



## Meet Our Keynote Speaker



**Adam D-F. Stevens** (they|them), MA, RDT/BCT, is a Registered Drama Therapist (RDT) and Board-Certified Trainer who works with queer, POC, and neurodivergent youth in transforming their loss, grief, and trauma into unapologetic, abundant joy and empowerment. Adam serves as an adjunct faculty member in the Creative Arts Therapy/Applied Theatre Programs at Antioch University in Seattle, and Marymount Manhattan College in NYC. They are the Artistic Director for NYU's Collideoscope Repertory Theatre Company, CRTC. CRTC's mission is to advance racial justice and healing through performance. Adam is a doctoral student in the NYU's Educational Theatre PhD Program. Adam is the secretary for the board of directors of the National Alliance for Children's Grief, NACG, where much of their work includes bringing a multicultural, social justice, and creative lens to grief and bereavement work. Additionally, they sit

on the Board of Directors for the North American Drama Therapy Association (NADTA) as the current President. Adam's superpowers are rooted in the fantastical forces of creativity and love.

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# Schedule of Events

All times CT (GMT-5:00)

## Part 1 – In Person Conference

Institute for Therapy through the Arts  
1316 Sherman Avenue, Evanston, IL 60201

No sessions will be virtual or recorded. Free and paid street parking is available surrounding our office. You can also access the venue via Metra, CTA, and PACE bus routes.

## Day 1 – Friday, March 21<sup>st</sup>, 2025

### Registration & Breakfast

8:30am – 9:00am

*Breakfast will be provided.*

### Conference Welcome (1 CEU)

9:00am – 10:00am

*Facilitators:* TBA

*Location:* TBA

*Description:* TBA.

*Objectives:*

- TBA.

## Workshops (2 CEUs) 10:15am – 12:15pm (120 minutes)

### **The Point of Contact: Distilling Contact Improvisation into Clinical Interventions**

*Presented by Kellyn Jackson, LPC, BC-DMT, Katherine Scott, LCPC, BC-DMT, & Julie Brannen, LCPC, R-DMT*

*Location: Movement Studio*

*Description:* The field of dance/movement therapy has long acknowledged the transformative nature of touch. This workshop aims to cultivate an embodied sensitivity to the complexities of incorporating touch in clinical work. Participants will learn how, when, and why elements of contact improvisation can be used to clarify and focus touch-based interventions. Facilitators will guide participants in improvisational movement exercises in which participants decide if, when and how they engage in physical contact with others. Participants will reflect upon their own relationship to touch and determine their readiness for ethically incorporating touch-based interventions.

*Objectives:*

- Identify settings, populations, and treatment goals that contact improvisation-based interventions can support.
- Choose how to engage in contact improvisation-based experiential activities, emphasizing consent and bodily autonomy.
- Determine readiness for ethically incorporating touch-based interventions into clinical work by reflecting upon participants' own relationship to touch.

### **Using Art Therapy as a Warm-Up for Psychodrama**

*Presented by Susan Parcell, ATR-BC, CP*

*Location: Altenbernd & Hagerty Conference Room*

*Description:* Creating a warm-up using selected art materials becomes a vehicle for the client to discuss their images, receive feedback from group members, and allows for relating to the identified issues which can aid in protagonist selection or in a vignette.

*Objectives:*

- Understand how art therapy can assist in working with clients to reduce anxiety and confusion through the structured use of art materials.
- Learn how art therapy as a warm-up can help clients increase spontaneity through the use of tactile stimulation.

## Lunch Break 12:15pm – 1:15pm

*Location: TBA*

*Lunch will be provided.*

## LGBTQIA+ Attendees Affinity Group (No CEUs)

12:15pm – 1:15pm

*Facilitator:* TBA

*Location:* TBA

*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.**

## Workshops (2 CEUs)

1:30pm – 3:30pm (120 minutes)

### Creative Arts & Assessment: Expanding Our Practice

*Presented by* William Walton, LPC, RDT & Luke Wallens, MA, RDT

*Location:* Altenbernd & Hagerty Conference Room

*Description:* This workshop will provide participants with three useful and accessible drama therapy assessments. The facilitators will provide a brief didactic presentation on psychodrama and drama therapy, then they will facilitate each assessment, giving the participants an opportunity to engage with them in a meaningful way.

