



**ita**  
institute for therapy through the arts

5th Annual Integrated  
Creative Arts Therapy Conference  
**EXPRESSING THE UNSPEAKABLE:  
Bringing Taboos to the Surface**

**March 20 & 21, 2020**

**Keynote Speaker**



*Playing with  
Monsters:  
Confronting our  
Shadow Selves*  
1:15-2:45  
Friday, March 20<sup>th</sup>

**Britton Williams, MA, RDT, LCAT**, holds a master's degree in Drama Therapy (NYU), and is a registered drama therapist and Licensed Creative Arts Therapist. She has experience working with children, adolescents, and adults in a variety of settings including: schools, residential treatment facilities, domestic violence shelters, day treatment programs, and acute care. She currently works in private practice in New York City with adults and adolescents.

Britton's work also extends to non-clinical settings. In this capacity, she uses drama therapeutic techniques with organizations, companies, schools, and universities to help guide and facilitate discussions on: cultural humility and awareness; implementing creativity in the workday for increased employee engagement, team-building, and productivity; and self-care.

Britton has published and presented on: the impact of assumptions, biases, and stereotypes on individuals, relationships and communities; creative and embodied approaches to clinicians' self-assessment; and developing a relational-role theory framework and protocol. She is interested in processes that allow students and clinicians to use drama therapeutic and other creative interventions to illuminate and challenge their implicit assumptions in support of just practice. Britton is pursuing her doctoral degree in the PhD Program in Social Welfare at the Graduate Center (CUNY) where she will be a member of the inaugural Mellon Humanities Public Fellows cohort.

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**SCHEDULE OF EVENTS**  
**Friday, March 20<sup>th</sup>, 2020**

<b>8:00-9:00</b>	<b>Registration &amp; Welcome Breakfast</b> Hilton Garden Inn 1818 Maple Ave Evanston, IL 60201	<b>Sponsored by:</b>	
<b>9:00-11:00 (120 min)</b>	<b>Workshop Sessions (2 CEUs)</b>		

Moving towards Bodyfulness

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

This workshop focuses on nurturing our relationships with our bodies, challenging taboos placed on them, and acknowledging oppression that lives in our bodies. Cultivating and practicing bodyfulness will begin to assist participants in closing the body/mind divide, while embracing their bodies and valuing the bodies of others.

- Explore the relationship to body and identify how this relationship informs the view of other people's bodies.
- Gain an increased understanding of what it means and feels like to engage in bodyfulness practices.
- Experience the body as a source of knowing and understanding self and other within a sociocultural context as a means of enhancing clinical skills.

Dissecting Intersectional Identity through the Creative Process: On Therapist Transparency in Substance Use Treatment

*Annie Chang, MA*

A presentation of an autoethnographic research project which explores intersectionality to inform the practice of an interdisciplinary artist and art therapist. As an arts-based research project, it investigates the studio process using materials and media to formulate the ties of transparency in the dual identity within ethical boundaries.

- Navigate ethical boundaries in terms of transparency and self-disclosure as a practicing art therapist.
- Challenge the lack of harm reduction in substance use treatment despite its stance as an evidence-based practice while spotlighting the continued stigma of substance use.
- Find links in the personal artistic practice of the art therapist as an aid in self-reflexivity and authenticity.
- Explore the complexity of intersectional identities and why identity and self-identification specifically in substance use treatment is important.

Sounding Desire: Giving Voice to What We Truly Want

*Meghan MacMillan, BMus, BA, MMT, MTA, MT-BC*

Explore voicework practices to connect with your inner desires. This workshop will focus on techniques including: breathwork, toning, and vocal improvisation that allow you a different way to express what you want out of life and who you are looking to be.

- Gain an understanding of voicework and vocal music therapy techniques.
- Explore different uses of the voice and how they connect to vulnerability.
- Gain a deeper understanding of one's own perception of one's voice's use.

