



Meet Our Keynote Speakers

Virtual Keynote Address: Removing the Background Noise: Authenticity, Accessibility, and Embodiment in Communicating Creative Arts Therapeutic Work



Natasha Thomas, PhD, MT-BC (They/She + any neo-pronouns offered with respect) is a Queer, Black, Disabled child of Caribbean immigrants from St. Vincent, an island that has historically been home to shipwreck and volcano, as well as the Kalinago people and descendants of the Trans Atlantic Slave trade, among others. Natasha holds a PhD in Expressive Therapies and teaches Music Therapy at IUPUI, on the land of the Miami people (Indianapolis, Indiana), where she lives with her spouse and two children. Natasha is a member of the steering committee for the Black Music Therapy Network and co-host of their podcast Black Creative Healing. When not actively creating or playing with their little ones, you can find Natasha exploring ancestral concepts of creativity and healing (particularly within African spiritual cosmologies), cooking, gardening, or community building with kin or anyone else willing to join themme. She works with those who are ready to transform.

In-Person Keynote Address: Needle Methodologies: Cultivating Radical Hope through the Arts
Dr. Savneet Talwar, PhD, ATR-BC, is a Registered and Board certified Art Therapist, Somatic Coach and educator. As a South Asian, Sikh, multilingual cis woman, she brings three decades of experience teaching and facilitating verbal and arts based trauma therapy. Her specialties include training in the Child and Family clinic at the St. Louis Psychoanalytic Institute, certified Eye Movement Desentization Reprocessing (EMDR) and somatic approaches to assist her clients. In addition Savneet has been an educator for the past 22 years. She has taught as a full time art therapy and counseling faculty at the School of the Art Institute of Chicago, George Washington University and Southern Illinois University, Edwardsville. She has also initiated several community based projects such as the *Wandering Uterus Project* to facilitate conversations on reproductive justice; the *CEW (Creatively Empowered Women) Design Studio*, a social enterprise for Bosnian and South Asian Women in Chicago and most recently the *Mending Lab*, a pop up art studio to facilitate conversation on the role of repair in communities.



Sponsored by:



Schedule of Events

All times CT (GMT-5:00)

Part 1 – Virtual Conference: Friday, April 5th, 2024

Virtual presentations will occur live on the Zoom platform with recordings available by April 8th. Recordings will be available for viewing until April 15th. Live captioning will be available for each presentation. Please email Conference@ITACHicago.org for additional requests for accommodations or questions regarding accessibility.

Conference Welcome & Virtual Keynote (1.5 CEUs) Removing the Background Noise: Authenticity, Accessibility, and Embodiment in Communicating Creative Arts Therapeutic Work 9:00am – 10:30am (90 minutes)

Sponsored by NBC Chicago

Presented by Natasha Thomas, PhD, MT-BC

Objectives:

- Reflect critically on how the work of creativity is translated and communicated in personal, community, and research contexts.
- Explore pathways and develop strategies to tap into cultural histories and wisdom-bearers (community elders, healers, and other trusted community members) with sensitivity and humility.

Panel Presentations (1.5 CEUs) 11:00am – 12:30pm (90 minutes)

Evaluating a Research Mentorship Pilot Program in the Profession of Drama Therapy

Presented by Angelle Cook, RDT/BCT, PhD & Jason Frydman, PhD, RDT/BCT, NCSP

Description: This presentation will detail a NADTA Research Committee pilot program which matched emergent drama therapy researchers with established drama therapy researchers to encourage new scholarship and research in the field of drama therapy. We will discuss the research design and results of this pilot study, as well as take-aways for the next, expanded iteration.

Objectives:

- Understand the design of a research mentorship program in drama therapy.
- Learn about the strengths and weaknesses of the program.
- Gain ideas of how to address research gaps in their field through mentorship.

How Do We Engage Our Clients in Developing Our Practice? Findings From a Qualitative Meta-Analysis of Client Experiences of Drama Therapy

Presented by Tobias Constien, BA Drama therapy, H. Dip. Psychology, Akhila Khanna, MA, LCAT, & Amélie Wiberg, BA Drama therapy

Description: This presentation presents the findings of a meta-analysis of qualitative studies reporting on client experiences of drama therapy. By synthesizing reports from various studies, this analysis allows a comprehensive representation of clients' experiences that may contribute to the further development of our field.

