



INSTITUTE FOR THERAPY THROUGH THE ARTS

1ST INTEGRATED CREATIVE ARTS THERAPY CONFERENCE

Sharing Space Creatively:

Interdisciplinary Collaboration with Creative Arts Therapies

MARCH 4TH, 2016

EVANSTON, IL

Keynote Speakers

Susan D. Imus, MA, LCPC, BC-DMT, GL-CMA
Columbia College of Chicago

Susan D. Imus, MA, LCPC, BC-DMT, GL-CMA is an Associate Professor and Chair of the Department of Creative Arts Therapies in the School of Fine and Performing Arts at Columbia College Chicago. Susan re-designed the MA in dance/movement therapy program to become the dance/movement therapy & counseling program, created the Arts in Healthcare Minor, and co-developed the Graduate Laban Certificate in Movement Analysis at Columbia College Chicago. Susan has practiced, educated, and consulted in dance/movement therapy and the creative arts throughout the U.S. and abroad for 33 years. Susan is currently the chair of the Education, Research, and Practice Committee for the American Dance Therapy Association (ADTA). She received the first Excellence in Education award by the ADTA in 2006. Susan, originally trained in nursing, has been employed as a dance/movement therapist by 10 different hospitals throughout her career in the Midwest and on the East Coast. Prestigious institutions include Harvard University's McLean Hospital and Harvard Pilgrim Healthcare, where she was recruited to assist in the development of chronic pain services through the Department of Medical Specialties. Susan teaches a course called Embodiment: A Way to Know Your Patient in the Bioethics and Humanities Department in the Feinberg School of Medicine at Northwestern University and Rush University Medical College.



David Read Johnson, Ph.D., RDT-BCT
Post Traumatic Stress Center
Institute of Developmental Transformations

David Read Johnson, Ph.D., RDT-BCT is Co-Director, Post Traumatic Stress Center, New Haven, CT; Associate Clinical Professor, Department of Psychiatry, Yale University School of Medicine; Director, Institute of Developmental Transformations; and the co-author of Principles and Techniques of Trauma-Centered Psychotherapy (APA Publishers, 2015) with Hadar Lubin MD, and co-editor of Trauma-Informed Drama Therapy: Transforming Clinics, Classrooms, and Communities (Charles Thomas, 2014) with Nisha Sajjani PhD.



Conference is Co-sponsored by the
Illinois Mental Health Counselors



SCHEDULE OF EVENTS

8:00-9:00am Large Group	Registration, Check-In, Networking Breakfast Institute for Therapy through the Arts 1702 Sherman Ave Evanston IL 60201
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9:00-10:00am Black Box Theater	Morning Keynote Speaker: Susan D. Imus, MA, LCPC, BC-DMT, GL-CMA Topic: Home (in) on the Range: The Practice Continuum in the Creative Arts Therapies and Allied Fields This presentation introduces a range of fundamental mechanisms and general criteria shared by the distinct creative arts therapies. It will present allied fields of practice that share and differ in the practice continuum. The utilization of the arts in treatment or as treatment is included in this discussion.
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10:10-12:10	Workshop Sessions #1, #2
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- W1. Meaning and Joy in Sounds and Silence: Creating Effective Community Programs for Those with Aphasia
Keith Whipple, MA, RDT & Ann Oerhing, MA, CCC-SLP
- For over five years, creative arts therapists of ITA and speech therapists working for the Rehabilitation Institute of Chicago have built a place where those with Aphasia, at all levels of severity, can powerfully express their experiences and ideas. Outcome studies show the positive impact of this dynamic, evolving collaboration.
- Participants will increase their knowledge and understanding of aphasia.
 - Participants will learn how creative arts therapies develop and implement programming and interventions in collaboration with speech-language pathologists, with a primary emphasis on drama therapy interventions.
 - Participants will be introduced to working within two models: The Life Participation Approach to Aphasia (LPAA™) and Supported Communication for Aphasia (SCA™).
 - Participants will be shown methods and tools for assessing results and will be shown outcome data.

- W2. Moving Toward Collaboration: An Embodied Approach to Networking
Erica Hornthal, MA, LCPC, BC-DMT & Meghan Murphy-Sanchez, MA, LCPC, R-DMT
- Collaboration is an essential part to working in the field of mental health. Learn how to network with other professionals in creative arts therapies by exploring your relationship with collaboration as well your ability and willingness to reach out to others in the field through a movement approach.
- Participants will explore their own relationship with collaboration.
 - Participants will take part in a somatic demonstration exploring the networking experience.

