



5th Annual Virtual Integrated Creative Arts Therapy Conference

EXPRESSING THE UNSPEAKABLE

Bringing Taboos to the Surface

March 18-20, 2021

Keynote Speaker



*Playing with Monsters:
Confronting our Shadow
Selves*

10:00-11:30
Friday, March 19th

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.

Schedule of Events

All times CST (GMT-5:00)

Accessibility information for presentations will be updated weekly beginning January 22nd. Please check the conference webpage or email ITAConference@ITACHicago.org for presentation accessibility information for deaf and hard of hearing attendees and for blind and visually impaired attendees. Presentations that are designated as accessible for deaf and hard of hearing participants will have subtitles and closed captioning as needed for pre-recorded video content and can provide handouts, reading lists, and worksheets as needed. Presentations that are designated as accessible for blind and visually impaired participants will have alt-text and image captions for images on presentation materials and plain text translations or transcriptions of digital materials.

Thursday, March 18^h, 2021

7:00- 9:00pm (120 min)	Conference Opening Panel (2 CEUs) Coast to Coast: COVID-19 Racism Infected My Workplace
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Coast to Coast: COVID-19 Racism Infected My Workplace

Rana Abdallah, MPS, LCAT, Lady Advincola, MPS, ATR-BC & Javere Pinnock, MPS, LCAT

Art therapists of color will explore the ways COVID 19 exposed racial inequity in their workplaces across three different systems and in two different states. Presenters will also share the ways in which economic disparity, limited health care access, and failed leadership during the COVID 19 pandemic exposed systemic issues.

- Identify three ways racial inequity shows up in the workplace.
- Identify three ways to address racism in the workplace as healthcare providers.

Friday, March 19th, 2021

9:00-10:00am (60 min)	Networking Breakfast Start out the first full day of conference by connecting with attendees in an interactive space! Bring your own breakfast as you get to know one another through ice breakers for the first part of the hour. Then, you will be invited to participate in a movement experience, facilitated by Jo Hayes, MA, LPC, R-DMT, to prime your body for a day of learning.
10:00-11:30am (90 min)	Keynote Address (1.5 CEUs) Playing with Monsters: Confronting our Shadow Selves
11:30-11:45am (15 min)	Break
11:45am-12:30pm (45 min)	Breakout Sessions (Art, Music, Drama, & Dance/Movement Therapy) (no CEUs available) Join a breakout session in the arts discipline of your choice (art, music, drama, or dance/movement) to answer the Keynote Address' question, "What does a radical reimagining of care look like in the creative arts therapies?" and to connect with other conference attendees in an interactive space. You do not need to have any experience in the art discipline used in the breakout session you choose to attend.
12:45-1:45pm (60 min)	Lunch
12:45-1:45pm (60 min)	Therapists of Color Affinity Group (Closed group) (No CEUs available) <i>Facilitated by Kyla Marie Gilmore, LCPC, BC-DMT</i> 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.

2:00-3:00pm (60 min)	Lectures (1 CEU)
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Intracultural Practice for Asian Art Therapists

Miki Goerd, LCSW, ATR-BC

This presentation will be accessible for both deaf and hard of hearing participants and blind and visually impaired participants.

Intracultural practice (i.e., working with clients from the same ethnic/racial group of the therapist) for minoritized art therapists brings different sets of challenges from Caucasian-to-Caucasian intracultural practice. The lecture focuses on encounters between Asian therapists and Asian clients as examples in order to examine intracultural dynamics in art therapy.

- Gain knowledge over 5 key elements to consider in intracultural practice between Asian art therapists and Asian clients.
- Learn two specific ways to use art for facilitating self-awareness on the dynamics of intracultural interactions with clients.

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

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

This presentation will be accessible for both deaf and hard of hearing participants and blind and visually impaired participants.

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.

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.

3:00-3:30pm (30 min)	Break
3:30-5:30pm (120 min)	Workshops (2 CEU)

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

Kellyn Jackson, R-DMT, LPC, Katherine Scott, LPC, R-DMT, GL-CMA, & Julie Brannen, LCPC, R-DMT, GLCMA

Participants will explore what our relationship to touch has to do with our clinical work and how COVID-19 has impacted this. What prevents us from being fully engaged with our present moment experience, physical sensations and all? How can principles of contact improvisation nourish us and strengthen our therapeutic relationships? Please have journaling or drawing materials available while participating in this workshop.

- Learn about contact improvisation as a tool for self-care.
- Increase awareness of your relationship to touch.
- Deepen your connection to your Self through attunement, movement, and touch.
- Practice setting and responding to boundaries both intrapersonally and interpersonally.
- Identify barriers to building effective therapeutic relationships.
- Explore transference and countertransference in the therapeutic movement relationship.

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

Bradley Drozdowski, MT-BC

This presentation will be accessible for both deaf and hard of hearing participants and blind and visually impaired participants.

