



Creative Arts Therapy Conference

"Building Connections Creatively"

June 2 - 3, 2017

Co-sponsored by Adler University - Chicago, IL



KEYNOTE SPEAKER

Louise Dimiceli-Mitran, MA, MT-BC, LCPC, FAMI

Louise is a Licensed Clinical Professional Counselor, Board Certified Music Therapist and a Fellow of the Association for Music and Imagery. She maintains a private counseling and music psychotherapy practice in Chicago (Rhythms Within LLC) and is a primary trainer of the Bonny Method of Guided Imagery and Music for the Therapeutic Arts Institute.

She spent 15 years as an oncology specialist in music therapy at Advocate Hospitals. While at Advocate, Louise received an educational grant from Genentech for 2000 copies of her guided imagery and music meditation CD, *Consciously Creating Wellness* which is still being distributed to patients.

Besides facilitating drum circles for corporations and community organizations, she has authored articles, book chapters, and presented at many professional conferences in the US and Canada on her work with guided imagery and music, mandalas, rhythmic improvisation, stress reduction, wellness, and the transformative power of music.

Louise will be presenting in the morning on Saturday, June 3, 2017. The Keynote Speaker is being sponsored by the [Center for Creative Arts Therapy](#).



Conference Sponsors:



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SCHEDULE OF EVENTS

Friday, June 2nd 2017

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| 8:00-8:45 | Registration Adler University 17 North Dearborn Street Chicago, IL 60602 |
| 8:15-9:15am | Welcome Breakfast Sponsored by Chicago Dance Therapy |

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| 9:30-11:30 (120 min) | Workshop Sessions |
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Co-creating Connection through Movement

Laura M. Downey, EdD, BC-DMT, LPC, GL-CMA, Susan Imus, BC-DMT, LCPC, GL-CMA, Shannon Suffoletto, BC-DMT, LCPC, GL-CMA, and Jessica Young, BC-DMT, LCPC, GL-CMA

A strong therapeutic relationship has been shown to be the most powerful predictor of client satisfaction and successful therapy outcome. Experiential exploration of dance/movement therapy concepts such as embodiment, kinesthetic empathy, and therapeutic movement relationship will bring attention to the innate nonverbal dialogue that can strengthen the therapeutic relationship.

- Participants will examine the role of movement in the therapeutic relationship.
- Participants will learn to track senses, movement, images, feelings and thoughts when responding to internal and external cues.
- Participants will examine assumptions about their own body-mind and that of their clients.

Create a Socially Relevant Performance Using ALL the Arts: Therapeutic Performance Initiative Model

Azizi Marshall, LCPC, RDT/BCT

Looking to create meaningful pieces of work that will open the doors to healing a community? Created to give structure to socially relevant performing arts, the Therapeutic Performance Initiative (TPI) model addresses the use of dance, drama, art, poetry and music therapy, and the collaboration of communities. Create a revolution!

- Identify the Therapeutic Performance Initiative (TPI) model.
- Describe how to move through the step-by-step process of creating a performance piece based on the TPI model by creating their own performance piece.
- Evaluate how to adapt their different specializations (drama, music, dance, art, poetry) to fit within the model.

Exploring therapeutic Cosplay: Building Self-Esteem, Self-Worth, and Self-Appreciation

Ashley Boyd; MAAT, LPC, ATR, QIDP

Cosplay is the subculture of fabricating costumes and embodying the character. Workshop will focus on exploring and redefining the how costumes and adornments made in session are part of the therapeutic process and a benefit to clients. Participants will have a chance to explore new costume and adornment fabrication techniques.

- Participants will be able to identify at least three benefits to utilizing costume or adornment making/fabrication with clients.
- Participants will explore different adornment making practices.
- Participants will be able to understand how clients having their costumes/adornments viewed by others can be utilized as part of the therapeutic process.

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| 11:45-12:45 (60 min) | Lectures/Discussion Sessions |
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Shaping a Music Therapy Student and Intern's Professional Development Using the Bonny Method of Guided Imagery and Music and Music Imagery.