10:10-11:10	Discussion Session #1
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- D1. Pediatric Creative Arts Therapies Assessment: Generating Culture Change, Data and Intern Learning
Laura Pawuk, MM, MT-BC, Elizabeth Klinger, MA, MT-BC, and Willow Troy Messier, ATR-BC, CCLS
- Discover an assessment that serves to (a) brand a new cultural identity for the creative arts therapies team within a pediatric hospital, (c) generate vital statistics, (c) ensure that creative art therapy interns learn comprehensive assessment and documentation skills and (d) assess patients and families birth to twenty-four.
- Describe 3 core competencies that the assessment teaches interns
 - Identify 3 cultural changes that the assessment generates
 - Name 3 pieces of data that the assessment computes for purposes of program development

11:10-12:10	Lecture Session #1
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- L1. Sharing Spaces and Stories: A Cross-Cultural Creative Expression-based Men's Group
Sze-Chin Lee, LPC MAAT & Daniel Lanctot, MAAT
- This session introduces a Men's Group developed by the two presenters at a non-profit organization in Chicago to address the needs of Asian immigrants and other underserved communities. They will share their experiences of co-facilitating the group, and focus on how to adapt this work for clients with similar needs.
- Identify at least 3 types of creative expression-based approaches.
 - Articulate at least 3 clinical goals for creative expression-based approaches.
 - Learn at least 1 creative expression-based approach to address cross-cultural issues in a group.

12:10-1:10	Lunch Break
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Please use lunch time as an opportunity to explore the Evanston Downtown area and enjoy the local restaurants.

1:10-3:10	Workshop Sessions #3, #4
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W3. Emotional Rollercoaster: A Zones of Regulation Inspired Musical for Children with ASD

Alyssa Wilkins, MT-BC

Individuals on the Autism spectrum often struggle with emotional expression and regulation. Using Music Therapy in tandem with the Zones of Regulation can help develop these emotional skills that are necessary for future growth. This curriculum and musical explore various social and emotional skill areas of need, specific to this unique population.

- Learn new creative arts therapy interventions
- Use music creatively to reach functional social and emotional goals
- Create effective therapeutic interventions for clients on the Autism spectrum
- Explore new ways to develop engaging interventions and curriculum
- Integrate the Zones of Regulation into therapy sessions

W4. Discovering Resilience through Exertion and Recuperation: A Process of Somatic Consciousness

Jessica Young, MA, BC-DMT, LCPC, GL-CMA. & Kris E. Larsen, MA, BC-DMT, LCPC, GL-CMA

Participants will cultivate somatic consciousness of their movement patterns and their phrasing of exertion and recuperation as a means of discovering resilience. This exploration will be supported by an introduction to Rudolf Laban's Effort Theory, and will be followed by a discussion of clinical application across multiple creative modalities.

- Participants will identify their natural phrasing pattern of exertion and recuperation through movement.
- Participants will identify a sense of how they exert and recuperate with Laban's Effort Qualities.
- Participants will identify how levels of stress affect somatic consciousness.
- Participants will explore and develop a process of exertion and recuperation through the use of creativity and consciousness.
- Participants will discuss clinical application of facilitating resilience through the creative arts therapies.

1:10-2:10	Lecture Session #2
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L2. Use of Music in Occupational Therapy for Stroke Rehabilitation

Ingrid Larson, OTR/L & Rebecca West, MM, MT-BC

The presenters will share their experience of piloting incorporating music and music therapy into the treatment plan for individuals with stroke as part of their inpatient rehabilitation process. The presenters will report the findings of the benefits of using music as well as co-treating using music therapy during two upper extremity groups.

- Participants will gain knowledge about research surrounding the benefits of using music or music therapy to address physical rehabilitation goals
- Participants will identify the benefits of using music in conjunction with other therapies to address physical rehabilitation goals
- Participants will gain a better understanding of how to implement music within a session or co-treating a session incorporating music therapy

2:10-3:10	Discussion Session #2
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D2. Collaboration: Creative Arts Colleagues and Interns Working Together

Mollie Morris, ATR-BC, LCPC, & Ellen Rayfield, LCPC, MT-BC,

Creative arts therapists and interns working together to incorporate different modalities in group to meet more goals for the individuals in those groups. Learning how important it is to be flexible and to broaden your own experiences while teaching your clients to do the same.

- Participants will learn at least 2 new resources and/or interventions for using the creative arts in a therapy group
- Participants will learn how the creative arts can meet broader goal areas than with just one modality
- Participants will learn why the creative arts therapy works in groups for the adult developmentally/ intellectually disabled.

3:20-4:20	Lecture Session #3, 4, Discussion Session #3
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L3. Art Therapy/Dance Movement Therapy Treatment Collaboration for Aphasic/Post Stroke Patient

Denise Klibanow, MA, LCPC, R-DMT., & Gillian Taylor, MA, LCPC

Blending Dance Movement and Art Therapy proves effective with individuals with communication impairment, deepening therapeutic processes and affording more fluid expression. This presentation illustrates how an individual with verbal and physical post-stroke impairments was able to participate in collaborative treatment to further expression and gain insight toward healing.

