

# atao news

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

april 2011

## The Paper Brain Sketchbook

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, LPC this art-based artist-centered collaboration is designed to promote collective well-being, encourage solidarity and collaboration. The end goal of the collaboration being an exhibit of all the sketchbooks in June of 2011 in Chicago, IL.

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.

**Ed. note: They have extended the deadline for the Paper Brain Sketchbook project to May 5, 2011. Please send art---8 1/2 by 11 inches for one page, 11 by 17 inches for 2 facing pages---email me at [kilturtle@peoplepc.com](mailto:kilturtle@peoplepc.com) to get my home address.**



Spring is nature's way of saying, "Let's party!" ~~~Robin Williams

## 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

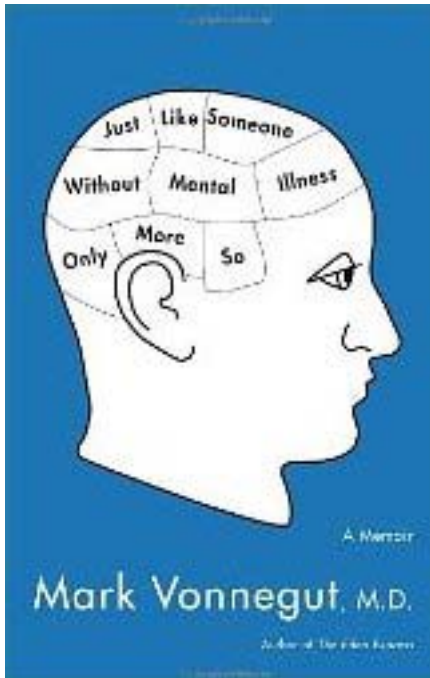
Making Ends Meet: Unconfirmed

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](mailto:kilturtle@peoplepc.com).

# so many books...so little time

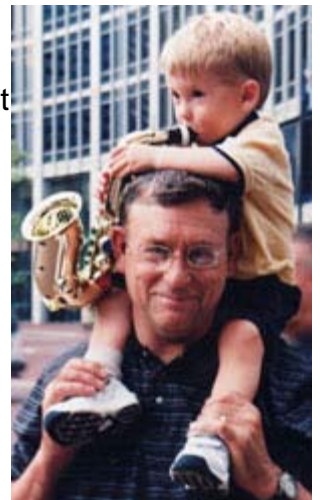
**Ed. note**...Saw a FB post by Suzy Games about this book she had read and liked so I looked it up...written by Kurt Vonnegut's son...it looks like a good read.

## Mark Vonnegut on *Just Like Someone Without Mental Illness Only More So*



I wrote *Just Like Someone Without Mental Illness Only More So* because I was increasingly annoyed with my younger self, who had wrapped up everything with a bow. You can try but you don't just get to get over mental illness at age twenty-five, go to medical school, write a book, get married and call it a wrap.

In the seventies I was in so in love with the medical model I almost thought I had invented it. "No shame. No blame." I was thrilled to not have my health be dependent on the sanity of society or the wellness of those around me. I was magnanimous about not wanting to credit insight or hard work or circumstances like the kindness of others. Now, the medical model has morphed into "Shut up and take your pills." What passes for care is medication, medication, and more medication, the purpose of which is only incidentally and occasionally to help the patient get a life.



Much of mental illness is genetic, but I'm now quite sure there are people with more or less the same genetics I have who never go crazy and others who never get well. As a kid who wrote a little and painted a little and played a little music, I certainly didn't want my mental health riding on anything as flimsy as my creative abilities but, among other things, I've come to see that a willingness to write, paint and play music is more than a little important to progress and just trying to keep my feet under me.

It was the feeling that good things had happened to me in spite of myself, that I had a rich life that showed itself in my house and how I practiced pediatrics and how we lived as a family that made me want to write *Just Like Someone Without Mental Illness Only More So*. I'm grateful to the gritty clenched-jawed kid who wrote [The Eden Express](#), I think it's an excellent book, but I'm glad I'm not him anymore.



Might have shared this before...but a good resource to remember: **Art Therapy Techniques from in the Field** (a database of current art therapy techniques for sharing, for inspiration, and for the creation of new ideas)...<http://arttherapytechniques.blogspot.com/>

It's spring fever. That is what the name of it is. And when you've got it, you want - oh, you don't quite know what it is you *do* want, but it just fairly makes your heart ache, you want it so! ~~~Mark Twain

# 2011 ATAO Conference

American Art Therapy Association & Art Therapy  
Association of Oklahoma Presents:

## Utilizing Art Therapy in the Journey Towards Wholeness



Friday, June 3, 2011  
8:30am - 5:00pm

University of Oklahoma Tulsa: Shusterman Center, Perkins Auditorium  
4502 East 41st Street, Tulsa, OK

Earn 6 Continuing Education Hours for LPC, LMFT, LCSW  
**Cost \$85.00 (collected at check-in, includes lunch)**

Presentations include:

### **The Art of Treating the Whole Brain**

(all attend)

Linda Reynolds, MA, ATR, LMFT

This presentation will provide attendees with an understanding of the Expressive Therapies Continuum, first developed in 1979 by Kagin and Lusebrink, two nationally recognized Art Therapy pioneers. The model will be explored through the lens of our contemporary knowledge of neurobiology. Application of Therapeutic interventions utilizing art materials, art directives, and verbal processing will be demonstrated.