Tony Beuchel, Music Therapy Intern, and Laura Pawuk, MM, MT-BC

Ongoing therapy can be essential for a student's growth and development. This presentation will discuss the experiences and benefits of (1) an undergraduate music therapy student's engagement in Guided Imagery and Music and (2) the same student's growth and learning during internship while engaging in Music Imagery.

- Participants will identify three reasons why engaging in music therapy is beneficial for students.
- Participants will cite two references that identify the importance for engaging in music therapy.
- Participants will list opportunities for engaging in music therapy.

Building Social Media Connections Creatively

Erica Hornthal, MA, LCPC, BC-DMT

If social media is not your strength and you feel that it is preventing you from connecting to colleagues and clients, then this presentation is for you! You will have the opportunity to ask questions, gain knowledge on where to begin, and leave with strategies to join the social media revolution.

- Gain a basic knowledge of social media platforms such as Facebook, LinkedIn, Instagram, and Twitter as it relates to your professional identity.
- Walk away with strategies on how to expand your brand into social media.
- Learn how to maximize your exposure online with cost effective techniques.

Drawing Connections between the Past and Present through Trauma-Centered Art Therapy

Marni Rosen, Psy.D, ATR-BC

Traumatic response is the overlap between current stressors or triggers and past traumatic experiences. Art making can facilitate the discovery of these parallels so that the trauma survivor can remain in the present. This workshop will include a review of theory, clinical examples, and rehearsal of this technique.

- Participants will be able to define a trauma schema within the context of trauma centered psychotherapy.
- Participants will be able to identify a trauma schema within a traumatic narrative.
- Participants will be able to articulate the method of art making to identify trauma schemas.

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| 12:45-2:00 | Lunch |
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Please use lunch as an opportunity to explore the downtown Chicago area and enjoy the local restaurants

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| 2:00-3:30 | <p>The Scope and Breath of the Therapeutic Arts Panel</p> <p>This panel will host local professionals who utilize the arts in therapeutic settings to discuss the range and scope of practice within clinical practice, psychology, counseling, and the arts.</p> <p><i>Julia deBettencourt, Ed.M, MA</i> is the Program Director for Snow City Arts. Snow City Arts is an arts education organization that provides one-on-one workshops in the arts (visual, music, theater, creative writing, and media arts) to children and youth in hospitals.</p> <p><i>Jenni Rook, MT-BC, LCPC</i> is the Executive Director of the Institute for Therapy through the Arts and a Neurologic Music Therapist- Fellow. Jenni has more than 10 years of experience training and supervising creative arts therapists and provides workshops regularly to mental health professionals on the integration of the creative arts in psychotherapy.</p> <p><i>Susan Imus, MA, LCPC, BC-DMT, GL-CMA</i> is the Associate Professor and Chair of the Department of the Creative Arts Therapy in the School for Fine and Performing Arts at Columbia College. She is the creator of the Arts and Healthcare Minor at Columbia College and is an active researcher and educator in the topic of arts and healthcare.</p> <p><i>Azizi Marshall, MA, LCPC, RDT/BCT, REAT</i> is the Founder & CEO of The Center for Creative Arts Therapy. She is a Licensed Clinical Professional Counselor and educator of the Registered Drama Therapist (RDT) and Registered Expressive Arts Therapist (REAT) certificate training programs in Chicago. Azizi is the creator of the Therapeutic Performance Initiative model used throughout the world, and an avid speaker/author/director.</p> <p><i>Cynthia Langtiw, Psy.D</i> is the Associate Professor and Associate Chair in the Clinical Psychology program at The Chicago School of Professional Psychology (TCS). She teaches Expressive Therapies at TCS. The arts based lens is one through which she sees her teaching, clinical practice and research.</p> |
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| | <p>Moderator: <i>Laura Downey, Ed.D., BC-DMT, LPC, GL-CMA</i> is Part-Time faculty and Research and Assessment Coordinator in the Department of Creative Arts Therapies at Columbia College.</p> |
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| 3:45-4:45 (60 min) | Discussion/Lectures |
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Connecting Differences Creatively

Alison Barrington, PhD, MA, PGDipMT, GGSM, ARCM

Connecting Differences Creatively is a discussion forum, led by a senior British music therapist, that will encourage participants to consider how the cultural needs of each country, each institution, each clinical setting has a profound impact on the clinical work undertaken.

