

atao news

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

february 2011

message from the president...

It was wonderful to see everyone at our last meeting. I feel we are getting re-energized and finding new direction. I've had a chance to look over our survey and the results are interesting and, I believe, they point us in the direction we need to go.

A yearly ATAO Conference like we've had in the past came in at number 5 and if we can focus on that we can cover many of the other priorities along with it: art making opportunities (#1), CEU's (#2), Art Shows (#3), Self-Care Opportunities (#4), and Social Opportunities (#6). Priority #7 was "Getting an Art Therapy Program started in OK" and that, too would provide employment opportunities (#8), promote ATAO and support future conferences. Under "My vision for ATAO, one of our members wrote, "I'd like to see us back where we were 20 years ago when I first became a member...lots of interaction between art therapists statewide, a state conference that was very well attended and pretty well publicized, and excitement among members about art therapy". I could not say it better---that's where we're headed!

maureen



In our life there is a single color, as on an artist's palette, which provides the meaning of life and art. It is the color of love. ---Marc Chagall

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

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CHAPTER DELEGATE

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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

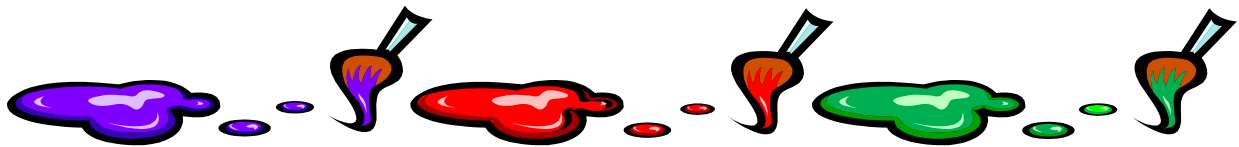
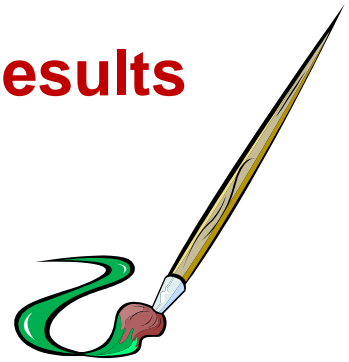
Nominations: To be assigned

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.

ATAO Member Survey Results

1. Art Making Opportunities
2. CEUs
3. Art Shows
4. Self Care Opportunities
5. State Conference
6. Social Opportunities
7. Getting an Art Therapy Program started in OK
8. Employment Opportunities
9. National Conference
10. Promotion of ATAO
11. Promotion of my Practice
12. Mentoring Opportunities



Marwencol

Ed. note: This is a movie I just added to my Netflix queue---it is not out yet...watch for it.

Synopsis: On April 8, 2000, Mark Hogancamp was brutally attacked by five men in his hometown of Kingston, New York. The assault left the ex-navyman, carpenter, and showroom designer in a coma for nine days; he emerged with brain damage that initially made it impossible for him to walk, eat, or speak. Physical and occupational therapy helped him regain basic motor skills, but after less than a year he discovered that without insurance, he could no longer afford it. Determined "not to let those five guys win," Hogancamp turned to art as a therapeutic tool. He revisited his childhood hobbies of collecting toy soldiers and building and painting models. Commandeering a pile of scrap wood left behind by a contractor, he constructed "Marwencol," a fictional Belgian town built to one-sixth scale in his backyard. He populated it with military figurines and Barbie dolls representing World War II personages like Patton and Hitler as well as stand-ins for himself, his friends, and his family. Finally, he dusted off an old camera and used it to capture staged events ranging from pitched battles between occupying German and American forces to catfights in the town bar.-- (C) Cinema Guild

When Mark and his photographs are discovered, a prestigious New York gallery sets up an art show. Suddenly Mark's homemade therapy is deemed "art", forcing him to choose between the safety of his fantasy life in Marwencol and the real world that he's avoided since the attack.