### Morning Breakout Sessions (choose one):

#### **Burning Bowl: Ceremony and Ritual in Art Therapy**

Abigail Bliss, MA, LPC, ATR-BC

The use of ceremony and ritual with art making to facilitate change and move you forward in the process of healing and well-being.

#### **Self Reflection in the Journey to Wholeness**

Susie Games, MS, LPC, ATR

An art experiential in self-reflection that explores aspects of the self that contribute to the whole being.

### Afternoon Breakout Sessions (choose one):

#### **Keeping Connected to Promote Positive Change**

Misti Vekas, MA, ATR-BC, LPC

Integrating art and yoga-based practices, participants will experience first hand how to incorporate a variety of techniques to enhance self-awareness and innately elicit positive responses in their clients/students.

#### **Explore Creative Journaling**

Verletta Russell, LPC, ATR-BC

Participants will experience creative journaling as a varied, flexible effective intervention for variety of issues with teens to adults

#### **Tulsa Girls Art School Project**

(all attend)

Matt Moffett, Director, Pam Rice, MHR, ATR, LPC

This presentation will provide attendees an understanding of how a non-profit is developed. From the inspiration that sparked it's beginnings to grant writing and daily operations to it's end result: girls who create artwork and gain self-esteem through not only making art, but a holistic knowledge of the arts and life lessons.

*Also experience* **Walk-by Art Experiential and Art Booths**

# Dealing with fixations

from Robert Genn's Twice-Weekly Letter

"Laura" paints tough-looking, thick-necked women in tight skirts and high-heeled jackboots. She does lots of paintings like this, and they're not self-portraits. Laura turned out to be delicate and petite, with a gentle, apparently happy, thankful and optimistic nature. Now 40 years old, she told me she had been sexually abused as a child and had lived in a series of foster homes and was processed by a parade of social workers and psychiatrists. For obvious reasons, I'll not disclose her real name or show her work, but I have asked her permission to write about this.

The question of why some of us choose trees and rocks while others choose houses and barns while others choose figurative subjects or complete abstraction is a mystery worthy of study. Laura's situation is what we might call obsessive. For her, the female Amazon image is like a glass of wine that she can't help reaching for. While she loves her work and relishes the joy of working alone, she knows she lacks a professional's touch. Laura feels stuck and would like to make progress away from her fixation.

I've drawn Laura's attention to some relatively new and easily accessed therapy known as Cognitive-bias Modification. CBM is based on the idea that some people have built-in biases that propel their behavior and influence their interests and attention. For example, a young woman who had been abused by a male might gain comfort from the sight of a strong and dominant woman. Fact is, we artists have a tendency to keep making and remaking our comfort. Laura may be creating visions of her own safety and thus reinforcing her power.

A typical CBM technique for treating fears and anxiety is to show the client two faces on a computer screen--one frowning and disgusted, the other neutral. A stressed client tends to become fixated on the frowning visage, mirroring feelings of disapproval or threat. CBM treatment involves superimposing a series of positive visual experiences near or on top of the fixated face. The idea is to neutralize the repetitious reinforcement and make the imagery benign by association.

While strong biases can make for compelling art, we have to keep in mind that some artists want to change. As a therapy, CBM is less time-consuming than talk therapy and less invasive than drugs. Best of all, an artist who employs CBM is more likely to understand and retain her free will.

PS: "CBM helps people take a step, before they have time to consciously think, 'Should I take a drink?'" (University of Amsterdam experimental psychologist Reinout W. Wiers)

Esoterica: Among my immediate acquaintances are artists who are fixated on dolls, cars, arachnids, girls, boys, flowers, horses and Martians. Goodness knows I'm fixated on trees and rocks myself. The idea is to live our passions well and to explore their potential. But when change and evolution are in the air or there's a need for a dumping of unpleasant baggage, new association is a valid ploy. These artists need a strong, self-managed program to overcome what has become an addiction.



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

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**Email: [Steph.arttherapy@cox.net](mailto:Steph.arttherapy@cox.net)**

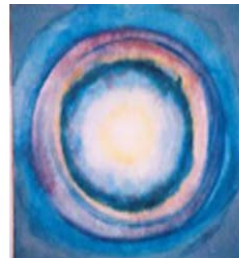
**Special Interests in:**

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

Depression-Anxiety

Individuals-Couples-Family-Group Therapy

**Please Note: The ATA0 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.**



**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](mailto: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 ATAO P.O. Box 30922 Midwest City Oklahoma 73130**