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 and similar or contrasting views.
- Explore outcomes and interventions targeting death anxiety through the use of 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.

Saturday, March 20th, 2021

9:00-10:00am (60min)	Lectures and Discussion (1 CEU)
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Death Café (no CEUs available)

Bradley Drozdowski, MT-BC & Sophie Canadé, ATR-LPC

Join music therapist Brad Drozdowski and art therapist Sophie Canadé for a conversation about death and dying. This open forum session is a virtual café-style space for participants to increase awareness and talk about death. Grab a coffee or tea and settle into our cozy café as we explore together as fellow travelers in life the mystery and eventuality of our mortal fate. "At a Death Cafe people, often strangers, gather to eat cake, drink tea and discuss death. Our objective is to increase awareness of death with a view of helping people make the most of their (finite) lives. A Death Cafe is a group-directed discussion of death with no agenda, objectives, or themes. It is a discussion group rather than a grief support or counselling session." (<http://DeathCafe.com/What>) This is an open forum session with no lecture, CEUs not provided.

Creative Arts Therapists' Tears: Preliminary Descriptive and Quantitative Findings

Rebecca Miller, ATR-BC, LCAT, CCLS

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) based on quantitative analyses from a sample of more than 500 therapists, including 250 creative arts therapists.
- 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.

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

Sanjini Kedia, MA DMP, RYT, Creative Movement Therapy Practitioner

This presentation will be accessible for deaf and hard of hearing participants.

Moving Men in the Patriarchy: A feminist Intersectional Inquiry in Dance Movement Psychotherapy (DMP) aims to intersectionally investigate how Indian and British men embody and express their emotions and the affects that DMP can have on moving beyond the stereotypical/patriarchal norms. A feminist qualitative inquiry to explore masculinity, stigma and DMP.

- Study and bring awareness to the culturally embodied stereotypical/ patriarchal views on emotions and affect.
- Explore if Dance Movement Psychotherapy can support men to identify, differentiate and express their embodied affective experiences outside the patriarchal/stereotypical norms.
- Identify how can Dance Movement Psychotherapy act as a rope of rescue to pull men out of the deep pool of resistance to express and move.
- Initiate and continue this conversation of more male voices and bodies required in the field of Dance Movement Psychotherapy.



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10:00-10:30am (30 min)	Break
10:30am-12:00pm (90 min)	Panel and Performance Sessions (1.5 CEUs)

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

Linda Baker, BC-DMT, Hongju Li, Associate Professor, Fangfang Xi, Lecturer, Yi Tang, Lecturer, Jun Zhang, Associate Professor & Qi Mao, PhD Candidate

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.

- Achieve knowledge of the concept of Unity of Heaven & Man presented in the thoughts of Buddhism, Taoism & Zen and knowledge about the differences and commonalities in these meanings.
- Master the key healing aspects from the concept - Unity of Heaven & Man
- Gain knowledge of how this concept presented through ancient and modern Chinese Arts through lecture and practice.
- Gain the research data of the healing fact for Chinese people and the perspective of direction developing Chinese Healing Approach in Expressive Art therapy.

Absolution and Defiance: Utilizing Dance/Movement Therapy in the Healing Journey of a Survivor of Human Trafficking

Lara Tant, MA, R-DMT & Willow

This presentation will be accessible for deaf and hard of hearing participants.

This performance and panel discussion seeks to bring awareness to mental health professionals about the unique needs of victims and survivors of human trafficking. This vulnerable and dehumanized population is underrepresented in literature and underserved in practice. The efficacy of the creative arts therapies with this population is extremely promising.

- Bring awareness to the clinical representations and holistic needs of this population.

- Advocate for the efficacy of dance/movement therapy in addressing these needs by showing the presenter's social justice inspired performance-based culminating project video.
- Recommendations for clinicians when working with this population.
- Discuss performance as a means of witnessing for survivors.
- Begin to change the broken systems and patterns of oppression by inspiring those in positions of privilege to awaken and make the changes necessary.

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.

12:15-1:15pm (60 min)	Lunch
12:15-1:15pm (60 min)	LGBTQIA+ Therapists Affinity Group (Closed group) (No CEUs available) <i>Facilitated by Zak Van Den Berg</i> ITA welcomes LGBTQIA+ identified individuals to virtually gather together in this affinity group to explore, discuss, and support each other through the challenges within and outside of the Creative Arts Therapy communities. This affinity group is closed for those who identify as LGBTQIA+ to cultivate a safe space for transparent and open discussion.



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1:30-3:30pm (120 min)	Workshops (2 CEUs)
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Moving towards Bodyfulness

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

Please note: This presentation will not be recorded and will not be available for viewing after its scheduled time. CEUs are only available to those who attend the presentation live.

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.

Supervisees and Supervisors: Who Speaks First About Identities in Supervision?

