

atao news

published by the art therapy association of oklahoma
an affiliate of the american art therapy association

june 2011

message from the president...

Congratulations to Pam Rice and the Tulsa committee for putting together a fabulous Art Therapy Assn of Oklahoma Conference. This is the start down the road that ATAIO needed to get us where we want to be, and we must keep up the momentum.

And, we are in need of a leader for the next two years! Think about serving as President. It's not a demanding job---and looks good on a resume!

I hope everyone is enjoying summer and taking time to "smell the roses".



maureen

“Summer is kind of like the ultimate one-night stand: Hot as hell, totally thrilling, and gone before you know it.”

— *Cosmopolitan*

What is ATAO?

Founded in 1980, and an affiliate chapter of the American Art Therapy Association (AATA), this statewide organization, the **Art Therapy Association of Oklahoma**, is made up of art therapy professionals, students, and friends. ATAO is dedicated to the continued growth, education, and public awareness of art therapy. We invite you to visit our membership and join us if you are not already a member.

ATAO members throughout the state are working in varied settings, from residential treatment programs to educational settings to private practice. Membership benefits include a free subscription to the bimonthly newsletter, the opportunity to participate in retreats, conferences, open studios and other activities, and listing in the ATAO directory.

2010-2011 ATAO Officers

PRESIDENT

Maureen Harvey

PRESIDENT – ELECT

Pam Rice

SECRETARY

Ann Harris

TREASURER

Kathy Howard

CHAPTER DELEGATE

Maureen Harvey

ALTERNATE DELEGATE

Verletta Russell

ADMINISTRATIVE SUPPORT

Dawn Truby



COMMITTEE CHAIRS

Governmental Affairs/Ethics: Kay Foster

Conference/Retreat Committee:

Pat Lynn Moses & Ann Harris

Membership: Kathy Howard

Marketing, Art Exhibits & Fundraising:

Stephanie Lane-Hicks

Nominations: To be assigned

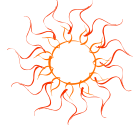
Making Ends Meet: Unconfirmed

ATAO News is published bimonthly in February, April, June, August, October and December. Please send your submissions by the 15th of the month preceding publication to Dawn Truby at kilturtle@peoplepc.com.



member news...

From Sharon Allred: I got into two juried exhibits: 1) Fiberworks of Oklahoma at Living Arts in Tulsa (2 pieces---of which one sold ---"Edge of Darkness") and 2) MORE Color at the Equality Center. Then I entered the Sapulpa Arts Route 66 exhibit and won first place in mixed media for "Cherry Blossom Time". So it's been a good art month!



Art Therapy Center news...

The Art Therapy Center in Norman is still home to the largest gathering of art therapists in private practice in the state: **Aimee Rook, Lory Turner, Ashley Hunt** and **Joan Phillips**. Even with Joan away on a Fulbright this Fall the center will still be seeing clients and providing training and supervision.

Summer workshops coming up at Art Therapy Center are:

- Arts in Healthcare July 22 featuring a guest from the State Arts Council
- Art therapy for beginners July 29
- Business and billing issues for counselors August 5 featuring a guest CPA

All are approved for 3 ceu's for LPC, LMFT and LCSW with LADC pending.

All of these are 9-noon and cost \$45; please email to save a spot jpartx@aol.com or go to the web www.artpoetrytherapy.com to contact.

Also there will be a Clinical Supervision class (to become an approved supervisor for LPC or LMFT) on July 15 and August 12. Contact Joan for details if interested in that.



From Bethany Beinke: I received my LPC last week, and my ATR a few weeks ago, so I'm official now! :) Joan has been my supervisor for both.



Children and Established Artists Draw Autism: Here is a link...

<http://www.brainpickings.org/index.php/2011/05/03/drawing-autism/>

"Sun is shining. Weather is sweet. Make you wanna move your dancing feet."

— *Bob Marley*



Eleven Art Therapy Directives for When You're Out of Ideas

from "101 Art Therapy Directives"

- 1) Draw what you want to convey about yourself.
- 2) Draw in abstract something that represents you.
- 3) Draw your initials as large as you can on the page. Using the initials and the design they make, find ideas for pictures...it can be something real or a design. Once you see the picture color it in using as much color, as you want...you can stay inside or out of the lines. Title your image (Landgarten, 1981, p. 25).
- 4) Close your eyes and relax, when ready open your eyes and look at your colors, now let a color pick you and put it on paper (Wadeson, 1980, p. 334).
- 5) Draw a pattern in the air. Open your eyes and transfer your air pattern/rhythm onto the paper in front of you. Title your drawing.
- 6) Draw something you like about yourself (design/representational). Title.
- 7) Trace your hand on the paper; draw a symbol in the hand which represents something friendly about you or a picture or a design. Cut it out...place it on butcher paper (Landgarten, 1981, p. 291).
- 8) Draw a circle on your paper. Now fill your world.
- 9) Draw why you are here.
- 10) Draw something you would like to change.
- 11) Discuss with the group how to construct an affirmation tree (free standing, butcher paper against the wall. Have group members make a leaf for the tree and write a positive affirmation about themselves. Attach leaves to tree one at a time and discuss after each turn.