<b>11:00-11:15</b>	<b>Break</b>
<b>11:15-12:15 (60 min)</b>	<b>Lectures (1 CEU)</b>

Masks, Wounds and Bridges: Expressive Arts Therapy with Sexual Abusers

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

The treatment of sexual abusers raises eyebrows and controversy even among helping professionals. This presentation highlights key principles involved in such treatment, explores key images that come into play and examines how the arts can assist in this endeavor.

- Explain the "Risk/Need/Responsivity Principle" as it applies to the treatment of sexual abusers.
- Describe the value of experiential approaches in the treatment of sexual abusers.
- Name 3 specific applications or ways in which the expressive arts may be useful in the treatment of sexual abusers.

Co-Conspicuous: An Autoethnography of a Physically Disabled Art Therapist Practicing in Disability Spaces

*Brianna Beck, MA*

Through autoethnographic research, Beck explores the therapeutic benefits and challenges of practicing as an art therapist with a physical disability amongst a disabled clientele. In this presentation, Beck offers disability studies, disability art/culture, and disability identity representation as vital components of her art therapy praxis.

- Implement concepts of disability, art, and identity into creative arts therapies work.
- Discuss the pervasiveness of ableism in helping professions.
- Reflect on how identities come up in a therapeutic relationship.
- Discuss "in-group" vs. "out-group" dynamics in therapy.

Achieving Sexual Autonomy: An Introduction to Addressing Sexuality among Individuals with Disabilities

*Leah Stark, MT-BC & Lindsay Wiggs, MA, LMHCA*

This presentation explores the topic of sexuality in the community of individuals with disabilities. Presenters will propose possibilities of an ideal climate for sexual expression and the barriers that keep individuals from achieving that reality. Group discussion will focus on specific means of effectively addressing these topics in session spaces.

- Identify two potential personal biases that might prevent open discussion about sexuality with clients.
- Identify two strategies for fostering open communication about sexuality in a professional atmosphere.

<b>12:15-1:15</b>	<b>Lunch</b>
<b>12:15-1:15</b>	<b>LGBTQIA+ Therapists Affinity Group (Closed group) (No CEUs available)</b> ITA welcomes LGBTQIA+ identified individuals to gather as an affinity group to explore, discuss, and support each other through challenges that this community faces within the Creative Arts Therapy community and beyond. This group is a closed group for LGBTQIA+ individuals to provide a safe space for transparent and open discussion.
<b>1:15-2:45</b>	<b>Keynote: Britton Williams (1.5 CEUs)</b> Playing with Monsters: Confronting our Shadow Selves
<b>2:45-3:00</b>	<b>Break</b>
<b>3:00-4:00 (60 minutes)</b>	<b>Lectures (1 CEU)</b>

"I Can't Go in There": A Discussion of How We Face Grief

*Meghan MacMillan, BMus, BA, MMT, MTA, MT-BC*

We recognize that there is not one correct way to feel when a loved one nears end-of-life. However, there are some responses that even healthcare professionals struggle to validate and support. This discussion invites us to engage with the feelings that arise when we see someone grieving "inappropriately."

- Explore the range of grief and anticipatory grief responses.
- Discover and understand one's own biases to types of grief responses.

Embodying Taboo: Moving the Unspeakable

*Erica Hornthal, BC-DMT, LCPC*

This workshop will introduce participants to the integration of movement and self-regulation from a neuroscience perspective. Participants will be introduced to basic neuroscience, the body, mirroring as more than a tool for relationship building and dance/movement therapy with youth. To conclude, participants will engage experimentally to demonstrate learning.

- Identify at least two reasons why engaging the body can assist the brain with emotional regulation.
- Experience at least three movement-based directives that can assist clients with increased body-awareness, emotional regulation and relationship building.
- Demonstrate introductory knowledge of mirroring from a neuroscience perspective and two uses for mirroring in practice.