Objectives:

- Understand common positive and negative client experiences of drama therapy.
- Learn to appreciate the importance of including clients in research and practice evaluation.
- Become familiar with the content and importance of qualitative research.

Lunch Break

12:45pm – 1:45pm

Neurodivergent Attendees Affinity Group (No CEUs)

12:45pm – 1:45pm

Facilitated by Brad Drozdowski, MT-BC

Description: ITA welcomes neurodivergent 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 those that identify as neurodivergent, neuro-queer, non-neurotypical, including those who are self-diagnosed, self-realized, or undiagnosed, and those questioning their neuro-identity to provide a private space for transparent and open discussion. **This virtual affinity group is open to ALL neurodivergent conference registrants, even if you did not register for the virtual conference.**

Discussion & Panel Presentations (1.5 CEU each)

2:00pm– 3:30pm (90 minutes)

Discussion: Building a Hospital-Based Creative Arts Therapy Program from Scratch

Presented by Kate Beever, MA, MT-BC

Description: This session will share tools for setting up successful, sustainable creative arts therapy programs in inpatient hospitals. We'll outline the use of pilot studies, share ideas for best contacts and funding sources in healthcare systems, as well as tips for avoiding burnout while being professionally persistent in advocacy.

Objectives:

- Learn how to find the contact information for, and reach out to, the decision-makers in a large hospital system. Practice verbally engaging diverse stakeholders through education and advocacy.
- Draft the pieces of a sample pilot study, in order to share qualitative and quantitative results of the addition of services rather than the 'free demo' version of new programming attempts. Understand how the IRB process works.
- Build skills in avoiding burnout, considerations for how to access additional cultural competency and education for working with new populations, and best practices for co-treating with integrative medicine teams.

Panel: Implementing a Creative Arts Therapy Program in a Large, Diverse School District

Presented by Valeria Alvarado Berrios, MT-BC, Amanda Check, MS, Art Therapy Fellow, Megan Curran, MAATC, ATR-P, McKenna Fuder, MAAT, ATR-P, Shelby Graves, LPC, ATR-P, Lizzy Kunde, MT-BC, Matthew Kwon, MT-BC, Cara Paden, MM, MT-BC, Alexis Pelt, MT-BC, Jazmin Royg, MA, R-DMT, Joey Sedlacek, MT-BC, and Nolan Sheets, Art Therapy Intern

Description: Bringing creative arts therapy to Chicago Public School students in diverse learning classrooms brings both opportunities and challenges. This panel presentation will focus on formulating and communicating goals and benefits of creative arts therapy, developing effective interventions, and building relationships with teachers and paraprofessionals.

Objectives:

- Learn strategies to formulate and communicate creative arts therapy goals.
- Learn solutions and challenges to creating interventions that effectively address diverse learning needs.
- Understand the importance of building relationships with teachers and paraprofessionals.

Part 2 – In Person Conference

YWCA Evanston/North Shore
1215 Church Street, Evanston, IL 60201

No sessions will be virtual or recorded. Free parking is available in the YWCA's lot. You can also access the venue via Metra, CTA, and PACE bus routes.

Day 1 – Friday, April 12th, 2024

Registration & Breakfast

8:30am – 9:00am

Breakfast will be provided.

Conference Welcome (1 CEU)

9:00am – 10:00am

Facilitators: ITA Conference Committee

Location: Community Room (Room 206)

Description: Begin the conference with an interactive welcome to the event.

Objectives:

- Define the creative arts therapies.
- Increase awareness of approaches, interests, and expertise of conference attendees.
- Gain an understanding of liberatory and anti-oppressive frameworks.

