



atao news

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an affiliate of the american art therapy association**

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The Anxious Leaf

(author unknown)

Once upon a time a little leaf was heard to sigh and cry, as leaves often do when a gentle wind is about. And the twig said, "What is the matter, little leaf?" And the leaf said, "The wind just told me that one day it would pull me off and throw me down to die on the ground!"

The twig told it to the branch on which it grew, and the branch told it to the tree. And when the tree heard it, it rustled all over, and sent back word to the leaf, "Do not be afraid. Hold on tightly, and you shall not go till you want to."

And so the leaf stopped sighing, but went on nestling and singing. Every time the tree shook itself and stirred up all its leaves, the branches shook themselves, and the little twig shook itself, and the little leaf danced up and down merrily, as if nothing could ever pull it off. And so it grew all summer long, till October.

And when the bright days of autumn came the little leaf saw all the leaves around becoming very beautiful. Some were yellow and some scarlet, and some striped with both colors. Then it asked the tree what it meant. And the tree said, "All these leaves are getting ready to fly away, and they have put on these beautiful colors because of joy."

Then the little leaf began to want to go, too, and grew very beautiful in thinking of it, and when it was very gay in color it saw that the branches of the tree had no bright color in them, and so the leaf said, "O branches! why are you lead-color and we golden?"

"We must keep on our work-clothes, for our life is not done - but your clothes are for holiday, because your tasks are over," said the branches.

Just then a little puff of wind came, and the leaf let go, without thinking of it, and the wind took it up and turned it over and over, and whirled it like a spark of fire in the air, and then it dropped gently down under the edge of the fence, among hundreds of leaves, and fell into a dream, and it never waked up to tell what it dreamed about.

Winter is an etching, spring a watercolor, summer an oil painting and autumn a mosaic of them all.
~Stanley Horowitz

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

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

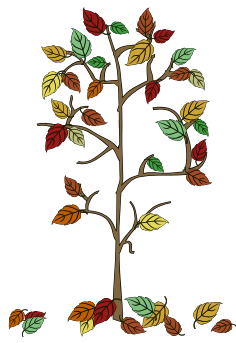
Membership: Kathy Howard

Marketing, Art Exhibits & Fundraising:
Stephanie Lane-Hicks

Nominations: To be assigned

Making Ends Meet: Unconfirmed

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 Mary Lou Moad: In addition to my job at the Edmond Fine Arts Institute, working with foster care families, I have been hired to do art therapy in one of Edmond's HUD housing complexes. A person who drove past there every day for years, often seeing police cars out front, decided, two years ago, to call the manager and ask if she could bring in some folks to have a Christmas party for the kids.

The manager was skeptical at first, but finally agreed, and a new ministry was born. This individual got her church to fund the party, which was a success, and other Edmond churches, as well as students from UCO, also help. Though it is not church-oriented, due to Federal guidelines for HUD, there is definitely a lot of love handed out, as well as received. They have parties for the kids at every holiday, provide after-school activities and snacks one day a week, purchase backpacks and supplies for the kids in August, and one group babysits while another group takes the moms to the food pantry the third week of every month, at a time when food stamps have typically run out.

One person got all of this going, and she says her life is greatly enriched by the relationships with the children and the wonderful parents in the housing complex. It's a good reminder that one person who cares deeply can change the world for the better.



Pat Lynn Moses has resumed offering art experiential workshops and retreats at her home. Currently, two fall offerings are planned: Workshop - Saturday, November 5th, 9a.m. to 12 noon – Playful Papermaking (1/2 day \$20, all day - \$50)

Retreat - December 2 & 3, 2011 – 'The Art of Gifting Myself' - Friday 6:30 - 9:30 p.m.; Saturday 9 a.m. - 6 p.m. (This retreat is already full, but she's taking a waiting list and if enough are interested will schedule a second retreat.)



Maureen Harvey and **Dawn Truby** will be escorting three gold-medal-winning veterans from the Oklahoma City Veterans Medical Center to the National Veterans Creative Arts Festival in Rogers, Arkansas, October 17-24. These veterans have won first place in their art categories against veterans from across the nation. It is an awe-inspiring week of art workshops, field trips, performance rehearsals, great food, and karaoke by AMAZING veteran performers, all leading up to a spectacular art show and performance by talented heroes. An incredible tribute to the multi-facetedness of those who have served our country!



more member news...