*Objectives:*

- Learn three drama therapy assessment tools.
- Gain confidence utilizing at least one of the assessment tools in participants' current practice.

### Moving Toward Neuro-Affirming Care: Exploring Supportive Pathways in Clinical Practice

*Presented by* Stephanie Kilper, LCPC, BC-DMT, Katy O'Hanlon Bruns, LPC, R-DMT, Emma Mamis, LPCC, BC-DMT, & Cara Spilsbury, LCMHC, R-DMT

*Location:* Movement Studio

*Description:* This presentation provides an overview of neurodiversity, focusing on autism and ADHD. We will examine the history of neurodiversity and dance/movement therapy, highlighting neuro-affirming practices. Presenters will share personal and professional insights, offering experiential learning on strengths-based, accessible interventions and strategies for neuro-affirming care.

*Objectives:*

- Define and describe neurodivergence and neuro-affirming care.
- Increase comprehension of best practices and practical applications of dance/movement therapy interventions to support neurodivergent clients.
- Develop ways to cultivate self-care within a neuro-affirming clinical environment.

## Workshops (2 CEUs) 3:45pm – 5:45pm (120 minutes)

### **Collective Sound-Making: Healing from Generational Trauma and White Supremacy**

*Presented by* Cara Paden, MT-BC & Akash Bhatia, MA, MT-BC, LCPC

*Location:* Movement Studio

*Description:* This workshop will explore the complex interplay of personal identity, ancestry, and the legacy of white supremacy. At the same time, participants will find opportunities for healing and solidarity through collective sound-making. This workshop will delve into the importance of creativity as a therapeutic tool, a catalyst for dismantling white supremacy and building a deeper connection with others.

*Objectives:*

- Understand different forms of solidarity across race.
- Learn how white supremacy was created and continues today in our culture.
- Gain a variety of methods for collective sound-making and actions to de-colonize creative art therapy practice.

### **Nurturing Through Nature: Eco-Art Therapy as Collective Healing**

*Presented by:* Violeta Barba, LCPC, ATR-BC

*Location:* Altenbernd & Hagerty Conference Room

*Description:* This workshop explores how eco-art therapy can serve as a tool for collective healing, integrating nature into practice to build a sustainable practice and promote environmental stewardship. Participants will engage in hands-on activities that use natural materials and learn how to incorporate eco-art practices into their work with groups.

*Objectives:*

- Understand the principles of eco-art therapy and how it supports collective wellbeing.
- Identify the core principles of environmental stewardship as they apply to eco-art therapy.
- Demonstrate ways to incorporate natural materials into therapeutic art-making with minimal environmental impact.
- Develop practical techniques for integrating eco-art therapy into clinical group work.
- Apply eco-art therapy techniques to support social and relational healing within diverse groups.

## Day 2 – Saturday, March 22<sup>nd</sup>, 2025

Discussions (1.5 CEUs)  
9:00am – 10:30am (90 minutes)

### **Embedded Roots: Growing Within Community**

*Presented by* Joselyn Carvalho, M.A., CMHC

*Location:* Altenbernd & Hagerty Conference Room

*Description:* Our intergenerational roots connect us to history, identity, and culture. In examining our intersectional identities, we find opportunities for growth within broader community contexts. This presentation will explore psychotherapeutic interventions that address the impact of intergenerational trauma within marginalized communities. The discussion will integrate Bronfenbrenner’s Ecological Systems Theory, the Systems-Based Awareness Map (SBAM), and the Science Behind Social Justice (SSJ). Emphasis will be placed on deepening the understanding of these theoretical frameworks within expressive therapies and community applications. Using narrative, visual art, and poetry, we will collectively explore and uncover the embedded roots of our personal and communal stories.