ATAO Art Therapy Conference

June 3, 2011

ATAO pulled off a wonderful state conference in June at the University of Oklahoma-Tulsa, Schusterman Learning Center---a very nice facility for a conference. The Tulsa committee and all those who helped set it up and work it did a superb job! I attended a wonderful keynote by Linda Darrah Reynolds on The Art of Treating the Whole Brain. Thank you, Linda, I learned a lot about the Expressive Therapies Continuum from a great presenter. The breakout sessions I attended---Burning Bowl:

Ceremony and Ritual in Art Therapy by Abigail Bliss and

Explore Creative Journaling were stimulating and fun, besides!!! I have it on good authority that the other

breakout sessions were just as good, and I am sorry I could not go to all of them. Then we all attended a session about the Tulsa Girls Art School Project with Pam Rice and Executive Director Matt Moffett. They are doing some fabulous things using the power of art with the girls of Tulsa. If all this wasn't enough, we had a continental breakfast, a lovely lunch and the opportunity to make art!!! Great job, ladies!!! Plans are in the works for another conference next year at the same facility. If you missed it this year, make plans to attend! I have posted more pictures from the conference on the Facebook group, Art Therapists in Oklahoma. If you are not a member of that group, send me a request.



---Editor



Congratulations, Joan!!!

Joan Phillips, PhD, LPC, LMFT, ATR-BC, Graduate adjunct faculty in Human Relations and Instructor in the School of Art and Art History at the University of Oklahoma, has been awarded a Fulbright Scholar grant to lecture and do research at the Athlone Institute of Technology in Athlone, Ireland for the Fall academic term of 2011, according to the United States Department of State and the J. William Fulbright Foreign Scholarship Board. Dr. Phillips will assist in the development of a Centre of Excellence in Creative Arts in Social Care Programming and teach and supervise students in social care/arts classes.



Phillips is one of approximately 1,100 U.S. faculty and professionals who will travel abroad through the Fulbright U.S. Scholar Program in 2011-2012. Recipients of Fulbright grants are selected on the basis of academic or professional achievement, as well as demonstrated leadership potential in their fields. The Program operates in over 155 countries worldwide.

A perfect summer day is when the sun is shining, the breeze is blowing, the birds are singing, and the lawn mower is broken.

~James Dent

ATAO T-shirts still for sale...



The T-shirts sold well at the conference June 3 so let's sell out the stock then we can reorder or get new colors etc. Cost is MEMBERS - child 8, adult 10. NONMEMBERS - Child 10 and Adult 15. Right now this is the stock available:

- one 18-month white onesie
- 3 Toddler size 2
- 2 Toddler size 3
- 3 Adult L
- 3 Adult XL
- 7 Adult 2XL

All the t-shirts are gray with black ink and very cute!

To order go to www.artpoetrytherapy.com and

the art therapy tab then "make a donation" for the amount your shirt costs plus \$5 for shipping if you can't pick it up in Norman sometime. On your payment/paypal be sure to list the address to which you want it sent and the size you want. Let's move these puppies! They really are cute and conversation starters! I don't know how I became in charge of t-shirts but somehow it happened so help me sell them! ---Joan Phillips

Oriah Mountain Dreamer

wrote in The Call: "I have great faith in our longing as a portal that can take us to what we are if we follow it down into the deepest ache of the soul. But longing- the ache for something more than just continuing- is not the same as craving. Craving is fueled by fear and pushes for speed and doing where longing wants to linger with..., go deeper into and learn from what is in the present moment. Craving is never really satisfied, is always reaching for more, looking to some other time and place, to the idealized past or hoped for future for satisfaction. Craving most often focuses on the particular form of what we want: a particular relationship, a specific job, a certain kind of home or some other possession- even spiritual fulfillment. Longing will take us to the knowledge of our essence and the meaning enfolded in being what we are."