Creative Arts Therapists' Tears: Preliminary Descriptive and Quantitative Findings

*Rebecca Miller, MA, ATR-BC, LCAT, CCLS & Susan Kashubeck-West, PhD*

Findings from a survey of over 250 creative arts therapists concerning attitudes and experiences around therapists crying in therapy (TCIT) with clients will be presented, including the relationship between therapists' demographic and

personality variables and TCIT attitudes and behaviors. Implications for the therapist-client relationship and supervision contexts will be discussed.

- Describe the relationship between therapist variables (demographics, personality factors) and therapists' attitudes, beliefs, and behaviors concerning therapists crying in therapy (TCIT).
- Name at least three common emotions that participants perceive in association with their TCIT behaviors.
- Describe at least two implications of these findings for the client-therapist relationship and two implications of the findings for clinical supervision/training contexts.

<b>4:00-4:15</b>	<b>Break</b>
<b>4:15-5:45 (90 min)</b>	<b>Panel and Performance Sessions (0-1.5 CEUs)</b>

Are You There, World? It's Me, Disability: How Conversation Taboos Affect People with Disabilities (No CEUs available)

*James Williams*

Many people with disabilities struggle with many realities of life that often relate to taboo subjects in most polite conversations. Watch an adult with a disability, who underwent drama therapy in adolescence, put on a poignant performance featuring "one-act follies" that describe how these taboos affect people with disabilities.

- Describe how societal prohibitions related to the discussion of many taboo subjects in many polite conversations and society at large routinely increase common issues that people with disabilities face in their daily lives.
- Analyze connections between many major life activities and life skills that people with disabilities often have difficulties with, and deeply ingrained "taboo subjects" that many people rarely question.

Creative Arts Therapies and the Politics of Intersectionality

*Savneet Talwar, PhD, ATR-BC, Yasmine Awais, MPhil, ATR-BC, ATCS, LCAT, LPC, & Leah Gipson, ART-BC, LCPC*

In this panel, the panelists will share their experiences as educators, women of color and art therapists. Exploring their own identities, they will discuss the need for critical thinking to contextualize the importance of intersectionality and the social, historical and political factors in reimagining the therapeutic space and their classrooms.

- Define intersectionality.
- Name two systems of power that produce inequality in their teaching or clinical practice as professionals or students.
- Articulate how the therapeutic space is inherently political.


Unity of Heaven and Man: The Essence of Chinese Healing Arts Rooted in Buddhism & Taoism

*Linda Baker, BC-DMT; LCPC, Hongju Li, Professor, Jun Zhang, Professor, Fangfang Xi, Lecturer & Yi Tang, Lecturer*

As a dominant idea in Chinese cultural belief with strong religious roots, the theme of "Unity of Heaven and Man" has influenced whole Chinese art history and become the healing force, even in the process of establishing the western system of Expressive Art Therapy in China.

- Master the key healing aspects form the concept - Unity of Heaven & Man.
- Gain knowledge of how this concept is presented through ancient and modern Chinese Arts.
- Gain the research data of the healing fact for Chinese people and the perspective of direction developing Chinese Healing Approach in Expressive Art therapy

### **Saturday, March 21<sup>st</sup>, 2020**

<b>8:00-9:00</b>	<b>Registration and Breakfast</b>	<b>Sponsored by:</b>	
<b>8:00-9:00</b>	<b>Therapists of Color Affinity Group (Closed group) (No CEUs available)</b> ITA welcomes individuals of color to gather as an affinity group to explore, discuss, and support each other through challenges that this community faces within the Creative Arts Therapy community and beyond. This group is a closed group for Individuals of color to provide a safe space for transparent and open discussion.		
<b>9:00-10:00 (60 min)</b>	<b>Lectures (1 CEU)</b>		

Moving Men in the Patriarchy: A feminist Intersectional Inquiry in Dance Movement Psychotherapy

*Sanjini Kedia, Dance Movement Psychotherapy Trainee, Creative Movement Practitioner, RYT*

Moving Men in the Patriarchy aims to study the impact of Dance Movement Psychotherapy (DMP) on the stereotypical views towards embodied emotions in Indian and British men. An intersectional study on how men embody and express their true self, emotions and the effects of DMP on these embodied emotions.