*Objectives:*

- Integrate expressive therapies more within community development.
- Understand the terms “intergenerational trauma” and “transmissions of trauma.”
- Feel empowered by the modality of storytelling and visual community narratives.

### **Creating Belonging for Older Adults through Community Art Therapy**

*Presented by* Trina Irish Kettenhofen & Brittany Mahlberg, ATR, LPC

*Location:* Movement Studio

*Description:* Presenters will discuss the unique needs and barriers to mental health services for seniors. Further sharing implementation and outcomes of a grant funded, community art therapy group designed specifically for older adults in the Milwaukee community.

*Objectives:*

- Identify the needs of the rapidly expanding aging population.
- Understand barriers to mental healthcare for seniors.
- Define Community Art Therapy.
- Identify cultural considerations.
- Understand the importance of funding.

## Discussions (1.5 CEUs)

### 10:45am – 12:15pm (90 minutes)

#### **We Need to Talk About Psychedelics**

*Presented by* Carlos Rodriguez-Perez, RDT/BCT, LCAT

*Location:* Altenbernd & Hagerty Conference Room

*Description:* The field of psychedelic-assisted treatment is rapidly developing. Creative arts therapists are well posed to contribute to this field. Our body of knowledge regarding practices to assist trauma integration and consolidation prepares us well. Furthermore, the somatic practices in creative arts therapists are well aligned to assist with the integration of the psychedelic experience.

*Objectives:*

- Define how psychedelics are currently used in the US.
- Name two models of psychedelic-assisted psychotherapy (PAP)
- Increase familiarity with the potential intersections of POP and creative arts therapy

#### **Roots Under Rubble: Navigating the Rage-Grief Axis as Music Therapists Witnessing a Genocide**

*Presented by* Zein Hassanein, MA, MT-BC, LPC, Raneen Moldoveanu, MA, MT-BC, Audrey Hausig, MMT, MT-BC, & Aya Razzaz, dance/movement therapy student

*Location:* Movement Studio

*Description:* We propose a discussion of ongoing efforts being made by US music therapists concerned for the wellbeing of those living through genocide in Gaza. It will explore the Rage-Grief Axis as it manifests in the Southwest Asian and North African (SWANA) community. We will share individual and collective tools for responding to overwhelming grief/rage as it occurs.

*Objectives:*

- Develop a deeper understanding of what is going on in Gaza and who is affected. This has implications for working with any client who is confronting rage and grief due to the current genocide, including SWANA, Jewish, and otherwise affected groups (many immigrant groups, and others whose ancestry has been affected by colonialism).
- Understand methods to confront rage and grief as creative arts therapists and citizens activists, both internally and in community.
- Develop a deeper understanding of rage, how it is at times dangerously pathologized, and its relationship to grief especially in communities of color and immigrant communities.

### **Lunch Break**

### 12:15pm – 1:15pm

*Location:* TBA

*Lunch will be provided.*

## Attendees of Color Affinity Group (No CEUs)

12:15pm – 1:15pm

*Facilitator:* TBA

*Location:* TBA

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)

1:30pm – 3:30pm (120 minutes)

### Unmasking: Supporting Trans\* Autistic Liberation through the Creative Arts Therapies

*Presented by* Annie Arnold, LCPC, ATR-BC

*Location:* Altenbernd & Hagerty Conference Room

*Description:* Learn to support trans\* and autistic folx express their authentic selves by creating safe avenues to explore, experiment with, and align with their identity through the creative arts therapies. We'll navigate (cis)gender norms and (neurotypical) social norms, autistiphobia and transphobia, and intersectionality to encourage "unmasking" and embodying trans\* autistic liberation.

*Objectives:*

- Understand the etiology and motivation for masking, as it relates to autistic and trans\* or autigender experiences.
- Identify three ways that the creative arts therapies can support trans\* autistic liberation.
- Engage in creative arts therapies interventions that promote self-exploration and identity experimentation.