- Participants will gain knowledge of cultural issues that impact on music therapy approaches.
- Participants will explore the historical influences on the worldwide development of music therapy.
- Participants will be able to gain a sense of the similarities and differences between music therapy approaches.

Resonance: The Therapeutic Value of Response Art

Haley Fox, MA, LMHC/LPCC, PhD, ATR-BC, MT-BC, REAT

This presentation will explore phenomenon of resonance; consider the therapist’s role as a facilitator of resonance (e.g., through response art), and examine how resonance may move us into a novel realm of impact. Examples from art and music therapy will be shared, and ethical implications will be discussed.


- Approach an understanding of the phenomenon of resonance through an examination of definitions, literature and research.
- Share experiences of resonance through performances and stories.
- Explore ethical considerations of sharing response art in clinical settings.

What's the best fit? An Open Dialogue about Intake Assessment for Creative Arts Therapy

Marni Rosen, Psy.D ATR-BC and Jenni Rook, LCPC MT-BC

While it is rare occasion that multiple Creative Arts Therapist practice together, it is important for Creative Arts therapists to consider which arts treatment modality would be the best fit for each client. This intake process assesses the relationships with the various media, the connection to the product, and relevant research for the requested treatment goals.

- Participants will understand the history and development of the Integrated Creative Arts Therapy Intake Assessment
- Participants will learn about a procedure for assessing modality fit on intake
- Participants will be provided with relevant case examples of the utilization of this intake process

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| 5:30-7pm | <p>Networking Reception at the School of the Art Institute of Chicago</p> <p>Featuring a performance by Therapy Players!</p> <p><i>Professional therapists by day, they've been performing together as a comedy improv troupe since 2013, and were the winners of the 2015 Chicago Collider Improv competition. Their revue "Phobia Shmobia" won a standing ovation at the Anxiety Disorders Association of America, and they brought down the house at the International Society for the Study of Self Injury, where they performed at the happy hour. The troupe has performed at most of the major mental health conferences hosted in Chicago the past few years, and has also played to sold-out crowds at theaters and clubs in Chicago, Evanston, Oak Park and Skokie.</i></p> |  |
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Saturday, June 3rd 2017

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| 8:30-9:00 | Registration |
| 9:00-10:00 (60 min) | Lectures/Discussion |

Bringing the Body into Supervision

Aisha Bell, BC-DMT, LCPC

Supervision represents a crucial component of organizational functioning and development of professionals. Transferring body based skills into the delivery of supervision and management has the capacity to have a significant impact. This presentation outlines the developing supervision model of a dance therapist, having supervised staff spanning professional levels and backgrounds.

- Participants will learn two methods to incorporate movement/the body into supervision, regardless of role (supervisor/supervisee).
- Participants will learn one method of supervision employed by the presenter.

The Warrior Stories Platform: A New App for PTSD, Reintegration, and Resilience

Jenny Korotko, LCPC, ATR.

Warrior Stories Platform is a web-based visual storytelling tool developed to help Veterans communicate their experiences to therapists, peers, and family through “graphic novel” style images. Therapists and veteran service organizations can use the app for PTSD therapy, to provide a positive way to document and share experiences, and to establish and monitor progress against life goals.

- Describe how visual storytelling can be used to reframe trauma, assist in reintegration, and build resilience.
- Describe how the Warrior Stories Platform provides veterans with a visual way to tell their stories.
- Explore the extension of the app into the civilian population and the opportunity to pilot the Warrior Stories Platform with other organizations.

The Modern Therapist: Building Connections through Media and Marketing

Alyssa Wilkins, MT-BC

Are you looking to grow your private practice? Learn about the checklists, challenges, and successes of marketing a business as a creative arts therapist. Prepare to brainstorm your own ideas and develop techniques for marketing and creating meaningful relationships both online and offline in this modern business world.

- Examine social mediums for practice growth and development.
- Brainstorm marketing ideas applicable to the individual.
- Evaluate current private practice and business models.
- Discuss the wonders and challenges of being your own boss.