- Study and bring awareness to the stereotypical views on embodied emotions of men culturally and socially in a patriarchal society.
- Explore Dance Movement Psychotherapy acts like a rope of rescue that can help men by pulling them out of a deep pool of toxic patriarchy.
- Discuss how Dance Movement Psychotherapy can encourage men to set themselves free.

Untangling and Understanding the Impacts of Gendered Addictions Treatment

*Joy Willenbrink-Conte, MA, MT-BC*

Many addictions treatment settings utilize gender separate/specific spaces, operating from a gender binary versus continuum understanding. How did we arrive here, why, and what are the impacts? Presenter experiences in these therapy spaces will be woven with review of relevant literature, particularly sources that amplify voices of treatment consumers.

- Participants will be able to identify at least two therapeutic affordances and two therapeutic limitations of gendered addictions treatment.
- Participants will develop deepened understanding of the impacts of gendered addictions treatment on transgender individuals and individuals who live beyond gender binary systems and norms.

Create Your Dream Business: What it REALLY Takes to Open a Practice

*Azizi Marshall, MA, LCPC, RDT-BCT, REAT*

Want to start your own business, but have no idea where to begin? Learn what it REALLY takes to start a business, from social media and marketing, to business structures, financing and web design. Gain necessary resources and practical information, as well as ethical challenges of running a thriving business.

- Develop a basic understanding of the fundamental concepts of business ownership and functional activities.
- Identify and describe ethical and effective marketing practices.
- Describe and implement an ethically sound and financially viable method for creating a fee structure in private practice.

<b>10:00-10:15</b>	<b>Break</b>
<b>10:15-12:15 (120 min)</b>	<b>Workshop Sessions (2 CEUs)</b>

Meeting Yourself in Order to Meet Others: Utilizing Contact Improvisation as a Practice for Self-Care and Professional Growth

*Kellyn Jackson, CYT, MA, Katherine Scott, GL-CMA, MA, & Julie Brannen, MA, LPC, R-DMT, GLCMA*

Creative Arts Therapists have the unique opportunity to help clients of all abilities tap into the self and give an outlet to individuals who may struggle connecting with others. This presentation explores how we can use therapy to help neurodiverse individuals regulate, connect, and express themselves in a neurotypical world.

- Explore ways to interpret client response.
- Create effective therapeutic interventions for neurodiverse populations.
- Explore new ways to advocate for the needs of neurodiverse individuals.

It's Coming for Us All: Death Anxiety and the Creative Arts Therapies

*Bradley Drozdowski, MT-BC*

Confront your mortality in this workshop devoted to exploring death anxiety through the creative arts! Learn more about the existential perspective on death themes in therapy, reflect on how death looms over your own practice, and discover how creative expression can combat the inevitable for you and your clients!

- Identify and define death anxiety and salient features of death anxiety posited in primary existential psychotherapy literature.
- Explore outcomes and interventions targeting death anxiety using the creative arts and creative arts therapies.
- Identify barriers to addressing death anxiety with clients in a therapeutic relationship and explore ways to process death anxiety in therapy through the creative arts.



## Cultivating Courage within the Aesthetic Experience

*Susan Imus, LCPC, BC-DMT, GL-CMA*

The courage to create is the foundation for this workshop. How is courage defined and where is it found? Rollo May (1975) identified numerous types of courage. The workshop will explore how CATs assist their clients to create despite their personal fears within the aesthetic experience.

- Gain an understanding of 9 Fundamental Mechanisms in creative arts therapy with emphasis on Mechanism
- Identify personal fear within the development of the aesthetic experience with clients.
- Identify personal type of courage according Rollo May (1975) to diminish fears.