Discussion and Panel (1.5 CEUs) 10:30am – 12:00pm (60 minutes)

Panel: Anti-Oppressive Frameworks in Creative Arts Therapy Clinical Supervision
Presented by Annie Arnold, ATR-BC, LCPC, CATP, Clare Burke, ATR, LCPC, CADC, Brad Drozdowski, MT-BC, Frederica Malone, MAAT, ATR-BC, LCPC, Cara Wellvang, LCPC, ATR, and Jeffrey Wolfe, MM, MT-BC
Location: Room 302

Description: Clinical supervision is an integral foundation for sound creative arts therapy practice. It upholds the beneficence of the therapy, promotes the professional development of the creative arts therapist, and furthers the efficacy of the creative arts therapy field. As our grasp of cultural humility and the value of anti-oppressive work has expanded, supervision, too, has grown to incorporate intersectionality while becoming increasingly perceptive to social and cross-cultural barriers within the supervisory relationship and the clinical work of the supervisee. This panel will feature clinical supervisors who have worked to implement an anti-oppressive approach to creative arts therapy clinical supervision. The panel participants will offer considerations when implementing an anti-oppressive framework and how cross-cultural supervision can lead to a productive and positive working alliance.

Objectives:

- Gain an understanding of multiculturalism, intersectionality, and anti-oppressive practice and its impact on the supervisory relationship.
- Identify the barriers and challenges of cross-cultural supervision in an agency environment.
- Provide practical knowledge on implementing an intersectional and anti-oppressive lens in creative arts therapy supervision.
- Navigate the topics and impact of oppression, marginalization, and privilege when working with supervisees of differing social and cultural identities.

Discussion: The Experience of Self-Selected IsoSonic Music Playlists and Mood State in Adolescence: An Experiential Phenomenological Inquiry

Presented by Lizzy Kunde, MT-BC
Location: Room 304

Description: This presentation will delve into the findings from a phenomenological inquiry exploring the use of individualized isosonic playlists by adolescents in school and at home to support emotional regulation and well-being. This will be followed by a demonstration of the process for creating one of these playlists.

Objectives:

- Be introduced to the process of creating isosonic playlists for clinical use.
- Be presented with findings from the current research to better understand the use of isosonic playlists by adolescent study participants.

Lunch Break 12:00pm – 1:30pm

Location: Community Room (Room 206)
Lunch will be provided.

LGBTQIA+ Attendees Affinity Group (No CEUs)

12:15pm – 1:15pm

Facilitator: Annie Arnold, MA, ATR, LCPC, CATP

Location: Room 302

Description: ITA welcomes LGBTQIA+ identified individuals to gather 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 lesbian, gay, bisexual, transgender, queer, questioning, intersex, asexual, or agender to cultivate a private space for transparent and open discussion. **Lunch will be provided.**

Discussions & Performance (0-1.5 CEUs)

1:30pm – 3:00pm (90 minutes)

Performance: Exploring the "Plot Twists and Key Changes" in the Lives of People with Disabilities (no CEUs)

Presented by James Williams

Location: Community Room (Room 206)

Description: Many people with disabilities receive creative arts therapies. They also struggle to understand the “plot twists and key changes” from both society and their disabilities. Watch a performance from a drama therapy beneficiary that demonstrates how “plot twists and key changes” impact people with disabilities throughout their lives.

Objectives:

- Analyze how "plot twists and key changes" within our society impact people with disabilities throughout their lives, both positively and negatively.
- Describe how "plot twists and key changes" from within the symptoms of various disabilities impact people living with those disabilities, both positively and negatively.
- Summarize how creative arts therapists can benefit from understanding how the impacts of "plot twists and key changes" throughout the lives of people with disabilities, and how this information can improve their ability to administer creative arts therapies, especially with recipients with disabilities.

Discussion: Navigating Over a Decade of Growth and Change in a Forensic Creative Community (1.5 CEUs)

Presented by Alison Guzardo, MM, MT-BC & Jaimie Peterson, ATR, LPC

Location: Room 302

Description: This presentation will feature a creative community of musicians and artists in an inpatient forensic facility. We will discuss trends, changes, and the evolution of the artist collective over the years and the impact the artist collective has on community music and art therapy programs.

Objectives:

- Identify two ways to adapt therapeutic programming to meet the needs of the community.
- Identify two ways to engage in collaborative work with other professionals, residents, and community members.
- Identify two ways to apply community music therapy approaches in an inpatient setting.

