

# Outline

**Art Therapy**  
Which clients benefit from art therapy?  
Ethical implications and limitations of using art therapy in your practice  
Creating products vs creative process  
Go with the flow

**Clinical Application of Art Therapy**  
What materials to use and when  
Normative development in art making and developmental stages  
Indicators in the artwork that suggest a child needs more support  
Seeing it differently (client perspective)  
Art talk, they made it now what?

## CREATIVE TECHNIQUES AND STRATEGIES TO...

**Build Relationships & Connection**  
*For ASD, Trauma & ODD*  
Quality world  
Magical thinking  
About me collage  
Play building  
Collaborative drawings  
Group activities  
Family art making

**Build Safety**  
*For Trauma, Anxiety & Mood Disorders*  
Containers, containers, containers....  
boxes, circles, worry and calm down jars  
Create a safe place  
Color it in  
Special person  
A gift  
Erasers  
Hurt heart  
Animal family & other family art activities  
Trauma feelings  
Coming and going  
3 wishes

## Objectives

1. Determine the stages of a child's normative artistic development, and identify the indicators suggesting a need for additional clinical support, such as regressive behaviors or artistic expression that is inconsistent with developmental age.
2. Develop a step-by-step plan for introducing art into your clinical practice by identifying the client's core issues, determining the therapeutic objectives, and choosing the art materials and activity to support the client's therapeutic goals.
3. Summarize the physiological reasons why children become dysregulated and explore the benefits of art making for clients impacted by trauma, anxiety, depression and other diagnosis.
4. Practice the creative process via interactive hands-on art therapy experiences to understand how to implement art into your current clinal practice to promote safety, encourage client self-awareness, and facilitate creative self-regulation strategies.
5. Consider the ethical implications and clinical limitations of using art in your clinical practice.
6. Implement over 77 art directives into your therapy practice to immediately help children regulate their emotions and behaviors.

**Build Self-Esteem**  
*For ADHD, Anxiety & Mood Disorders*  
Inside out  
Mask making  
Strong person  
Power animals  
Tree drawings  
Yeahs & yucks  
Self portraits  
Beading, knitting, weaving, sewing,  
rainbow loom

**Increase Responsibility**  
*For ADHD, Trauma, ASD, ODD, Anxiety & Mood Disorders*  
Miracle question  
Create the problem  
The science experiment  
A really bad day  
An ideal day  
Feeling faces  
Bridges  
Cartooning problems & solutions

**Increase Control**  
*For ADHD, Anxiety & Mood Disorders*  
Change the channel  
Chill out boxes  
Brain dump  
Blow it out  
Spray it away  
On the other hand  
Feelings volcano  
Sensory play: finger painting, paper folding, dripping, goop & more  
Mindful mandalas  
Scribble scrabble  
Imaginary problem solver  
Road drawing

— FREE —  
CE Video & Worksheet

FREE Worksheets

MANAGING ADHD IN SCHOOL

Managing ADHD in School  
With Dr. Russell Barkley

pesi.com/ADHDWorksheets

Bring any training in-house!

Convenient • Cost-Effective • Customizable

for more information visit  
[www.pesi.com/inhouse](http://www.pesi.com/inhouse)

NON-PROFIT ORG  
US POSTAGE PAID  
EAU CLAIRE WI  
PERMIT NO 32729

PESI  
P.O. Box 1000  
Eau Claire, WI 54702-1000  
A division of PESI, Inc.

# ART THERAPY

77 Creative Interventions for Challenging Children who Shut Down, Meltdown or Act Out

<b>Wilmington, NC</b> June 11, 2019	<b>Charleston, SC</b> June 12, 2019	<b>Savannah, GA</b> June 13, 2019
--	--	--------------------------------------

[www.pesi.com](http://www.pesi.com)

# ART THERAPY

77 Creative Interventions for Challenging Children who Shut Down, Meltdown or Act Out

Art directives and interventions to help with:

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

Interactive hands-on art therapy experiences – all materials provided

<b>Wilmington, NC</b> Tuesday June 11, 2019	<b>Charleston, SC</b> Wednesday June 12, 2019	<b>Savannah, GA</b> Thursday June 13, 2019
---	---	--

 **PESI®**  
[www.pesi.com](http://www.pesi.com)

A Non-Profit Organization  
CONNECTING KNOWLEDGE WITH NEED SINCE 1979

# ART THERAPY

Do you have 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? Do you work with challenging children and families who seem absolutely resistant to every intervention you offer?