Stephanie Lane-Hicks M.A., LPC, ATR-BC

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Edmond Ok 73013

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Special Interests in:

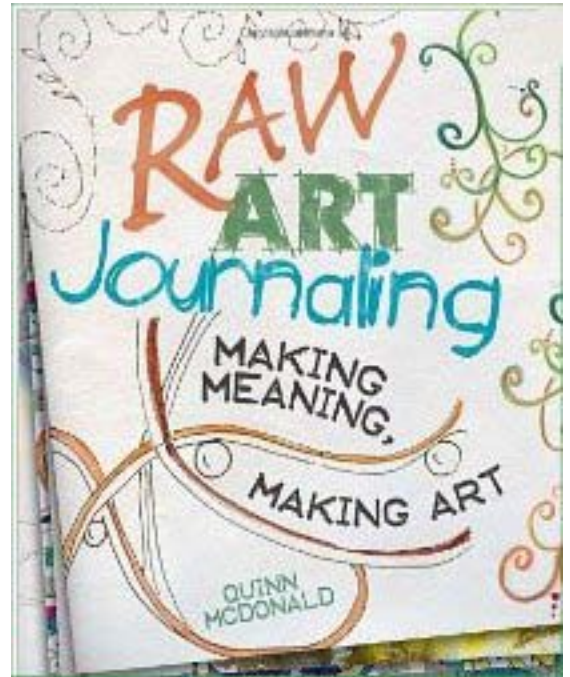
Infertility Counseling-Women's Issues-Trauma-PTSD-
Depression-Anxiety
Individuals-Couples-Family-Group Therapy

so many books...so little time

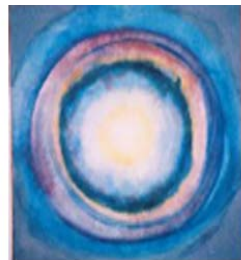
Raw Art Journaling

by Quinn McDonald

Raw Art Journaling brings self-expression through the act of art journaling to its most basic, "raw" and easiest level ever. Beginning and seasoned artists and writers often come up against blocks when prompted to write or draw something original. This obstacle is addressed with exercises such as creating found poetry, the Words as Tarot Exercise and a wide range of abstract, doodle-like design suggestions- just to name a few. Chapters cover surfaces to journal on; what to write and how to incorporate words-as-art into journaling; transferring the exercises into a variety of media including photography and textiles; and creating basic backgrounds with paint, tape, stitching and more.



This title has not yet been released. (\$14.11 from Amazon.com)

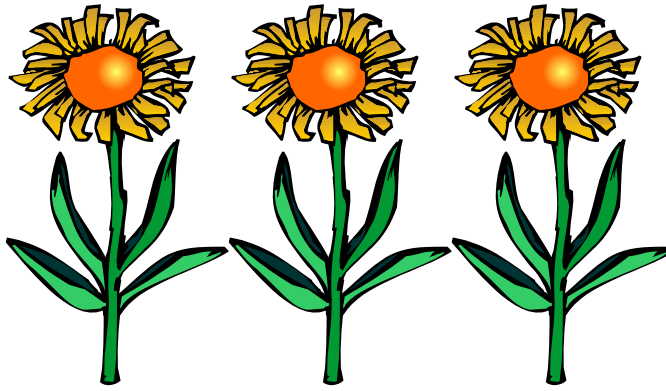


ART THERAPY CENTER

Joan Phillips, PhD, LPC, LMFT, ATR-BC
Ashley Hunt, ATR, LPC Lory Turner, ATR, LPC
Aimee Rook, LPC, ATR-BC

123 E. Tonhawa, Suite 108, Norman, OK 73069
405-364-2008 or joanphillips@ou.edu

art therapy, counseling, marriage and
family therapy, professional trainings and
workshops, supervision for credentials



ATAO Membership Application

Name and Credentials: _____

E-mail Address: _____

Mailing Address: _____

City, State, Zip: _____

Home Phone: _____ Other Phone: _____

Check All That Apply: I am able to provide supervision for: ATR LPC LMFT
 Other (Specify) _____

ATAO ID#: _____ Category: _____

AATA ID#: _____ Category: _____

Professional—\$20/Year—An individual who is an ATR or an active professional member of AATA. Professional members may vote, hold office, and serve on committees. You must provide proof of membership in AATA.

Associate—\$15/Year—An individual who is a member of AATA, and is interested in the therapeutic uses of art. Associate members may not vote or hold office, but may serve on committees with application approval. You must provide proof of membership in AATA.

Student—\$10/Year—An individual who is currently enrolled in art therapy or related coursework. Student members may serve on committees with application approval. You must provide proof of student membership in AATA.

Friend—\$10/Year—An individual interested in the association's activities and programs, but is not a member of AATA. Friends may serve on committees with application approval.

Dues are payable through your AATA membership

or c/o ATA O P.O. Box 30922 Midwest City Oklahoma 73130