Being deeply loved by someone gives you strength, while loving someone deeply gives you courage. ---Lao Tzu

Art Therapy for Valentine's Day: A Valentine Art Idea/Project for You!



from www.arttherapyblog.com

It's very important to take time out and do something nice for yourself. For many of us, we often get caught up in the daily routine of life, trudging along and rarely focusing on our inner self. Sometimes it's important to put the spotlight back on ourselves and appreciate who we are and the things we do. Keeping with the whole love note and Valentine's Day theme, let's look at a couple activities and ideas we can use on ourselves.

Similar to the above idea and activity, you're going to create a love note for yourself. What are the things about you or your life that you really love and that make you happy? Think about what these things are and write them down. Again, you can use items you have around the house or go to the store and buy some things that fit into what you want to do creatively.

Either before you get the materials or after you have them, refer back to your list of things that you really love or that make you happy. Now create something that symbolizes those things, or express your love for those things in another creative way.

You can also this motivation to create something special for other loved ones that may get less attention in your day-to-day life. For example, you could creatively express your love for a grandparent, parent, pet, or someone who's passed away.

For either of these art activities you can draw, paint, color, or mix any type of media you like. And remember, you can do these art activities any time of the year...not just on Valentine's Day! Whatever you decide, get creative and be passionate about this project as that's what this time of year is all about!

And of course, while you're creating your wonderful art, you should probably eat some delicious chocolate or fudge while you do it!! Happy Valentine's Day!

Read more: <http://www.arttherapyblog.com/art-therapy-ideas/valentines-day-activities-projects/#ixzz1DmZo7vH3>



SAVE THE DATE...

Work is underway on an ATA0 workshop/conference this year....June 3, 2011, in Tulsa!! More details to follow...YEA US!!!

The Kansas Art Therapy Association

Presents the 33rd Annual
Art Therapy Symposium

“The Symbols of our Life Experiences”

Keynote Speaker:

Janet L. Smith, M.S., A.T.R.
Native American Art Therapist
April 1st -2nd, 2011

Heartland Center
Parkville, Missouri



Friday, April 1st

Evening Events:

7:30 - 9:30pm Storytelling by Janet &
Drum Circle with Brandon

Saturday, April 2nd

8:00 am Breakfast

8:30 - 9:15am Participant Check-in &
Yoga with Noel

Morning Session:

9:30am - 12:00pm “The Talking Stick:
Our Creative Voice”

12:00 - 1:30pm Lunch & Relaxation

Afternoon Session:

1:30 - 3:00pm The Symbols of Our Life Experiences

3:00 - 4:00pm Closing

Friday Evening Events: Dinner will be served on site at 6:00pm. Following dinner Janet L. Smith, MS, ATR will share a story related to the theme of the symbols and the circle of life. Then Brandon Draper & Company will provide us with the materials and hands on experience of a drum circle. Participants are welcome to bring their personal drumming/percussion instruments. The evening events will provide a time to relax, visit with peers and to participate in an energizing experience to open the Symposium.

Saturday Workshops: Janet L. Smith, MS, ATR will present the morning session “The Talking Stick: Our Creative Voice.” This workshop will focus on the role of art in wellness. Participants will learn to create symbols unique to their vision and voice. Then the workshop will focus on bringing the elements to their family and work situations. Janet will provide the materials to help create your own sculpture using symbols related to your life experience. Participants are welcome to bring their own materials to use in the art making. Lunch will follow with time to relax, connect with friends, explore the nature trails and/or walk the labyrinth/prayer trail provided by the beautiful retreat setting.

The afternoon session will begin with “The Symbols of our Life Experience,” presented by Avis Garrett-Baptist, Ph.D., ART-BC and Connie L. Williams, MS, ART-BC. This hands on workshop will explore the individual’s personal set of symbols that have been created from the universal symbols and their life experience. Participants will use their set of symbols to create a personal design. Participants will have time to complete projects and share their thoughts/artwork with others before the closing session. Attendance certificates will be provided following the closing.