### The Dance of Coherence: A Neurobiological Approach to Mind/Body

*Presented by* Kris Larsen, LCPC, BC-DMT, GL-CMA

*Location:* Movement Studio

*Description:* An exploration of coherence developed by Daniel Siegel. As an acronym, coherence includes "connection, openness, harmony, engagement, receptivity, emergence, noesis, compassion and empathy." Through the dance, we will explore these stages and investigate how the creative process of dance and the integration of hemispheres can be the bridge to flexible, stable, and organized minds.

*Objectives:*

- Identify the core principles supporting the coherence of mind and body.
- Understand coherence as it relates to the mind and interpersonal connection.
- Engage in how dance (creative process) can assist in the development of coherence.
- Experience the self-reflective loop of a coherent mind.



## Workshops (2 CEUs) 3:45pm – 5:45pm (120 minutes)

### **Open Studio Project: Art & Renewal**

*Presented by* Maira Egan, MACAT, ATR, Emma Zbiral-Teller, MACAT, ATR, & Rob Lentz, MFA

*Location:* Altenbernd & Hagerty Conference Room

*Description:* Art & Renewal is an experiential workshop focusing on self-care for the caretaker, including therapists and counselors. Using the Open Studio art process, participants will develop a sustainable creative practice as a simple and effective way to release stress, restore empathy, and find greater balance in their personal and professional life.

*Objectives:*

- Explain the 3 key steps of the Open Studio Process, which can be used with adults in a group format to cultivate mindfulness, access personal creativity, and gain personal insights in a safe, supportive way.
- Identify features of the Open Studio Process that can be used with adults to cultivate compassion for one's self and empathy for others.

### **Cultivating Community and a Sense of Belonging: Contemporary Folk Dance**

*Presented by* Susan Imus, LCPC, BC-DMT, GL-CMA & Jessica Young, LCPC, BC-DMT, GL-CMA

*Location:* Movement Studio

*Description:* Collective movement serves to cultivate community and a sense of belonging. Participants will engage in pedestrian movements and dance as part of a site-specific movement choir. Rooted in improvisation and aesthetic mutuality, two fundamental mechanisms of change, participants will be guided to reflect on their movement experience.

*Objectives:*

- Participate in an improvisational process through a movement choir.
- Identify aesthetic sensitivities, preferences, and values within the context of the performance
- Apply the therapeutic factors of aesthetic mutuality and improvisation to their clinical practice and self/community-care.

## Part 2 – Virtual Conference

Virtual presentations will occur live on the Zoom platform with recordings available by April 1<sup>st</sup>. Recordings will be available for viewing until April 7<sup>th</sup>. Live captioning will be available for each presentation. Please email [Conference@ITACHicago.org](mailto:Conference@ITACHicago.org) for additional requests for accommodations or questions regarding accessibility.

### Day 1 – Sunday, March 30<sup>th</sup>, 2025

#### Virtual Keynote (1.5 CEUs)

Title TBA

9:00am – 10:30am (90 minutes)

*Presented by Adam D-F Stevens, MA, RDT/BCT*

*Objectives:*

- TBA

#### Lectures (1 CEU)

11:00am – 12:00pm (60 minutes)

#### **Belonging as a Radical Act**

*Presented by Sarita Kvam, MAAT*

*Description:* This lecture demonstrates how creative therapies are uniquely suited to dismantle systems that create the conditions for individual and collective illness. Through an analysis of decolonial, storytelling methodologies and arts-based research, this lecture unpacks the effectiveness of developing a praxis that combines art, therapy, and activism.

*Objectives:*

- Learn to articulate how individual identity is connected to collective identity through a decolonial, intersectional feminist framework.
- Develop knowledge of how authentic storytelling through the arts supports sustainable relationship building.
- Through a facilitated art exercise, explore how the above concepts are related to collective liberation and wellness.

