

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

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.

**FREE Worksheets**

*Identifying Anxiety-Igniting Thoughts*

By Catherine Pittman, Ph.D. HSPP

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**ART THERAPY**

Creative Interventions for Kids with Trauma, Anxiety, ADHD and More!



<b>Duluth, MN</b> Wednesday, February 13, 2019	<b>Roseville, MN</b> Thursday, February 14, 2019	<b>Bloomington, MN</b> Friday, February 15, 2019
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**ART THERAPY**

Creative Interventions for Kids with Trauma, Anxiety, ADHD and More!

Interactive hands-on art therapy experiences – all materials provided

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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

**Dr. Ellen G. Horovitz, ATR-BC, LCAT, E-RYT, C-IAYT**, is an internationally known leader and author in Art Therapy and Yoga Therapy, as well as a certified yoga therapist and psychotherapist.

She is Professor Emerita and founder of the Nazareth College graduate art therapy program, author of eight books and past president-elect of the American Art Therapy Association (AATA). In addition to being a professor and scholar, Dr. Horovitz has been in private practice for over 35 years and works clinically with individuals, couples, and families. She is a dynamic presenter who has given hundreds of lectures and workshops nationally and internationally.

Dr. Horovitz served as AATA board director for 12 years and was responsible for re-writing the national education standards and manuals for approved graduate programs. In addition, she was as an expert witness on art therapy education for the U.S. Department of Justice, has won numerous awards and received grants from many organizations, including a graphic consultant grant from the U.S. Department of Defense.

The topics of her books range from art therapy to yoga therapy to mainstream applications of digital photography, and she has authored over 50 juried articles and 17 book chapters. Dr. Horovitz is also an expert in the field of deafness/hard of hearing and her book, *Visually Speaking: Art Therapy and the Deaf*, has been translated into Korean. You can read more about her at [www.yogatherapy.com](http://www.yogatherapy.com) and [www.ellenhorovitz.com](http://www.ellenhorovitz.com).

Speaker Disclosures:

Financial: Ellen Horovitz is professor emerita at the Nazareth College of Rochester. She receives a speaking honorarium from PESI, Inc.  
Non-financial: Ellen Horovitz is a member of the American Art Therapy Association.

## Questions? Call customer service at 800-844-8260



**Hassle-Free Cancellation Policy:** If you contact us before the event date, you can exchange for a DVD or CD/digital manual package on the subject (self-study continuing education credit may be available), a certificate to attend another seminar, or receive a tuition refund less a \$30 cancel fee. Substitutions are permitted at any time.

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PESI Inc. is proud to offer this seminar (at these locations only) *free* of charge (on live seminar tuition) for veterans and active duty military personnel. **Advance registration by phone required.**

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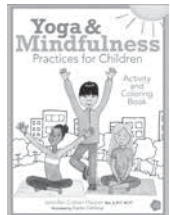


### 250 Brief, Creative & Practical Art Therapy Techniques

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.



### Yoga and Mindfulness Practices for Children Activity and Coloring Book

Jennifer Cohen Harper, MA, E-RCYT

Jennifer Cohen Harper, internationally recognized yoga and mindfulness expert, has created simple and fun tools to help guide children through the many stressors of life. Yoga and Mindfulness Practices for Children Activity and Coloring Book offers 50 engaging activities, coloring pages and worksheets that support health, well-being, empowerment and an improved capacity to navigate those pressures of life without becoming overwhelmed.

## 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](mailto: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. PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Rehab and Psychotherapy Networker.

**COUNSELORS:** This intermediate activity consists of 6.25 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please save the course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

**MINNESOTA COUNSELORS:** Application for MN BBHT continuing education credits has been submitted. Please contact us at 800-844-8260 or [info@pesi.com](mailto:info@pesi.com) for the status of LPC CE hours.

**WISCONSIN COUNSELORS:** This intermediate activity consists of 6.25 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please contact your licensing board to determine if they accept programs or providers approved by other national or state licensing boards. A certificate of attendance will be awarded at the end of the program to participants who are in full attendance and who complete the program evaluation.

**EDUCATORS/TEACHERS:** This course is designed to qualify toward your professional development requirement. The program is 6.25 clock hours in length.

**WISCONSIN EDUCATORS:** This course may be used toward your Professional Development Plan if it meets your individual goals. Please contact DPI with questions regarding individual PDP's. This course is 6.25 clock hours.