Overnight Lodging: Heartland Center provides hotel-like accommodations including a double and single bed in each room. Participants will be housed in Cray Lodge. Check-in will be between 4:30 - 6:00pm on Friday with dinner being served promptly at 6:00pm. Room availability is limited, so please register early. Roommates will be assigned unless specified on the registration form. There is a handicap accessible room available. Rooms are on a first come/first serve basis.

Information and Maps for Heartland Center are available @ HeartlandCenter.org

The center’s address is: 16965 NW 45 HWY (1 mile West of I-435 on HWY 45) Kansas City, MO 64152 (between Parkville and Weston, MO) ph: 816-891-1078

Questions? Contact : Avis Garrett-Baptist, avisart@kc.rr.com, or Connie L. Williams, clwart@yahoo.com

The Paper Brain



The Paper Brain sketchbook has arrived. Dawn has done several pages and has turned it over to your President who is working on it now. We have until April to continue passing it around our chapter. It will be exhibited with sketchbooks from many other chapters in June 2011 in Chicago, IL. There will be an exhibit and workshop at the 2011 AATA Conference. Let's all get involved in this and let Oklahoma SHINE!!!!

Info about the Paper Brain: A challenge recognized by many art therapists is how to coordinate art making among art therapists. "The Paper Brain" sketchbook project is a way we can reach out to one another and support art making in the art therapy community. The Paper Brain serves as a catalyst for art therapists to create art, embrace our strength as a community and recognize the value of art making in our field

Created by IATA Board Members Amy Hahn, MCAT and Val Newman, ATR, LCPC this art-based artist-centered collaboration is designed to promote collective well-being, encourage solidarity and collaboration. This project is intended to recognize the importance of the art therapist as artist.

The concept: one sketchbook per participating chapter circulated among art therapists in the state to encourage community and collaboration among art therapist locally.

The objective: The process of sharing, viewing and adding to The Paper Brain is meant to inspire creativity and increase art making.

Directive: Each Chapter has the freedom to choose how they want to distribute the sketchbook and the artistic coordination. In Illinois, we will be hosting a few nights were people will contribute to the sketchbook or alternately send in mail entries.



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

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Special Interests in:

Infertility Counseling-Women's Issues-Trauma-PTSD-

Depression-Anxiety

Individuals-Couples-Family-Group Therapy

Please Note: The ATA post office box number has changed---it is now P.O. Box 30922. If you had mail returned to you that you sent to the P.O. Box, please resend to this new number.

Mardi Gras in Norman, Oklahoma!!!

March 5, 2011

The only Mardi Gras Parade in Oklahoma.
Zydeco starts at 6:00 p.m....parade at 6:45 p.m.



2011 AATA Conference

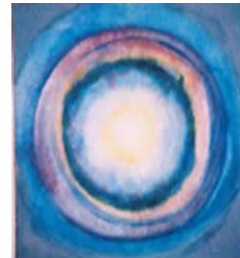
Early bird registration deadline has been extended until February 16, 2011. The theme this year is **Creative Energy and Collective Efforts**. Come join us in DC--learn, collaborate, have fun!

Relaxation Task

Materials- Large table size piece of paper the entire group can reach/ use and markers.

Description- Begin by asked the group to pick a favorite color of marker. Next, have everyone in the group make big circles or shapes using their whole arm/ body and then instruct the group to make tiny scribbles using just the fingers and wrists

to move the marker. Switch back and forth enough times to thoroughly loosen up the body and mind. Once the paper is full of scribble and color have the group put down their markers and listen to a guided meditation. Have the group relax their muscles one by one, and eventually lead the group to envision themselves as a tree rooted to the ground. Upon finishing the guided meditation, ask the group to look at the scribble in front of them. Encourage each member to recreate their self- tree within the scribble. Once everyone has finished drawing their tree, discuss each person's personal tree- how old is it, where is it located, is it alone or with other trees? Finally talk about the possibility of the tree as a personal metaphor. ---from <http://arttherapytechniques.blogspot.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

Love doesn't make the world go round. Love is what makes the ride worthwhile.



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 ATAO P.O. Box 30922 Midwest City Oklahoma 73130