

atao



news

(think cool....)

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an affiliate of the american art therapy association**

august 2011

message from the president...

First off, I'm happy to announce Suzanne Morris has agreed to serve as the next President of ATAo. Her term will last two years and begin in January 2013, and I know she'll do a great job!

Secondly, the AATA Conference was inspiring, as usual, with a lot of emphasis on Positive Psychology and focusing on our strengths. Our hotel in Washington, D.C. was situated in an ideal area with international restaurants all around and the subway nearby and, if that wasn't enough, the Dalai Lama was in town and a few of our members attended an audience.

For our fall ATAo meeting, let's plan to gather and do art focusing on how we, as individuals and as a group, can flourish.

Finally, it's great to have Pat Lynn Moses back in OKC, and we're excited for Joan Phillips leaving soon for Ireland for several months. We all lead busy lives, but hopefully we can find time for reflection, artmaking, looking at the stars, reading, listening to music, and "hanging out" with family and friends. Stay cool!



maureen



Like a welcome summer rain, humor may suddenly cleanse and cool the earth, the air and you.
Langston Hughes

What is ATA0?

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. ATA0 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.

ATA0 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 ATA0 directory.

2010-2011 ATA0 Officers

PRESIDENT

Maureen Harvey

PRESIDENT – ELECT

Pam Rice

SECRETARY

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CHAPTER DELEGATE

Maureen Harvey

ALTERNATE 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

ATA0 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 am excited to be starting a pilot art of healing program for Children's Pediatric Hematology/Oncology Outpatient clinic twice a month. It started two weeks ago after presenting a 'Caring for the Caregivers" WS to the staff. There were 20 participants on our inaugural day. Big success and the children and families so enjoyed making art.



Figure 1...Kole's family making a fish for Kole's friend Norman



Figure 2...Making pocketbooks



Figure 3...Andrew's pocketbook



From Kay Foster...Maureen blows into her iPhone at AATA Conference



From Aimee Rook: I'm currently working on promotions for and am generally jazzed about soon-to-be (Sept. 1 - 4 at OKC Museum of Art Noble Theatre) James Marsh's new documentary "Project Nim", www.project-nim.com. He already won Best Director at Sundance. It's about a chimp born in Norman, Ok. who was raised as a human, suffered at our hands, and was saved by a Normanite, Bob Ingersoll and NJ veterinarian. Bob was Nim's best friend and went on to save nearly 150 more monkeys and chimps from hostile conditions. He continues today with a Primate Sanctuary in Newcastle, Mindy's Memory, www.mindysmem.org. It's a Norman story, an OU Psychology department story, a human interest (what were we thinking!) story, and well, our humanity. I believe this will be an enormous opportunity to heal many hearts and teach future generations about ignorance and compassion. <http://www.npr.org/2011/07/16/138184616/project-nim-chronicles-chimp-socialization-experiment>



more member news...

From Aimee Rook: I'm also excited about the Norman Arts Council's upcoming kickoff for the [Norman Studio Artist Association Kickoff](#), August 10th at MAINSITE Gallery from 7- 10. Please join the free fun and see what we are up to. www.normanarts.org The Art Therapy Center in Norman is a proud sponsor of Norman Arts Council through the Roundtable Association.

I just saw and went deep in Katrina memories with "Trouble the Water", <http://www.troublethewaterfilm.com>, available on Netflix. Now I'm soakin' up some Treme'... I also highly recommend Spike Lee's "Passing Strange", <http://theater.nytimes.com/2008/02/29/theater/reviews/29stra.html>, also available on Netflix.

Joan Phillips, Aimee Rook, Britni Harding, Pat Lynn Moses, Maureen Harvey, husband Scott, **Suzanne Morris**, and husband Ken just met at Maureen's the other day and it was a welcome segue from the conference as much as hangin' out with Joan before she goes off to Ireland with daughter Amelia. I could have spent 4 more hours easily with everyone to catch up and share conference enthusiasm. Let's do that again soon.

Thank you for helping me get to the conference this year. It was an honor to serve as delegate.



From Pat Lynn Moses: The Hello-Goodbye party was really nice - thanks to all who chipped in on ideas, to all who attended and brought such yummy foods, and especially to Maureen for volunteering her home as the party site. Maureen and Scott's home is lovely, and all their extensive remodeling created great spaces - we all enjoyed drooling over the great studio, the amazing spa-bathtub, cozy dining nook with the beautifully lettered message, huge closet and terrific deck. And we wangled an invitation to come and swim some time, too!