## The Wavy Tateys vs. COVID: A Discussion and Exploration of Community Music Therapy in a Therapeutic Day School During the COVID-19 Pandemic

*Presented by Lizzy Kunde, MMT, MT-BC, Madalyn Burroughs, ATR-P, & Brian Krueger*

*Description:* Presenters will lead a discussion on the effect of recreational community music making amongst four therapeutic day school and psychiatric hospital workers during the COVID-19 pandemic, exploring how music acted as a protective factor during a time of immense stress and uncertainty. This presentation will conclude with a jam session.

*Objectives:*

- Identify ways in which recreational community music-making can act as a protective factor.
- Participants will engage in community music making along with presenters.

### Break

12:15pm – 1:15pm

### Neurodivergent Attendees Affinity Group (No CEUs)

12:15pm – 1:41pm

*Facilitated by TBA*

*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.**

### Workshops (2 CEUs)

1:30pm – 3:30 pm (120 minutes)

#### Embodied Empathy in Practice

*Presented by Jaya Narayan, expressive arts therapist (AthR) & psychodramatist (ABP)*

*Description:* In this experiential offering, I invite our attention to how empathy is felt and perceived in the body. The presenter will explore the qualities of embodied presence of an empathic another. This is an in-body exploration and invites curiosity about how we reach and are reached as practitioners. The presenter will reinforce that fostering embodied empathy is an important part of decolonising western paradigms and in developing therapeutic presence.

*Objectives:*

- Learn how presenters can access bodily responses to receive and attune empathically.
- Learn how embodied empathy supports people to feel seen.

## **Finding Home: Therapeutic Theatre, First Responders, and the 20th Anniversary of 9/11**

*Presented by Elizabeth Swearingen, MA, LCAT, RDT & Jessie Cozza, MA, LCAT, RDT*

*Description:* In 2001, the 9/11 terrorist attacks altered our world forever. Twenty years later, two drama therapists utilized Homer's *The Odyssey* to create a work of therapeutic theatre with active and retired members of the New York City Fire Department to honor this milestone anniversary within the community.

*Objectives:*

- Gain insight into ways in which drama therapy and therapeutic theatre can address collective trauma.
- Increase cultural awareness of working with first responder populations.
- Explore positive impacts of collective theatre making with communities.

### **Performance & Panel Presentations (0-1.5 CEUs) 4:00pm– 5:30pm (90 minutes)**

#### ***Panel: CBT-Oriented Integrative Approach of Creative Arts Therapy: Reflection on a Practical Research Project Treating College Students with Depression***

*Presented by Linda Cao-Baker, BC-DMT, Hongju Li, Associate Professor, Yi Tang, Certified Movement Analyst, Associate Professor, & Qi Mao, Post Doctor of Arts Therapy*

*Description:* This panel presentation will introduce a practical research project of using CBT-oriented integrative creative arts therapy treating college students with depression. It includes rationales & design, methods of application, methods of research, outcome data analysis, and guided experiential practice.

*Objectives:*

- Acquire knowledge of theoretical framework on integrative approaches of creative arts therapy working for college students with depression which includes project basis, characteristics of contemporary college students, key points of CBT oriented creative arts therapy, rationale of integrative approach, and practicing methods with four themes, four entry points, and sixteen intervention modules.
- Obtain two different integrative methods (respective use & interdisciplinary use) on application of sixteen intervention modules including four DMT modules, four art therapy modules, 4 four drama therapy modules, and four music therapy modules.
- Gain knowledge of research methods including attendants screening, written questionnaires, interview tracking, and outcome data analysis.
- Master certain intervention techniques, such as mindfulness practice of micro awareness on body posture adjustment and movement activation, improvisational vocal expression, facilitating poetry creation and music recitation, and others.

## **Performance: In Sickness and Health: Exploring the Social Impacts of Living With Chronic Medical Conditions**

*Presented by James Williams*

*Description:* Healthcare workers routinely address medical conditions in people that impact their lives socially and physically. Listen to a beneficiary of drama therapy, via a one-person performance, describe how the creative arts therapies can be used to help people manage the social impacts of living with a chronic medical condition.