Discussion: Role Theory and the Schizophrenia Spectrum (1.5 CEUs)

Presented by Alessia Hughes, LCAT, RDT

Location: Room 304

Description: This session will introduce participants to a drama therapy process that uses a flexible version of the role sort assessment tool. Additionally, the session will facilitate discussion regarding flexibility in creative arts therapy assessment and exploring how we can better understand clients' inner reality in contrast to the repetitive, reductive narrative of the chronically mentally ill patient.

Objectives:

- Understand the basic tenets of drama therapy's Role Theory.
- Promote flexibility within creative arts therapy assessment tools.
- Identify personal biases when working with patients living with chronic and persistent mental illness.

Workshops (2 CEUs) **3:30pm – 5:30pm (120 minutes)**

Wellness Through Movement

Presented by Aisha Robinson, LCPC, BC-DMT

Location: Room 302

Description: This training is grounded in Audre Lorde's assertion of self-care as a necessary means of "self-preservation." Participants will be guided through reflections on holistic self-care practices and leave with tools that they can integrate for more balanced and effective living, as well as practices to integrate into their work.

Objectives:

- Learn and practice at least three body-based strategies for self-care and stress management.
- Define at least one way stress can impact the body.
- Identify four dimensions of wellness.

Twisting the Kaleidoscope: Inspiring Social Imagination Through Multimodal Autoethnographic Performance Narratives

Presented by: Phil Weglarz, PhD, MFT, REAT

Location: Room 304

Description: Explore the practice of multimodal autoethnographic performance narratives, developed by Expressive Arts Therapy faculty at the California Institute of Integral Studies (CIIS) MA in Counseling Psychology program. This practice highlights individual and collective resilience, creativity, and resourcefulness, leading to the social imagination needed for community wellness and collective liberation.

Objectives:

- Identify and describe multimodal autoethnographic narrative performance.
- Define and discuss the concept of kaleidoscopic social imagination.
- Practice aesthetic responding to a sample narrative and begin to create their own autoethnographic narrative.

Day 2 – Saturday, April 13th, 2024

Keynote Address (1.5 CEUs)

Needle Methodologies: Cultivating Radical Hope through the Arts

9:00am – 10:30am

Sponsored by Northwestern University

Presented by Savneet Talwar, PhD, ATR-BC

Location: Community Room (Room 206)

Description: A gesture of hope is needed during uncertain times. As the world comes to grips with the mental health impact of the wars in Ukraine and the Middle East, the inadequate distribution of health care during COVID-19, the racial reckoning of 2020, and the devastating impact of climate change, scholars are asking us to consider What must be remembered? What must be repaired? What needs to be reconnected? At the center of this work is a need for “radical hope,” which is a central tenant of abolition praxis.

Looking through a feminist abolition lens, this keynote will reflect on the challenges for therapists in responding to geopolitical conditions and collective grief. Using mending and repair as metaphors for storytelling, activism, grief, remembering and healing, Talwar reflects on the needle as a powerful tool to articulate an ethics of care in a world where carelessness reigns.

Objectives:

- Define abolition feminism.
- Articulate two ways in which needle methodologies can be applied as a healing force.
- Articulate two ways therapists can integrate abolition praxis in their practice.

Lectures (1 CEU)

10:45am – 11:45am (60 minutes)

Un-weathering Community Health: Voice as Expression

Presented by Joselyn Carvalho, M.A., LMHC: spec/ Expressive Arts Therapy

Location: Room 302

Description: As the use of storytelling can inspire/change communities, voice in expressive therapies has become a tool for expression. Verbally and non-verbally, voice has expanded resources within community development and healthcare. Within research, the term ‘weathering’ and learning how to ‘un-weather’ are expanding meaning, creating deeper conversations in community health.

Objectives:

- Understand the terms ‘weathering’ and how to ‘un-weather’ ourselves while working in community health.
- Integrate expressive therapies more within community development.
- Feel empowered by the modality of ‘Voice’ and how to navigate storytelling.