**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.

**MINNESOTA MARRIAGE & FAMILY THERAPISTS:** An application has been submitted to the Minnesota Board of Marriage & Family Therapists. Credit is pending.

**WISCONSIN MARRIAGE & FAMILY THERAPISTS:** This course has been submitted to the Wisconsin Association for Marriage and Family Therapy for review. Credit is pending.

**OCCUPATIONAL THERAPISTS & OCCUPATIONAL THERAPY ASSISTANTS:** PESI, Inc. is an AOTA Approved Provider of continuing education. Provider #: 3322. Full attendance at this course qualifies for 6.0 contact hours or .6 CEUs in the Category of Domain of OT and Occupational Therapy Process. Partial credit will be issued for partial attendance. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. Course Level: Intermediate.

**PSYCHOLOGISTS:** The following state psychologist boards recognize activities sponsored by PESI, Inc. as an approved ACCME provider: Alaska, 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. PESI, Inc. designates this enduring material for a maximum of 6.0 AMA PRA Category 1 Credit(s). Physicians should only claim credit commensurate with the extent of their participation in the activity.

**PSYCHOLOGISTS/SCHOOL PSYCHOLOGISTS:** PESI, Inc. is approved by the National Association of School Psychologists to offer professional development for school psychologists. PESI maintains responsibility for the program. Provider #1140. PESI is offering this activity for 6.25 hours of continuing education credit. Full attendance is required; no partial credits will be offered for partial attendance.

**MINNESOTA PSYCHOLOGISTS:** Please contact our customer service department at 800-844-8260 or [info@pesi.com](mailto:info@pesi.com) for the most current information.



PESI, Inc. is approved by the Continuing Education Board of the American Speech-Language-Hearing Association (ASHA) to provide continuing education activities in speech-language pathology and audiology. See course 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.

**SPEECH-LANGUAGE PATHOLOGISTS:** This course is offered for .6 ASHA CEUs (Intermediate level, Professional area).

**SOCIAL WORKERS:** PESI, Inc. Provider #1062, is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB), [www.aswb.org](http://www.aswb.org) through the Approved Continuing Education (ACE) Program. PESI, Inc. maintains responsibility for the program. ASWB Approval Period: January 27, 2017 - January 27, 2020. Social workers should contact their regulatory board to determine course approval for continuing education credits. Social workers participating in this course will receive 6.25 (Clinical) continuing education clock hours for this Intermediate course. A certificate of attendance will be awarded at the end of the program to social workers who complete the program evaluation.

**MINNESOTA SOCIAL WORKERS:** PESI, Inc. is an approved provider with the State of Minnesota, Board of Social Work. Provider #: CEP-140. This course has been approved for 6.0 continuing education hours.

**OTHER PROFESSIONS:** This activity qualifies for 380 minutes of instructional content as required by many national, state and local licensing boards and professional organizations. Save your course outline and certificate of completion, and contact your own board or organization for specific requirements.

QUESTIONS? Call 800-844-8260 or e-mail us at [info@pesi.com](mailto:info@pesi.com).

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ART THERAPY: CREATIVE INTERVENTIONS FOR KIDS WITH TRAUMA, ANXIETY, ADHD AND MORE!

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**2 Check location:** (make copy of locations)

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### ADA NEEDS

We would be happy to accommodate your ADA needs; please call at least two weeks prior to the seminar date.

### WALK-INS

Walk-ins are welcome but admission cannot be guaranteed. Call M-F 7:00-6:00 Central Time for space availability if registering within one week of seminar.

### TUITION OPTIONS

• **FREE MILITARY TUITION:** PESI Inc. is proud to offer this seminar (at these locations only) free of charge (on live seminar tuition) for veterans and active duty military personnel. **Advance registration by phone required.**

• **\$30 Tuition:** If you are interested in being our registration coordinator for the day, go to: [www.pesi.com/coord](http://www.pesi.com/coord) for availability and job description, or call our Customer Service Dept. at 800-844-8260.

• **Groups of 5 or more:** Call 800-844-8260 for discounts.

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Cannot be combined with other discounts.



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

\_\_\_\_ **Yoga and Mindfulness Practices for Children Activity and Coloring book\*** \$19.99 (PUB084820)

\*Shipping is \$6.95 first item + \$2.00 each add'l item.

\*\*Residents add applicable state and local taxes except in AK, DE, MT, NH, OR

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