<b>12:15-1:15 (60 min)</b>	<b>Lunch Break</b>
<b>1:15-2:45 (90 min)</b>	<b>Let's Talk about Sex</b> (1.5 CEUs)



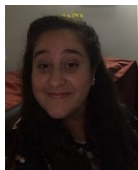
### **Haley Fox, M.A., LMHC/LPCC, Ph.D., ATR-BC/ATCS, MT-BC, REAT (Moderator)**

Haley Fox is an artist-psychotherapist, writer, and musician, currently on the core faculty teaching masters and doctoral students in Counseling: Art Therapy at Adler University in Chicago. She has a PhD in Clinical Psychology and board certifications in music therapy and art therapy, and she is a registered expressive arts therapist and credentialed clinical supervisor. Dr. Fox has taught classes and seminars in sexuality at the bachelor's, master's and doctoral levels, as well as for community groups, and her experience in the field includes working in treatment programs for sexual abusers (such as Minnesota's civil commitment program for sexually violent predators between 2008 and 2014). She contributed a book chapter to *Expressive Therapies for Sexual Issues* (Chapter 4, Expressive Arts Therapy with Sexual Abusers, 2014) and has written an unpublished book on sexuality, focused on the myth of Eros and Psyche.



### **Alexa Ehrlich, MA, AMFT**

Alexa is a couple and family therapist who frequently works with individuals as well. She works with individuals and couples to best understand their sexual health and their relationship history. Areas of specialty include: exploring sexual identity/interests, infidelity, infertility, desire discrepancy, premature ejaculation, and erectile dysfunction. She has been trained in emotion focused couples therapy (EFT) and the Gottman Method, as well as being a certified Prepare and Enrich premarital counseling facilitator. She operates from a strength based, mindfulness-based (MBCT), culturally sensitive, LGBTQIA+ allied, relational, values based and narrative lens. She works to empower her clients to explore their desires, values and their identity in a non judgmental atmosphere.



### **Leah Stark, MT-BC**

Leah Stark, MT-BC is a music therapist in Indianapolis, Indiana, primarily working with individuals with developmental disabilities through the Medicaid Waiver. She has been a member of the poly/kink community for about 5 years.

(Panelists continued on next page)



### **Heather Corinna, Founder, Director, Editor & Designer of The Scarleteen**

Heather (they/them) is an award-winning queer feminist activist, author, educator, artist, teacher, organizer and innovator. Heather is the founder, director, designer and editor of the web clearinghouse and organization Scarleteen, the first truly comprehensive sex, sexuality and relationships education site and resource for young people of its kind. Heather and Scarleteen have provided millions of young people accurate and inclusive information and support every year for the last 20 years. Heather is the author of *S.E.X: The All-You-Need-To-Know Sexuality Guide to Get You Through Your Teens and Twenties* (DaCapo Press, 2007, 2017), now in its second edition; *Wait, What?: A Comic Book Guide to Relationships, Bodies, and Growing Up* (Oni Press, September 2019) with Isabella Rotman, for older middle readers and younger teens, and the forthcoming *What Fresh Hell Is This? Perimenopause, Menopause, Other Indignities and You — A Guide* (Hachette/Lifelong, Spring 2021).



### **Matthew Amador, LSW**

Matthew Amador, LSW is a clinical therapist at LifeWorks Psychotherapy where he works with people inhabiting sex- and gender-expansive spaces. While working with Chicago House and Social Services Agency, he coordinated efforts to connect services to those re-entering society from incarceration. Matthew has worked extensively with underserved populations within the city of Chicago, particularly with the LGBTQIA+ community, people experiencing homelessness, and those living with HIV/AIDS. He holds a Master's of Social Work from DePaul University and a Bachelor's of Science in Speech from Northwestern University.