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| 10:15-11:45 | Keynote Speaker Sponsored by the Center for Creative Arts Therapy Louise Dimiceli-Mitran, MA, MT-BC, LCPC, FAMI <u>Creating Conscious Connection: The Healing Potential of Music and the Arts</u> How do we honor and creatively connect to the diverse internal cultures of our clients? The benefits and functions of utilizing music, imagination and art will be explored in terms of connection, mindfulness and therapeutic potential for wellness. A continuum of creative therapeutic experiences (supportive, re-educative and reconstructive goals) will be described and applied to case examples including music, imagery and mandala interventions. Attendees will be guided through a connection meditation with live music.  |
| 11:45-1:00 | Lunch |
| 1:00-3:00 (120min) | Workshop Sessions |

Integrating Expressive Arts for Skill Generalization

Bryan Lindskog, MT-BC, and Maia Wheeler, MAAT, LCPC, ATR

At Easterseals Academy, the expressive arts services encourage students to work on communication, social, physical, cognitive, and sensory-motor skills. Purposeful directives and individualized structures equip students with supports to meet individual goals. The multi-sensory and integrative elements provide a unique access point for individuals to live, learn, work and play.

- Identify expressive arts role in a therapeutic school.
- Define EXCEL model as related to expressive arts therapies in academically-based therapeutic environments.
- Interact with therapeutic expressive arts materials and instruments, as well as identify resources related to expressive arts therapies and autism.

Urban Revitalization Through the Arts: Making Connections in the Community

Jennifer La Civita, Psy.D, MA, LCPC, ATR

Participants will learn about community revitalization through the arts, arts advocacy and social justice. Through lecture, discussion, and art making, this presentation explores integrative healing and wellness methods through an art-based leadership approach to support community growth and health. Creating a Not-for Profit, grant writing, and finding funding opportunities that help create, sustain, and support urban revitalization will be discussed.

- Identify how the arts, arts advocacy and social justice contribute to the health of an urban community.
- Examine the role of the artist/therapist and the use of integrative healing and wellness methods within a community
- Formulate an initial plan of social action and arts advocacy to help improve a community
- Advance socially responsible leadership skills through the arts in communities

“The Inner Orchestra” Building Connections between CBT and Drama Therapy

Liz Muckley LCPC, RDT-BCT

This workshop will demonstrate an intervention based on principles of CBT (core beliefs), DBT (naming current emotion), ACT (acceptance) and Mindfulness (somatic awareness) and the Drama Therapy technique of “Emotional Orchestra.” Participants will be provided both theoretical rationales and practical tips on successful implementation with both groups and individuals.

- Increase one’s conceptual understanding of 3rd Wave CBT techniques.
- Increase one’ conceptual understanding of effective use of DT techniques.

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| 3:00-3:15 | Break |
| 3:15-5:15 (120 min) | Workshop Sessions |

Professors Forum (Teachers and Professionals)

Jennifer LaCivita, Psy.D ATR-BC: Director of the Adler University Masters in Counseling: Art Therapy program

Jessica Young, BC-DMT, LCPC, GL-CMA: Associate Professor at Columbia College in Creative Arts Therapy program

Randy Vick, LCPC, ATR-BC, Assistant Professor at School for the Art Institute of Chicago in the Masters in Art Therapy and Counseling Program

Jennifer Jones, Ph.D, MT-BC, Associate Professor and Director of Music Therapy at Western Illinois University

Moderator: Rebecca West, M.M., MT-BC, Music Therapy Internship Director at the Institute for Therapy through the Arts

Reaching across the table: Supporting recovery through the empathic imagination

Lisa D’Innocenzo, ATR, LCPC

This workshop presentation will provide an overview of Recovery Model values, followed by a group art therapy experiential. The directive is applicable to both adults and adolescent populations, and has been utilized effectively in both in-patient and out-patient settings.

- Participants will be able to identify 4 Recovery Model values.
- Participants will identify 3 components of the directive that contribute to client empowerment.

Increasing Our Awareness: Culture, Bias & the Body

Kyla Gilmore, LCPC, BC-DMT, Aisha Bell LCPC, BC-DM, and Charla Weatherby, LCPC, BC-DMT

This presentation uses lecture, discussion, and experiential learning to increase awareness of self and others while exploring the subject matters of race and culture. The development of embodied cultural competence will be emphasized, as participants are guided in exploring personal and interpersonal experiences including the impact of microaggressions and insidious trauma.