I hope that Ireland is ready for Joan - Joan is definitely ready for Ireland! She has already googled the weather there and found out that she will be needing her woolens ... going from this heat to cool and wet should be heavenly!

Maureen and I have been talking about my offering a workshop (with CEU's) for ATA0 folks on making, and using, an art journal/sketchbook ... maybe in late fall? More on that later!

Thanks especially to everyone who stayed in touch while I was way, far away - I met many, many wonderful people off in other lands, but I missed my unbeatable Oklahoma friends!

Kia Ora, plm



Follow this link to the gallery of pictures of Art Therapy without Borders' postcard art exchange: <http://picasaweb.google.com/PlanetArtTherapy/ArtTherapyWithoutBordersInternationalPostcardArtExchange?feat=directlink#>

Robert Genn Twice-Weekly Letter

Can painting improve your health?

Yesterday, Donna MacDonald of Calgary, Alberta wrote, "Is there a possibility that painting might improve your health? I've suffered from chronic migraines for over 30 years and I've noticed an amazing phenomenon. On the days that I paint I don't get a migraine! At first I thought it was a coincidence but after close observation to the timing it's become evident that there's a correlation. I started painting full time 5 years ago and it has literally changed my life! Have you heard of this?"

Thanks, Donna. Migraines are one of the most frequently reported maladies of artists. So when you mentioned you don't have them when you're painting, it was music to my ears. Migraines are still not fully understood by the medical profession. There are several main types, and adult women are three times more likely to have them as adult men. "Triggers" like stress, hunger, drink, diet and bright or moving lights can set them off. Apparently, a neurotransmitter called serotonin plays a role. Low serotonin levels in the brain may lead to constriction of blood vessels. Serotonergic agonists like triptins, LSD or psilocin can activate serotonin receptors to stop a migraine.

Many painters find painting to be a leveling sanctuary in an otherwise frantic world. Perhaps it's because of the heightened involvement, challenge, and attention to detail that painting requires. Fact is, many of us attest to "feeling no pain" while painting. While the act of painting may not perk up your depleted serotonin, it may release something I'm calling "muselocin." This is the nice stuff you feel when you're finding your muse.

Yes, others have reported to me that it's important to anticipate a good day rather than a bad one. The potentially afflicted artist needs to set up, squeeze out, choose the right background music and, with a tall glass of cold water, start to work. After a few minutes, mildly hypnotized by the job at hand, the painter-patient becomes pleasantly "lost."

I can't attest to great gushes of good goo being released into the blood, but artists tell me they feel like something magic is happening. The élan of painterly process and ongoing accomplishment certainly eats time. It may just head off pain as well. Back problems, anxiety and arthritis also respond to this underutilized and inexpensive drug.

Best regards, Robert

PS: "Making art is good for your health, especially if it is done in fun." ([Orythia Johnston](#))

Esoterica: The motivation to work against all odds also arises when you bring to your art a sense of service. By that I mean doing it for someone or for some noble cause. The art of giving neutralizes pain, both mental and physical. "Artists are just as important as doctors and nurses," says painter Marni California. "People need nourishing of their souls as well as their bodies; in Navajo culture the medicine man and artist are one and the same." We've included some of Donna MacDonald's work at the top of the [current clickback](#). Interestingly, Donna contributes 10% of her profits from the sale of her paintings to [Kiva](#), an organization that provides loans to people in third world countries to start or expand a business. "A wonderful way to feel like I'm making a difference!" she says.





AATA Conference...Chapter Meeting Notes

by Aimee Rook

Good news! AATA established an ATX category instead of "recreation" 2 federal level! WOOHOO! We are 4300 members strong, with 2200 credentialed which is up 6%. Be sure to add the AATA office to your email list. They really want to know what we are doing in our community. Sign up for their email alerts from the website; they will alert you when jobs or events are added.

More good news from many chapters. Check out what they are up to...NJ put a list of Art Therapists on their webpage including private practice and network insurance coverage. They are also using "wild apricot" for a very successful directory association tool. Kansas used local art council funding for projects. DC participated in National Mental Health Day to promote the field. Missouri had art shows to educate the community and Maryland developed a program to encourage positive emotional development for 125 pre-k children and participated in National Mental Health Day with great success. S. California, like us, had successful EMFT and ATX workshop. S. Tx created a mural with the Deep Eddy community (search video on PBS); Illinois seems very active with an artist collective to advocate for art therapist title protection, social networking on Twitter, FB, and linkdn. They also created a living room lecture series, movie nights, and self-care program for students in the community. NY uses active social networking and marketing materials and highly recommended "who does she think she is". Montana has a new chapter. Louisiana said they meet three times a year. Iowa was optimistic for more members. Minnesota is also most active regarding title protections. Florida has added Webinars to their page, check it out. Oklahoma was proud to share success regarding our recent conference in Tulsa and various workshops in Norman, OKC, and Tulsa.