*Objectives:*

- Analyze the social impacts of living with chronic medical conditions and contrast them with the physical impacts that are more commonly associated with chronic medical conditions.
- Analyze how the creative arts therapies can be utilized to help people with chronic medical conditions cope with the social impacts of living with chronic medical conditions.

## **Day 2 – Monday, March 31<sup>st</sup>, 2025**

### **Lectures (1 CEU)**

**9:00am – 10:00am (60 minutes)**

## **Feminist Interdisciplinary Investigation into the Impact of the Moving Pieces Approach to Managing Medically Unexplained Symptoms**

*Presented by Eszter Ivan, ADMPUK, UKCP & Charlie Blowers, UKCP*

*Description:* The presentation aims to demonstrate the outcomes of feminist interdisciplinary research on how the Moving Pieces Approach is a potentially new way of treating people living with medically unexplained symptoms (MUS), focusing on embodied, artistic, and scientific integration.

*Objectives:*

- Be introduced to the interdisciplinary approach of Moving Pieces Collective.
- Learn a range of different perspectives integral to a new approach to symptom management for people living with MUS.

## **Measuring Health Outcomes from Group Art Therapy through Tablet Drawings**

*Presented by Lamia Tahsin, B.S., Aviva Ba, MA Art Therapy, Carina Zhang, MA Art Therapy, & Grace Li*

*Description:* Self efficacy and motor functions of patients with Parkinson's Disease can be improved and evaluated with technological-based guided art therapy in group sessions by examining creative freedom in patient's artworks.

*Objectives:*

- Learn psychological & developmental considerations in art therapy for patients with Parkinson's Disease.
- Learn how technology quantification of art therapy helps facilitate treatment goals and evaluate the self-efficacy of patients with Parkinson's Disease.

## Lectures (1 CEU)

### 10:30am – 11:30am (60 minutes)

#### **Using Creative Arts Therapies to Provide Social-Emotional Support for Campers and Staff at Overnight Summer Camp**

*Presented by* Jason Frydman, PhD, RDT/BCT, NCSP, Laura Wood, PhD, RDT/BCT, LCAT, LPC, Lauren Boyd, BA, Jade Ahneman, BA, Fiona Doyle, BA, Grace Liu, BA, Minmin Pan, BA, & Austin Winchester, BA

*Description:* Growing attention is being paid to the mental health needs of summer camp communities. This presentation will give an overview of an innovative, creative arts therapy-based intervention that provided social-emotional support to both campers and staff at an overnight summer camp in summer 2024. Perspectives from providers are presented alongside effectiveness program data.

*Objectives:*

- Recognize the growing need for mental health services within summer camp communities.
- Better understand the utility of integrating creative arts therapy approaches into mental health services at summer camp.
- Recognize the inherent flexibility and adaptability of creative arts therapies within the unique setting of overnight summer camp, where, by necessity, providers live and work alongside their clients.

#### **Issues of Professional Integration for Dually-Trained Music Psychotherapists**

*Presented by* Jessica Jurgenliemk, MTA (Canadian certified music therapist)

*Description:* This presentation will convey the results of a capstone research project on dually-trained music therapists/psychotherapy counsellors, and offer an opportunity to those who have received training in both fields of therapy to consider the challenges they encounter in professional practice.

*Objectives:*

- Music psychotherapists will learn strategies related to advocacy & approaches for integrating their creative arts therapy and counselling/psychotherapy work.
- Music psychotherapists will have the opportunity to connect with colleagues experiencing similar challenges.
- Other creative arts therapists may find commonalities between their experience and that of music psychotherapists.

**Break**  
11:30am – 12:30 pm

## Workshops (2 CEUs) 12:30pm – 2:30pm (120 minutes)

### **500 Miles [Away] from Home: How Therapeutic Documentary Encourages Mutual Transformation & Growth**

*Presented by Yimeng Zhang, LCAT-LP & Qianhui Xu*

*Description:* Experience the therapeutic power of film with 500 Miles Away from Home. This screening and discussion explore how therapeutic documentaries foster mutual growth, addressing trauma and family dynamics. Attendees will gain tools for integrating documentary storytelling into clinical practices.

