience doodle
Wellness time line
Letters of appreciation
- Limitations and Risks:**
Participants understand the nature, objectives, limitations, and results from the training are distinctly different from the formal study of art therapy

There are potential risks when introducing art into your practice without adequate training
Art therapy is an evidenced-based treatment

Objectives

1. Explore art therapy directives to immediately implement into clinical practice with fidelity to help children regulate their emotions and behavior.
2. Consider the ethical implications and clinical limitations of using selected art therapy approaches within your scope of practice.
3. Determine the stages of a child's normative development and identify the indicators suggesting a need for additional clinical support.
4. Summarize the benefits of utilizing therapeutic artmaking approaches in assessment, diagnosis, and clinical treatment of mental health disorders.
5. Develop a plan for introducing art into clinical practice for treatment resistant and challenging children and families.
6. Determine the neurobiological implications of using therapeutic art interventions among clients with various diagnoses.

Live Seminar Schedule
7:30 Registration/Morning Coffee & Tea
8:00 Program begins
11:50-1:00 Lunch (*on your own*)
4:00 Program ends

There will be two 15-min breaks (mid-morning & mid-afternoon).
Actual lunch and break start times are at the discretion of the speaker.
A more detailed schedule is available upon request.

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ART THERAPY

Creative Art Interventions for Challenging Children Who Act Out, Melt Down or Shutdown



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- Cedar Rapids, IA**
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- Des Moines, IA**
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ART THERAPY

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- Anxiety
- Trauma
- Mood disorders
- ADHD
- ODD
- ASD
- And more!

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ART THERAPY

Do you work with challenging children and teens who seem absolutely resistant to every intervention you offer? Clients who are stuck, repeating the same patterns over and over and you feel like you're powerless to help them? You know the ones that repeatedly refuse to listen and don't stop to think before they act. Or those who refuse to take responsibility for their behaviors and constantly pass blame onto others? Do they leave you feeling stagnant and burnt out in your practice?

Attend this seminar and learn innovative interventions that will help even your most resistant clients become unstuck. Your day will consist of creative, interactive, hands-on training that will re-energize your work. You will leave with fresh new art strategies and approaches that you can use immediately to engage even your most difficult and challenging clients. These tools are fun and playful. They will offer you an opportunity to refresh yourself as well!

No art experience is necessary, just an openness to try something creative.

Speaker

PAMELA MALKOFF HAYES, MFT, ATR-BC is a Licensed Marriage and Family Therapist (MFT) in the state of California and a Registered and Board Certified Art Therapist with the American Art Therapy Association (AATA). Her specialties include: alcohol and drug addictions, relationship and parenting, depression and anxiety, grief, LGBTQ, gender identity and sexuality. She is also a court certified Sexual Abuse Evaluator and trained in Hypnotherapy, Eye Movement Desensitization Reprocessing (EMDR) and Emotional Freedom Techniques (EFT).

Over the course of her 25+ year career she has worked in schools, hospitals, prison, foster and residential care, and private practice. She is a noted speaker and educator, lecturing throughout the United States. She has taught art therapy courses at Philips Graduate University, Rhode Island School of Design (RISD), and Chicago School for Professional Psychology. She has written several books and produced DVDs on Art Therapy. She stars in the video podcast, "3 Minute Art Therapy", and was recently featured on "The Science of Happiness/ SoulPancake" as the expert Art Therapist.

Ms. Hayes lives in Los Angeles where she has a private practice and provides art therapy groups to multiple agencies. She has a Bachelor's Degree in fine arts from Parsons School of Design in New York, NY and Otis/Parsons in Los Angeles, CA and a Graduate Degree in marriage and family therapy and art therapy from The Notre Dame de Namur University in Belmont, CA.

Speaker Disclosures:
Financial: Pamela Hayes is in private practice. She receives a speaking honorarium from PESI, Inc.
Non-financial: Pamela Hayes has no relevant non-financial relationship to disclose.

Questions? Call customer service at 800-844-8260



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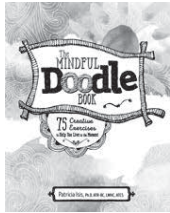


250 Brief, Creative & Practical Art Therapy Techniques

A Guide for Clinicians and Clients

By Susan I Buchalter, Art-BC, CGP, LPC

These unique 250 art exercises increase self-esteem, self-awareness and a feeling of success in artistic expression and communication, allowing clients to engage in therapeutic exercises without judgment. Using simple materials like paper, pencils and markers, these techniques can be immediately implemented in your practice.



The Mindful Doodle Book

75 Creative Exercises to Help You Live in the Moment

By Patricia Isis, PH.D., LMHC, ATR-BC, ATCS

Reduce Anxiety. Express Emotions. Be More Present.

The Mindful Doodle Book: 75 Creative Exercises to Help You Live In the Moment combines the benefits of mindfulness and the intuitive expression of doodling to help you relax, find focus, and creatively express emotions through spontaneous artmaking.

Target Audience

Counselors, Social Workers, Psychologists, Case Managers, Psychiatrists, School Psychologists, Marriage and Family Therapists, School Counselors, Occupational Therapists and Occupational Therapy Assistants, Educators, Speech-Language Pathologists and Creative Arts Therapists

* Participants will learn how to implement therapeutic art interventions. They will not be certified as an art therapist.

LIVE SEMINAR CONTINUING EDUCATION CREDIT INFORMATION

Credits listed below are for full attendance at the live event only. After attendance has been verified, pre-registered attendees will receive an email from PESI Customer Service with the subject line, "Evaluation and Certificate" within one week. This email will contain a link to complete the seminar evaluation and allow attendees to print, email or download a certificate of completion if in full attendance. For those in partial attendance (arrived late or left early), a letter of attendance is available through that link and an adjusted certificate of completion reflecting partial credit will be issued within 30 days (if your board allows). Please see "Live seminar schedule" for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.

If your profession is not listed, please contact your licensing board to determine your continuing education requirements and check for reciprocal approval. For other credit inquiries not specified below, or questions on home study credit availability, please contact cepesi@pesi.com or 800-844-8260 before the event.

Materials that are included in this course may include interventions and modalities that are beyond the authorized practice of mental health professionals. As a licensed professional, you are responsible for reviewing the scope of practice, including activities that are defined in law as beyond the boundaries of practice in accordance with and in compliance with your professions standards.

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MARRIAGE & FAMILY THERAPISTS: This activity consists of 380 minutes of continuing education instruction. Credit requirements and approvals vary per state board regulations. You should save this course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

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PSYCHOLOGISTS: The following state psychologist boards recognize activities sponsored by PESI, Inc. as an approved ACCME provider: Alaska, Alabama, Arkansas, California, Colorado, Georgia, Illinois, Indiana, Kentucky, Maryland, Missouri, Nebraska, New Hampshire, New Jersey, New Mexico, Pennsylvania and South Carolina. This activity consists of 6.0 clock hours of continuing education instruction. Certificates of attendance will be issued for you to submit to your state licensing board to recognize for continuing education credit. Full attendance is required; no partial credits will be offered for partial attendance.

PHYSICIANS: PESI, Inc. is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

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information for number of ASHA CEUs, instructional level and content area. ASHA CE Provider approval does not imply endorsement of course content, specific products or clinical procedures.

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ART THERAPY: CREATIVE ART INTERVENTIONS FOR CHALLENGING CHILDREN WHO ACT OUT, MELT DOWN OR SHUTDOWN

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_____ **250 Brief, Creative & Practical Art Therapy Techniques** book* \$29.99 (PUB085195)

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