The National Association Weblinks were really impressive. Go to SAMSA and ICE (Institute for continuing Ed) for Art Therapy resources and support tool kits for ATX with our elders, military, homeless, and trauma. Also, be sure to look for an ABC -TV Series on Art therapy.

Awards were given for Florida Chapter HLM - Dr. Pat Isis
Delaware Valley chapter - Ron Hays Award
Drexil University Collegium Award
Arcadia Research Award
Outstanding Supervisor Award
Innovative Art Therapy Award



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Special Interests in:

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

Depression-Anxiety

Individuals-Couples-Family-Group Therapy

From Maureen...<http://www.authentichappiness.sas.upenn.edu> has lots of fun positive psychology tests to take.

AATA Conference Notes

by Aimee Rook



Experiential Report. Tens Tens Tens! Hands down! My experience at the Marriott at Woodley Park was exceptional. Great neighborhood, close to the zoo (although most of the animals were hiding from the heat) and super simple Metro subway rail. The hotel staff was over the top with Great People

Skills. My reconnect with teen History Aficionado, daughter Evangelinn, and Art Therapy Grad school/Maid of Honor from Pittsburgh, only ATR-BC Veteran to date, Jamie Sloan, was also beyond expectation. Spy Museum was curious, Seque tour was downright fun, but the tough call was between National Archives with Evie and the National Museum of Women in the Arts with Jamie. Who knew I even had these strings attached to pull and play with my future weaving with my past? Too cool. I volunteered to teach a morning yoga class with confident attendance each morning. Alas, I missed the true rumors of the Honorable Dalai Lama's Dharma Talks throughout the week downtown and at the foot of the Washington Monument Saturday Morning for free. Attachments-R-Me until I recall my adventure that day with Jamie to be two inches from Camille Claudel's [Young Girl with a Sheaf](#) or [Trotsky's gift](#) by Frida Kahlo.

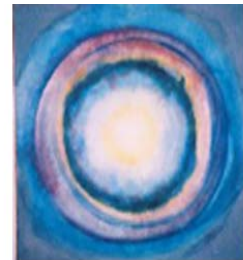
Rest assured, the zenglow did not stop there. The Conference. Kicking off for me with the Chapter Meeting all day Wednesday was truly a wind in my sail. The lunch was a pleasant surprise but really I wish everyone could have heard this presentation. I left truly inspired to report back and encourage everyone to join our hard working, highly motivated, passionate Krewe at the Capital. AATA. They advocated for 3 ATRs in Oregon threatened with jail for violating health codes...and won. After 50 years, we are federally recognized as Art Therapists not recreationists :D. They work at the Capital to insist upon our inclusion, to advocate for our hard work and efficacy, and they are 4300 strong to insist upon our protection in the Law. Your dues are well earned and progress is now. When you go to the website, know that it is with diligence, dedication, professionalism and great leadership (our very own, there's only one, Joan Phillips - AATA President 2009-2011! rah rah!) that their support is created and sustained. Membership at AATA is a prerequisite to AATAO Membership and well worth it. Please welcome Mercedes ter Maat, AATA President 2011-2013!

Open Plenary 1 - School tools. look online for their resources. share them with school professionals to advocate for your work.

Open Plenary 2 - [Utility of Art Therapy for Military Service Members](#) - Dr. Gary Winn and ATR-BC Melissa Walker explained the useful non-invasive neurological role art therapy plays in redirecting emotional information to heal our veterans in their intensive program post Walter Reed now NICE (National Intrepid Center for Excellence). But really check out the conference from here... [AATA Conference 2011](#)

Here are a few more links: www.edchange.org, www.edicationforjustice.org, www.arttherapyalliance.org, and <http://arted.fsu.edu/journal-of-art-for-life>

The indoor busy Open Market downstairs was captivating with booths, shopping, history, current events, a mural, speakers, food, and SO much in common! I missed the documentary, Crazy Art. Good news is Joan bought a copy and so we will just have to gather to watch it together soon. However, I got to go to Alexandria with Jamie and Evie to the AATA Office and see the [Torpedo Factory](#), a large renovated space for art studios.



ART THERAPY CENTER

Joan Phillips, PhD, LPC, LMFT, ATR-BC
Ashley Hunt, ATR, LPC Lory Turner, ATR, LPC
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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: _____

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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