*Objectives:*

- Discover strategies for integrating documentary film into therapeutic practice.
- Gain insights into the role of storytelling and visual media in facilitating mutual growth and healing.

### **Lessons from COVID-19: The Use of Fiber Arts for the Amelioration of Shared Trauma**

*Presented by Bethany Altschwager, DAT, ATR-BC, ATCS, LCAT, LPAT*

*Description:* When therapists live and work in a community experiencing a shared community disaster, such as the COVID-19 pandemic, the personal, interpersonal, and vicarious impacts of the event can adversely affect their work with clients. This workshop reviews creative coping strategies, including fiber arts, to support clinicians restore grounding and self-regulation.

*Objectives:*

- Define shared trauma.
- List the six qualities of fiber arts that can be beneficial for individuals who have experienced trauma.
- Demonstrate at least one application of fiber arts for self-care.

REGISTRATION			
	Date	Cost	
Presenter Registration	December 16 – 23	<u>No CEUs</u> Free (day of presentation only) \$80 (virtual + 1 day in person) \$80 (both days of in person) \$140 (virtual + 2 days in person)	<u>With CEUs</u> \$25 (day of presentation only) \$120 (virtual + 1 day in person) \$120 (both days of in person) \$180 (virtual + 2 days in person)
Early Bird Registration	December 23 – February 10	25% off standard registration fees with code: 2025CANARYCAT	
Student Registration (no CEUs)	December 23 – March 31	50% off standard registration fees with code: 2025EDUCAT	
Standard Registration	February 11 – March 20	<u>No CEUs</u> \$120 (virtual) \$120 (1 day, in person) \$200 (virtual + 1 day in person) \$200 (both days of in person) \$300 (virtual + 2 days in person)	<u>With CEUs</u> \$160 (virtual) \$160 (1 day, in person) \$240 (virtual + 1 day in person) \$240 (both days of in person) \$340 (virtual + 2 days in person)
Same-Day Registration	March 21 - 31	<u>No CEUs</u> \$145 (1 day, virtual) \$145 (1 day, in person) \$205 (virtual + 1 day in person) \$225 (both days of in person) \$325 (virtual + 2 days in person)	<u>With CEUs</u> \$185 (1 day, virtual) \$185 (1 day, in person) \$240 (virtual + 1 day in person) \$265 (both days of in person) \$365 (virtual + 2 days in person)
*Financial Assistance & Mutual Aid		75% off standard registration fees with code: 2025AID for a limited number of registrants	
Registration Cancellation	Within 3 days of purchase before March 13	100% refund minus the transaction fees	
	Within 3 days of purchase between March 14-20	50% refund minus the transaction fees	
	After March 21	No refunds	

Registration can be cancelled within 3 days of purchase if requested before March 20th. To request a refund, please forward your registration confirmation via email to [conference@itachicago.org](mailto: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 **2025AID** upon registering to receive 75% off standard registration. This rate is available to a limited number of registrants on a first-come, first-served basis. After the registration limit has been met, a 50% discount will be offered to the remaining registrants seeking financial assistance.

Attendees interested in volunteering for the conference should contact [Conference@ITACHicago.org](mailto:Conference@ITACHicago.org) for additional information.



## Continuing Education Credits

Presenters and attendees can receive up to **31 continuing education credits (CEs)** by attending or viewing any or all of the conference presentations. The CEs 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 CE content will be available for viewing until April 7<sup>th</sup>, 2025. Certification of CE credits will be provided by April 30<sup>th</sup>, 2025. If you require a CE certificate prior to April 30<sup>th</sup>, please notify the Conference Chair as soon as possible (Akash Bhatia: [abhatia@itachicago.org](mailto: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](mailto: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.