- Build insight and knowledge about limitations to verbal expression with aphasic clients
- Build insight and knowledge about limitations to expression through body language with clients who have experienced stroke or other physically limiting medical disorder
- Understand how the use of specific interventions within the collaboration of art therapy and dance movement therapy provides an avenue for expression and healing with client in treatment

L4. Neurofeedback, Art, and Dance/Movement Therapies: An Integrative Approach to Treatment

Amanda Mitchell LCPC, R-DMT. & Nicholas Skasa, LCPC

Neurofeedback is a holistic and scientifically proven treatment that empowers the brain to optimize its own brainwave activity. Combining this treatment for the brain with the mind-body experience of art and dance/movement therapies provides a unique integrative experience for clients. Clinical implications, preliminary data, and case study examples on the benefits of this integrative approach will be discussed with considerations for research.

- Participants will gain a foundational understanding of neurofeedback, how it works, and current research in the field.
- Participants will identify potential implications for integrating neurofeedback and creative art therapies to help bridge current gaps in research.

D3. Finding our Roots: An Exploration of Drama Therapy and Social Work

Whitney Sullivan, LCSW, RDT. & Greer Beckman, AM, LSW.

We explore the intersection of social work and drama therapy, beginning with a history of social work in Chicago and the early theatre troupes at Hull House. We wonder about the potential for collaboration between these two fields. We invite participants to reflect on the experience of playing two roles, holding two professional identities.

- Participants will gain an awareness of their unique professional identity, as they begin to examine all of the many roles they play in clinical practice (i.e., creative arts therapist, social worker, counselor, psychologist, etc.).
- Participants will become familiar with the early intersections of social work and drama therapy, as well as how these foundations may promote future collaboration and/or separation within these two fields.

<p>4:30-5:30 Black Box Theater</p>	<p>Closing Keynote Speaker: David Read Johnson, Ph.D RDT Topic: Playing in the Space Between: Boundaries and the Creative Arts Therapies This talk will examine the dynamics of relational, cognitive, and emotional boundaries in relation to the practice of the creative arts therapies, highlighting the complexities and paradoxes of intimacy within the imaginal realm</p>
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<p>5:30-6:00 Large Group Room</p>	<p>Networking Break with Refreshments Sponsored by the Institute for Therapy through the Arts</p> 
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<p>6:00-7:00 Black Box Theater</p>	<p>Playback Theater Chicago</p>
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Continuing Education Units

Presenters and attendees can receive up to **7 continuing education units (CEUs)** by attending any or all of the conference presentations. The CEUs are sponsored by the Illinois Mental Health Counselors and IMHCA is approved as a co-sponsor to provide CEUs for LCPC, LPC, LCSW, LSW, LMFT, and Psychologists in the state of Illinois. In order to receive your certificate by mail, please be sure to sign in at the registration desk, and return your completed evaluation for all programs attended. CEUs will not be processed without the signature of the attendee on the sign in form and a completed program evaluation form. Music therapists can count CEUs as self-study CMTEs. The Certification Board for Music Therapists (CBMT) recognizes courses approved for licensed counselors.

SESSION ROOM SCHEDULING

		Institute for Therapy through the Arts 1 st Integrated Creative Art Therapies Conference “Sharing Space Creatively: Interdisciplinary Collaboration with Creative Arts Therapies”	
Schedule			
8:00-9:00	Registration and Networking Breakfast Large Group Room		
9:00-10:00	Opening Keynote Black Box Theater		
10:00-10:10	Break		
Sessions	Large Group Room	Theater	Small Group Room
10:10-11:10	Whipple, K & Oehring, A	Hornthal, E. & Murphy-Sanchez, M	Pawuk, L.; Klinger, E; & Messier, W.
11:10-12:10			Lee, S & Lanctot, D.
12:10-1:10	Lunch		
1:10-2:10	Wilkins, A.	Young, J. & Larsen, K.	Morris, M. & Rayfield, E.
2:10-3:10			Sullivan, W. & Beckman, G.
3:10-3:20	Break		
3:20-4:20	Klibanow, D., & Taylor, G.	Mitchell, A & Skasa, N.	Larson, I. & West, R.
4:20-4:30	Break		
4:30-5:30	Closing Keynote Black Box Theater		
5:30-6:00	Networking Break with Refreshments Large Group Room		
6:00-7:00	Playback Theater Black Box Theater		

REGISTRATION

Registration	Date	Non-CEU Recipient	CEU Recipient
Presenter Registration	<i>Jan 29th, 2015</i>	<i>Presenter Honorarium</i>	<i>\$50</i>
Early Bird Registration	<i>Feb 19th, 2015</i>	<i>\$80</i>	<i>\$100</i>
Standard Registration	<i>Feb 29th, 2015</i>	<i>\$115</i>	<i>\$135</i>
Student Registration	<i>Feb 29th, 2015</i>	<i>\$55</i>	<i>N/A</i>
Same Day Registration	<i>March 4th, 2015</i>	<i>\$130</i>	<i>\$155</i>
Registration Cancellation	<i>Feb. 26th, 2015</i>	<i>50% refund minus the transaction fees</i>	

Registration must be completed online at www.itachicago.org/conference. Participants must register for specific sessions. Registration cancellation must occur before Feb 26th in order to receive a 50% refund to be provided minus transaction fees. No refund will be provided after Feb 26th, 2016.

A student interested in volunteering for the conference should contact aduncan@itachicago.org for additional information.