A Model for Community Art Therapy

Presented by Emily Nolan, LPC, ATR-BC & Amanda Wright, LPC-IT, ATR-P

Location: Room 304

Description: This presentation illuminates a model of community art therapy drawn from grounded research. One presenter shares her research from interviewing 26 art therapists representing 32 countries, and one presenter shares her work from many community contexts. The model endeavors to guide art therapists in the work of creative collective healing.

Objectives:

- Identify a definition of community art therapy grounded by the work of practitioners all over the world.
- Identify at least 5 practice aims that art therapists can use to anchor their work in communities.
- Understand the application of art therapy in social healing.

Lunch Break

11:45am – 1:15pm

Location: Community Room (Room 206)

Lunch will be provided.

Attendees of Color Affinity Group (No CEUs)

12:00pm – 1:00pm

Facilitator: Jazmin Royg, R-DMT

Location: Room 302

ITA welcomes Black, Brown, and Indigenous attendees and attendees 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 private space for transparent and open discussion. Lunch will be provided.

Workshops (2 CEUs)

1:15pm – 3:15pm (120 minutes)

prACTice... pause... hit play

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

Location: Room 302

Description: Participants will collaboratively apply creative processes that can aid in cultivating the therapeutic relationship as well as support self and community care, using techniques grounded in creativity theory, movement studies, and neuroscience. Observing and deconstructing a movement performance will serve as a foundation for identifying these techniques and processes.

Objectives:

- Recognize when internal and external shifts occur in their everyday experiences.
- Identify interventions which foster healthy collaboration between self, other, and the environment.
- Engage in and apply creative processes to enhance personal adaptability.
- Deconstruct creative performance in order to identify clinical and creative interventions.

Critical Pleasure Inquiry Explored Through Embodied Art Therapy

Presented by Zachary Van Den Berg, MA, LPC, ATR-BC & Mia de Bethune, ATR-BC, LCAT, ISP/SEP

Location: Room 304

Description: Discover “Critical Pleasure Inquiry” (CPI) in this workshop, blending embodied art therapy, intersectional queer praxis, and a Lordian erotic ethos. CPI informs critical-consciousness raising, transformative meaning-making, and resilience, enriching creative arts therapies with the depth of erotic intelligence for profound personal and collective healing justice.

Objectives:

- Identify three components of the Critical Pleasure Inquiry framework.
- Gain familiarity with one’s own body satisfaction and erotic intelligence.
- Learn two arts-based practices for engaging a CP Inquiry, explore these practices experientially, and engage in integrative reflection.

Workshops (2 CEUs)
3:30pm – 5:30pm (120 minutes)

Laugh Review: Stand-Up For Mental Health

Presented by Mary Clohan, LCAT

Location: Room 302

Description: A combination presentation/experiential workshop of a therapeutic protocol called Laugh Review, which combines life review therapy with stand-up comedy.

Objectives:

- Introduce participants to presenters’ Master’s thesis research conducted using the Laugh Review protocol with older adults.
- Conduct an experiential exercise to help participants create original stand-up comedy material based on the Laugh Review protocol.

How We Flourish: A Word of Encouragement for Creative Arts Therapists

Presented by Aeva Munro, MA/R-DMT, PhD

Location: Room 304

Description: This workshop explores how the creative arts are integral to mental health and not just enhancements. We will participate in an experiential that offers methods for knowing, in mind and body, how our work as creative arts therapists helps move clients toward lives that flourish.

Objectives:

- Understand human flourishing as a norm for human health and well-being in contrast to the traditional medical healthcare model.
- Locate the creative arts therapies as integral to the norm of human flourishing.
- Experience ways to know how creative arts therapists can know somatically that creative arts therapy moves clients toward flourishing.