- Participants will be able to define cultural competence.
- Participants will explore cultural competence through a body based perspective.



Institute for Therapy through the Arts
 2nd Integrated Creative Art Therapies Conference
 “Building Connections Creatively”

| Schedule | | | |
|-------------------------------------|---|--|--|
| Friday, June 2 nd 2017 | | | |
| 8:00-8:45 | Registration | | |
| 8:15-9:15 | Welcome Breakfast | | |
| Sessions | Section 1 | Section 2 | Section 3 |
| 9:30-11:30 (120 min) | Laura Downey, Susan Imus, Shannon Suffoletto, & Jessica Young Co-creating connection through movement | Azizi Marshal Create a socially relevant performance | Ashely Boyd Exploring Therapeutic Cosplay |
| 11:30-11:45 | Break | | |
| 11:45-12:45 (60 min) | Tony Beuchel, Laura Pawuk Professional Development through Bonny Method | Erica Hornthal Building Social Media Connections Creatively | Marni Rosen Drawing Connections between the Past and Present |
| 12:45-2:00 | Lunch | | |
| 2:00-3:30 | Panel 1: Scope of Practice | | |
| 3:30-3:45 | Break | | |
| 3:45-4:45 (60 min) | Alison Barrington Connective Difference Creatively | Haley Fox Resonance: Therapeutic Value of Response Art | Marni Rosen & Jenni Rook What’s the best fit? |
| Saturday, June 3 rd 2017 | | | |
| 8:30-9:00 | Registration | | |
| 9:00-10:00 (60 min) | Aisha Bell Bringing Body into Supervision | Jenny Korotko The Warrior Story Platform: A new AP | Alyssa Wilkins The Modern Therapist: Building Connections through Media |
| 10:00-10:15 | Break | | |
| 10:15-11:45 | Keynote Speaker | | |
| 11:45-1:00 | Lunch | | |
| 1:00-3:00 (120 min) | Bryan Lindskog & Maia Wheeler Integrating Expressive Arts for Skill Generalization | Jennifer LaCivita Urban Revitalization | Liz Muckley “The Inner Orchestra” Building connections between CBT and Drama |
| 3:00-3:15 | Break | | |
| 3:15-5:15 (120 min) | Professors Forum (Teachers and Professionals) | Lisa D’Innocenzo Reaching across Table: Supporting recovery through the empathic imagination | Kyla Gilmore, Aisha Bell, Charla Watherby Increasing our Awareness: Culture, Bias, & the body |

Continuing Education Units

Presenters and attendees can receive up to **12 continuing education units (CEUs)** by attending any or all of the conference presentations. The CEUs are sponsored by the Institute for Therapy through the Arts and approved by the Illinois Department of Financial and Professional Regulation to provide CEUs for LCPC, LPC, LCSW, LSW, and Psychologists in the state of Illinois. In order to receive your certificate 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. Board Certified Music Therapists may claim 12 credits as a non-approved educational course. Please refer to the CBMT Recertification Manual for required documentation for non-approved CMTEs

REGISTRATION

| Registration | Date | DAY 1 | | DAY 2 | |
|-------------------------|----------------|-------------------|---------------|-------------------|---------------|
| | | Non-CEU Recipient | CEU Recipient | Non-CEU Recipient | CEU Recipient |
| Presenter Registration | March 1, 2017 | Honorarium | \$20 | \$65 | \$85 |
| Early Bird Registration | April 14, 2017 | \$65 | \$85 | \$120 | \$150 |
| Standard Registration | May 26, 2017 | \$100 | \$115 | \$175 | \$200 |
| Student Registration | May 26, 2017 | \$40 | N/A | \$70 | N/A |
| Late/Door Registration | June 3, 2017 | \$120 | \$150 | \$210 | \$260 |

Registration Cancellation: May. 26th, 2017 50% refund minus the transaction fees

Registration must be completed online at www.itachicago.org/conference/. Registration cancellation must occur before May 26th in order to receive a 50% refund to be provided minus transaction fees. No refund will be provided after May 26th, 2017.

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