**Let me help you**, like I have helped other therapists. Attend this seminar and learn new innovative interventions to 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 77 fresh new art strategies and approaches that you can use immediately to engage even your most difficult and challenging clients.

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

## Speaker

**Laura Dessauer, Ed.D, ATR-BC,** is a board certified art therapist with a doctoral degree in counseling psychology. She has worked with families for 25+ years in over 21 school districts. Dr. Dessauer is passionate about helping families develop creative ways to confidently communicate and creatively connect. In her private practice she specializes in working with children who shutdown, meltdown and act out. She playfully blends cognitive behavioral skills, art-making, and creative problem solving to help clients create individualized social, emotional, and behaviors interventions that "stick to their brain".

Dr. Dessauer's work has been included in *Parent's Magazine*, *eHow Parenting*, *YourTango*, *FoxNews*, *PBS "This Emotional Life"*, *Lifetime Network*, *Working Mother*, and *Psychology Today*. Dr. Dessauer is contributing author of *"Healing with Art and Soul: Engaging One's Self Through Art Modalities"* (Cambridge Scholars, 2009). She has presented at the Eighteenth Annual National Expressive Therapy Conference, National American Art Therapy Association 40th Anniversary Conference, and American Art Therapy Association Institute for Creative Education in Art Therapy (ICE/AT), and has created international online training courses for therapists. Dr. Dessauer has created a relaxation CD, *"The Creativity Queen's Superfabulicious Self-Soothing CD"*, and therapeutic coloring book, *"The Creativity Queen's Superfabulicious Colorific Adventure Book"* for her clients. Her business, the Creativity Queen, LLC, was the winner of the 2007 Small Business of the Year Award (SCORE).

Speaker Disclosures:  
Financial: Laura Dessauer is the founder and director of Creativity Queen, LLC. She receives a royalty from the American Art Therapy Association. She receives a speaking honorarium from PESI, Inc.  
Non-financial: Laura Dessauer is a member of the American Art Therapy Association and the Florida Art Therapy Association

### 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.

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. *Advanced online registration required*



**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.

**Seminar on DVD or CD Package:** You can purchase a self-study package on the subject. You will receive a set of DVDs or CDs that include a digital copy of the seminar manual and post-test/evaluation. You and your colleagues can receive CE hours for a nominal fee. To determine if homestudy credits are available for your profession go to [www.pesi.com](http://www.pesi.com) or call 800-844-8260. Check with your licensing board to verify acceptance of self-study credits for license renewal. Order today by using the order form on this brochure or by calling 800-844-8260.

**Have a seminar idea? A manuscript to publish?** The nation's top speakers and authors contact us first. If you are interested in becoming a speaker or have a new topic idea, please contact Meg Mickelson Graf at [mgraf@pesi.com](mailto:mgraf@pesi.com) or call 715-855-8199.

### SAVE BY INCLUDING THESE PRODUCTS WITH SEMINAR REGISTRATION!



#### **250 Brief, Creative & Practical Art Therapy Techniques** *A Guide for Clinicians and Clients*

By Susan I Buchalter, ATR-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** By Jennifer Cohen Harper, MA, E-RYT, 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, Marriage and Family Therapists, Occupational Therapists and Occupational Therapy Assistants, Speech-Language Pathologists, School Counselors, School Psychologists, Educators

### 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" on this brochure 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 profession's 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.

**GEORGIA COUNSELORS:** 6.25 of Core hours, applied for through the Licensed Professional Counselors Association of Georgia, LPCA.

**NORTH CAROLINA 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.

**SOUTH CAROLINA COUNSELORS, MARRIAGE & FAMILY THERAPISTS AND PSYCHO-EDUCATIONAL SPECIALISTS:** This program has been approved for 6.0 continuing education hours by the South Carolina Board of Examiners for Licensure of Professional Counselors, Marriage and Family Therapists, and Psycho-Educational Specialists. Provider #4540.

**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.

**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.



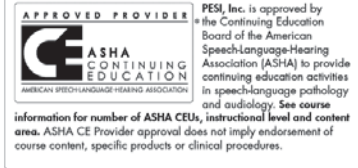
**PSYCHOLOGISTS:** The following state psychologist boards recognize activities sponsored by PESI, Inc. as an approved ACCME provider: Alaska, Arkansas, California, Colorado, Georgia, Illinois, Indiana, Kentucky, Maine, Maryland, Missouri, Nebraska, Nevada, New Hampshire, New Jersey, New Mexico, Pennsylvania, South Carolina and Wisconsin. 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.