REGISTRATION			
	Date	Cost	
Presenter Registration	January 10 – January 16	<u>No CEUs</u> Free (day of presentation only) \$100 (virtual + 1 day in person) \$120 (both days of in person) \$160 (virtual + 2 days in person)	<u>With CEUs</u> \$25 (day of presentation only) \$140 (virtual + 1 day in person) \$160 (both days of in person) \$200 (virtual + 2 days in person)
Early Bird Registration	January 17 – February 26	25% off standard registration fees with code: 2024CANARYCAT	
Student Registration (no CEUs)	January 17 – April 13	50% off standard registration fees with code: 2024EDUCAT	
Standard Registration	February 27 – April 11	<u>No CEUs</u> \$60 (1 day, virtual) \$120 (1 day, in person) \$180 (virtual + 1 day in person) \$200 (both days of in person) \$240 (virtual + 2 days in person)	<u>With CEUs</u> \$80 (1 day, virtual) \$160 (1 day, in person) \$220 (virtual + 1 day in person) \$240 (both days of in person) \$280 (virtual + 2 days in person)
Same-Day Registration	April 12-13	<u>No CEUs</u> \$85 (1 day, virtual) \$145 (1 day, in person) \$205 (virtual + 1 day in person) \$225 (both days of in person) \$285 (virtual + 2 days in person)	<u>With CEUs</u> \$105 (1 day, virtual) \$185 (1 day, in person) \$240 (virtual + 1 day in person) \$265 (both days of in person) \$325 (virtual + 2 days in person)
*Financial Assistance & Mutual Aid		75% off standard registration fees with code: 2024AID	
Registration Cancellation	Within 3 days of purchase before April 3	100% refund minus the transaction fees	
	Within 3 days of purchase between April 4 – April 10	50% refund minus the transaction fees for in person tickets only (no refunds on virtual conference tickets after April 3 rd)	
	After April 11	No refunds	

Registration can be cancelled within 3 days of purchase if requested before April 3rd. Recorded conference content will be available until April 15th; therefore, no refunds on virtual tickets will be provided after April 3rd. In-person conference registration can be cancelled for a 50% refund minus the transaction fees if requested between April 4th and April 10th. To request a refund, please forward your registration confirmation via email to conference@itachicago.org.

Early bird registration includes entry into a raffle for a free creative arts gift basket, a value of \$50.

*Financial Assistance & Mutual Aid: ITA recognizes the importance of including all members of our community in this conference and the benefit of people attending with different economic backgrounds. Therefore, if you are not in a financial position to pay the full registration fees, use the discount code **2024AID** upon registering to receive a reduced rate.

Attendees interested in volunteering for the conference should contact Conference@ITACHicago.org for additional information.

Continuing Education Units

Presenters and attendees can receive up to **20 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, a continuing education provider for LCPCs, LPCs, LCSWs, and LSWs in the State of Illinois (IL Lic. #197.000261) approved by the Illinois Department of Financial and Professional Regulation. Board Certified Music Therapists may claim credits as Other Continuing Education. Please refer to the CBMT Recertification Manual for required documentation.

In order to receive certification of participation with accurate CE hours, please be sure to include your license number when completing the evaluation for each attended or viewed session. Continuing education credits can only be provided for participants who have attended the duration of the entire session and have completed the course evaluation for that session. For virtual sessions, participants must also receive a passing score of 70% on each session's quiz.

Recorded CEU content will be available for viewing until April 15th, 2024. Certification of CEU credits will be provided by May 3rd, 2024. If you require a CEU certificate prior to May 3rd, please notify the Conference Chair as soon as possible (Akash Bhatia: abhatia@itachicago.org).

Masking policy

Facemasks are optional at our in-person conference. However, we strongly encourage masking for immunocompromised and unvaccinated attendees. Additionally, if you are experiencing symptoms of any viral illness, including but not limited to COVID, please follow medical recommendations and mask accordingly. Masks will be provided at the venue. If you are ill and cannot attend the conference, please contact the Conference Committee at Conference@ITACHicago.org.

Childcare policy

ITA will not provide childcare at the in-person conference. Children 17 years and under are encouraged to stay home. If attendees cannot find childcare, then children under 18 are allowed in the conference space as long as they are supervised by their parent or guardian. All attendees 18 and over must register for the conference.

Community guidelines & engagement preferences

Be sure to review our [community guidelines](#) prior to attending. We will utilize an engagement preference system using symbols on name badges:

- Green / ●: I would like to socialize – please approach me.
- Yellow / ▲: I would like to socialize, but I would like you to wait for me to initiate.
- Orange / ■: Only socialize with me if we have arranged to do so prior to the conference.
- Red / X: Please do not approach me. I do not wish to socialize with anyone.