Yasmine Awais, MAAT, ATR-BC, ATCS, LCAT, LPC & Daniel Blausey, MA, ATR-BC, ATCS, LCAT

Talking about the social location of clients in supervision is acceptable, but what about identities of the supervisor and/or supervisee? Who starts the conversation - the supervisor or the supervisee? Often the supervisee is interested in talking about their positionality but feels like the subject is not welcome. The supervisor may be open to the discussion but is waiting for the supervisee to initiate. The risk of not explicitly speaking about identities can negatively impact the supervisory relationship and trickle down to clients. This workshop intends to shine light on the unspeakable, removing the taboo nature, encouraging supervisors to start the conversation because of the inherent power of the role. Exploring our identities and social location, participants will focus on their impact in clinical work with clients and in supervision with the supervisor and/or supervisee. As part of the workshop, participants will engage in artmaking to better grasp the benefits of discussing matters of identity in supervision.

- Name three benefits of discussing matters of identity in supervision.
- Identify three strategies to build the supervisory relationship, including difficult conversations regarding difference (i.e., religion, race, gender, and other salient identities) in virtual supervision.
- Create artwork as a method of understanding our own social location in relation to our role as a supervisor and/or to our role as a supervisee.

3:30-4:00pm (30 min)	Break
4:00-5:00pm (60 min)	Lectures and Discussion (1 CEU)

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

Meghan MacMillan, MMT, MT-BC, MTA

This presentation will be accessible for blind and visually impaired participants.

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 you 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.

Professional Considerations: Supporting the Work of People with Intellectual Disabilities (ID)

Julie Ludwick, ART-BC, Sara Miller, ATCS, LCPC, & Cassandra Krcmar, LPC

This presentation will be accessible for deaf and hard of hearing participants. This presentation explores the ethical and professional challenges that art therapists encounter when supporting the work of individuals with intellectual disabilities. Key themes for art therapists working with this population were developed from both the authors' professional experiences and research in the field.

- List 3 potential ethical and professional challenges when supporting the artistic expression of individuals with ID.
- List 3 key professional considerations for art therapists supporting the artistic expression of individuals with ID.
- Understand and be able to explain the difference between a medicalized framework and a political/relational conceptualization of disability.

Dissecting Intersectional Identity Through the Creative Process: On Therapist Transparency in Substance Use Treatment
Annie Chang, LPC

A presentation of an autoethnographic research 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 as a means 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.
- Highlight how art therapy and the creative process can aid in shame reduction for clients and providers.



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REGISTRATION		
	Date	Cost
Presenter Registration	January 6-January 15	\$70 (CEUs included)
Standard Registration	February 26-March 19	\$165 (no CEUs) \$240 (with CEUs)
Early Bird Registration	January 12-February 25	\$125 (no CEUs) with code: 2021CANARYCAT \$180 (with CEUs) with code: 2021CANARYCAT
Student Registration	January 12-March 19	\$80 with code: 2021EDUCAT
Same-Day/Post-Conference Registration	March 20-June 30	\$195 (no CEUs) \$260 (with CEUs)
Registration Cancellation	Within 3 days of Purchase	100% refund minus the transaction fees
*COVID-19 Relief Discounts		Please contact JMynatt@ITAChicago.org

Registration must be completed online at www.ITAChicago.org/Conference/. Registration cancellation will be provided with notification within 3 days purchase. Non-live conference content will be available until June 30th; therefore, no refunds will be provided unless notified within 3 days of purchase. Recorded sessions will be made available within 1-week of the end of the Conference and will be accessible until June 30, 2021. Select sessions will not be recorded and are indicated in the session description. Registrants will receive notification of the availability of the recorded sessions to the email under which they registered.

Attendees interested in volunteering for the conference should contact ITAConference@ITAChicago.org for additional information.

*COVID Relief Discounts: The Conference committee recognizes that this year there are communities, individuals, and businesses that have been impacted greatly by the Covid-19 pandemic. We would like to support individuals who would like to attend our conference, but are not in a financial position to pay the full price of the conference due to these circumstances. Please reach out to JMynatt@ITAChicago.org to inquire about this funding opportunity.

Continuing Education Units

Presenters and attendees can receive up to **21.5 continuing education units (CEUs)** by attending or viewing 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 (*IL Lic #159.001375, #159.001375, 197.000261*). Board Certified Music Therapists may claim credits as a non-approved educational course. Please refer to the CBMT Recertification Manual for required documentation for non-approved CMTEs.

In order to receive your CEU credit, please be sure to register for the conference with your license number and complete the quiz and evaluation each attended or viewed session. Continuing education unit credits can only be provided for participants who have received a passing score of 70% and have completed the course evaluation for that session. CEU content will be available for viewing until June 30th, 2021. Certification of CEU credits will provided by July 15th, 2021.