<b>2:45-3:15</b>	<b>Break</b>
<b>3:00-4:30 (90 min)</b>	<b>Workshop and Performance Sessions (1.5 CEUs)</b>

#### Shame and Sexuality: The Fear of Being an Other

*Kris Larsen, LCPC, BC-DMT, GLCMA*

This workshop will explore the somatics of shame and the development of a healthy intrapersonal connection to sexuality, sexual expression, gender identity, and gender expression. We will explore how our own prejudices are expressed through our bodies opening us to the ability to recognize the obstacles to creating therapeutic relationships.

- Increase awareness of body knowledge/body prejudice as it relates to working with LGBTQ+ clients and their gender identity/expression.
- Develop awareness of the shame response in relationship to self, client, and therapeutic relationship thereby increasing compassion for all parties involved.
- Become attuned to the nuances of a shadowed process and the finely tuned movement behaviors that keep its members safe from being discovered.
- Become familiar with movement intervention focused on shame response and healthier patterns of expression.

#### Dosing with Communal Creation: A Harm Reduction, Healing Arts Response to the Opioid Epidemic

*Lauren Milburn, R-DMT & Dani Koeck, GL-CMA, MA*

This performance/panel hybrid will outline harm reduction approaches to supporting those impacted by the opioid epidemic, centering community healing through creative practice. After providing historical context for how we got here, panelists will engage in embodied dialogue to unearth the pain, grief, shame, and fear perpetuating the crisis.

- Contextualize the stigmatization of substance use and the history of the opioid epidemic within systems of structural violence.
- Learn about current community-based practices at the intersection of healing arts and harm reduction.
- Share an embodied experience in response to witnessing the performance as therapy process offered by revive/survive movement.

### Calling Out Male Privilege in Music Therapy: 10 Reasons Why We Need Feminism

*Ava Marvin, MT-BC & April Hickey, MT-BC*

Even though music therapy is a female dominated field, sexist attitudes oppress women and other oppressed genders working as therapists. In this presentation, participants will gain a deeper understanding of feminist music therapy philosophy in a modern context while gaining tools to fight oppressive forces that effect therapists and clients.

- Define intersectional feminism and describe what feminist philosophy in music therapy is.
- Gain tools and describe tools to use within a feminist therapeutic philosophy in clinical work.
- Identify experiences of oppression and identify at least one mechanism to effect change in the future.

<b>REGISTRATION</b>		
	<b>Date</b>	<b>Cost</b>
Presenter Registration	January 2-January 31	1-day: Honorarium / 2-day: \$70
Standard Registration	February 21-March 17	1-day pass: \$105 / 2-day pass: \$180
Early Bird Registration	January 7-February 20	30% discount (Code: CANARYCAT2020) 1 -Day Registration with Early Bird code \$73.00 (Regular \$105.00) 2-Day Registration with Early Bird code \$126.00 (Regular \$180.00) Early Bird pricing ends 2/20/20
Student Registration	January 7-March 17	42% discount (Code: EDUCAT2020) 1-Day Registration with Student Code \$60.90 (Regular \$105.00) 2-Day Registration with Student Code \$104.40 (Regular \$180.00)
Late/Door Registration	March 16-March 20	1-day pass: \$126 / 2-day pass: \$215
CEUs		+\$25.00 (no discount available)
Registration Cancellation	January 7-March 15	50% refund minus the transaction fees
Registration Cancellation	March 16-March 20	No refund

Registration must be completed online at [www.itachicago.org/conference/](http://www.itachicago.org/conference/). Registration cancellation must occur before March 15th in order to receive a 50% refund to be provided minus transaction fees. No refund will be provided after March 15, 2020.

A student interested in volunteering for the conference should contact [itaconference@itachicago.org](mailto:itaconference@itachicago.org) for additional information.

#### **Continuing Education Units**

Presenters and attendees can receive up to **12.5 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. CEUs for R.Ns, Licensed Nursing Home Administrators, Physical Therapists, Registered Dieticians, and Occupational Therapists will be sponsored and provided by Elderwerks. 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 12.5 credits as a non-approved educational course. Please refer to the CBMT Recertification Manual for required documentation for non-approved CMTEs.