**NORTH CAROLINA PSYCHOLOGISTS:** This course is designed to meet the Category B Requirements of the North Carolina Psychology Board, provided it is within your scope of practice of psychology. Please retain all documents to provide to your board should this be requested of you. This activity consists of 380 minutes of continuing education instruction.



**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 Practice) 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. Full attendance is required; no partial credits will be offered for partial attendance.

**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).

## How to Register:

ART THERAPY: 77 CREATIVE INTERVENTIONS FOR CHALLENGING CHILDREN WHO SHUT DOWN, MELTDOWN OR ACT OUT

### ONLINE

[pesi.com/express/71074](http://pesi.com/express/71074)

### PHONE

**800-844-8260**

Please have credit card available

### FAX

**800-554-9775**

### MAIL

PESI  
PO BOX 1000  
Eau Claire, WI  
54702-1000

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

☐ **WILMINGTON, NC**  
**June 11, 2019**  
Embassy Suites By Hilton Wilmington Riverfront  
9 Estell Lee Place • 28401  
(910) 765-1131

71074WGN

☐ **CHARLESTON, SC**  
**June 12, 2019**  
Hotel on Market  
181 Church Street • 29401  
(843) 577-2644

71074CHR

☐ **SAVANNAH, GA**  
**June 13, 2019**  
Marriott Riverfront Savannah  
100 General McIntosh Blvd • 31401  
(912) 233-7722

71074SAV

### Register now! [pesi.com/express/71074](http://pesi.com/express/71074)

#### 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. *Advanced online registration 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.
- **Discounted Student Rate:** As part of its mission to serve educational needs, PESI, Inc. offers a reduced rate of 50% off standard tuition for students. Enclose a current student schedule with registration form. Go to [www.pesi.com/students](http://www.pesi.com/students) or call 800-844-8260 for details. *Advance registration required. Cannot be combined with other discounts.*



FOR OFFICE USE ONLY

MG

Fed ID # 26-3896894 © 2019 PESI, Inc.

**1 Please complete entire form** (to notify you of seminar changes):  
*please print; staple duplicate forms.*

**Mail Code:** \_\_\_\_\_  
*See mail code box on address panel on reverse side*

Name \_\_\_\_\_ Profession \_\_\_\_\_

Employer Name \_\_\_\_\_

Employer Address \_\_\_\_\_

Dept/Floor/Suite \_\_\_\_\_

City \_\_\_\_\_ County \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Home/Cell Ph ( ) \_\_\_\_\_

Dept. Ph ( ) \_\_\_\_\_

\*E-mail address \_\_\_\_\_

\*Registrant's e-mail is required to receive your certificate of completion and registration confirmation.

### 3 Check tuition:

**TUITION** with seminar manual

**\$199.99** – choose one of the options below:  
☐ per person for 2 or more preregistering together —OR—  
☐ single registration postmarked 3 weeks prior to seminar date  
☐ **\$229.99** standard

#### Add-On Products

Distributed at seminar—FREE SHIPPING!

- ☐ **\$29.99\* 250 Brief, Creative & Practical Art Therapy Techniques** book
- ☐ **\$19.99\* Yoga and Mindfulness Practices for Children Activity and Coloring Book**

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

### 4 Indicate method of payment:

**ALL REGISTRATIONS MUST BE PREPAID. Purchase orders welcome (attach copy).**

☐ Check enclosed payable to **PESI, Inc.**

☐ MC ☐ VISA ☐ AE ☐ Discover Novus  
16 digits 13-16 digits 15 digits 16 digits

Card # \_\_\_\_\_

Card Exp. \_\_\_\_\_ V-Code #: \_\_\_\_\_

Signature \_\_\_\_\_  
(\*MC/VISA/Discover: last 3-digit # on signature panel on back of card.)  
(\*American Express: 4-digit # above account # on face of card.)

CAN'T ATTEND THE SEMINAR?  
See below for individual product orders

**Art Therapy: 77 Creative Interventions for Challenging Children who Shut Down, Meltdown or Act Out**

\_\_\_\_ Seminar on DVD\* (video) \$199.99 (RIN063000)  
\_\_\_\_ Seminar on CD\* (audio) \$169.99 (RNA063000)  
\_\_\_\_ **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.	Product total \$ _____
**Residents add applicable state and local taxes except in AK, DE, MT, NH, OR	*Shipping _____
	<b>Subtotal</b> _____
	**Tax _____
	<b>TOTAL</b> _____