The Art Therapy Center sponsored another Norman Groovefest which is 26 years strong and semi-annual, also sponsored by FOWLER, The Earth Natural Foods and Deli, Gray Owl Coffee, Spirit Shop, Rose Rock School, Massive Graphics, Sublime Signs, Sandalwood and Sage, STASH, Manchester Chiropractic, Native Roots Market, Forward Foods, and Cookies and Cards. Groovefest is the world's oldest human rights music festival. About 1000 attended to support artists and musicians who generously donate their time and money to build community and raise human rights awareness locally and globally. www.groovefest.org

Project Nim (www.project-nim.com), award-winning documentary from James Marsh and based on the book Nim Chimpsky, The Chimp who would be Human, about a Norman chimp's journey was at the OKC Museum of Art Noble Theatre and Circle Cinema in Tulsa this last September. It is scheduled to be at Fred Jones Museum in Norman, Nov. 18th at 7pm. Seating is limited and all proceeds will go to Mindy's Memory Primate Sanctuary (www.mindysmem.org) in Newcastle where two women care for nearly 90 primates on a Social Security check and donations only. It will be available on HBO in the Spring but look for a nomination for an academy award. It already won best director for documentary at Sundance Film Festival 2011.

Norman Mardi Gras Parade is the only Mardi Gras Parade in Oklahoma. It is sponsored by The Art Therapy Center, Downtown Association, Norman Arts Council, Party Galaxy and Spirit Shop. For 18 years, local artists and community builders have gathered for a short ride around the block in downtown Norman for a family friendly extravaganza. It will be February 18, 2012. Theme: "Let's heat it up!" Read what you like into that theme as it will be cold outside. Join us! It's only \$25 to join the fun. Inquire at normanmardigrasparade@gmail.com

Aimee Rook, LPC, ATR, has been coordinating and promoting these events to promote emotional literacy in the community.



Some links you might find of interest...

Using Art Therapy with Survivors of Domestic Violence:

<http://speakartloud.wordpress.com/2011/10/07/using-art-therapy-with-survivors-of-domestic-violence/>

Colorado Veteran Artist Draws to Heal:

<http://veteranartists.org/2011/09/colorado-veteran-artist-draws-to-heal/>

Art Provides a New Way of Living:

<http://mg.co.za/article/2011-10-07-art-provides-a-new-way-of-living>

CREATIVE OFFERINGS

Pat Lynn Moses

Retreat: A safe, quiet or secluded place; A period of seclusion, especially one devoted to contemplation, away from the pressures of ordinary life ...

"These chances to reconnect when we've disconnected not only get us back on track and functioning, but ideally move us to higher places" ... Cynthia Gale

All *plm Restorative Retreats*: Are aimed at restoration of Spirit and Self Exploration,

- ❖ Designed for small groups, Are geared for adults, and participation mostly by women, Are meant to be therapeutic, but not therapy,
- ❖ Will be experiential and will include group discussion as well as introspection,
- ❖ Will include artmaking (supplies furnished) so casual clothing is encouraged,
- ❖ Will be offered at my (strictly) non-smoking, pet-free home in Oklahoma City,
- ❖ Will include drinks, snacks, and vegetarian meal on Saturday,
- ❖ Will be cell-phone/pager/blackberry free (Unfetter yourself!)

Restorative Retreats will be held on a Friday evening and Saturday. The Friday evening session will be from 6:30 to 9:30 p.m., and will allow for introductions and discussion of the focus for the retreat. Participants will return to their own home with an 'intention' for overnight, resuming on Saturday from 9:00 a.m. to 6:00 p.m. We will be using art materials, individual time for introspection, and group discussion as tools to further our purpose, our journey.

Restorative Retreat fee is \$90; deposit of \$45 to reserve space (remainder due at retreat). I will furnish art supplies, drinks (coffee, teas), a vegetarian lunch, and snacks. Limited to 6 persons.



AATA Toolkits for your Use

Implement A Successful Art Therapy Program With Youth Affected By Traumatic Events & Health Challenges

<http://www.americanarttherapyassociation.org/upload/toolkittrauma/traumatoolkit.pdf>

Gain Important Education Outcomes: Implement a Successful Art Therapy Program within K-12 Schools

<http://www.americanarttherapyassociation.org/upload/toolkitarttherapyinschools.pdf>

Art Therapy: Enhancing the Lives Of Older Adults

<http://www.americanarttherapyassociation.org/SeniorToolkit/SENIORTOOLKIT.pdf>

"Autumn.. the year's last, loveliest smile. "
--William C. Bryant

Susie Games

Art Show 10/8/11



Susie hosted an art show with her friend Karen on Saturday, October 8, 2011. I was unable to attend but I am told by reliable sources that it was FABULOUS! Good job, Susie. ---Ed. note

Autumn

by Joseph Enright

Autumn came in multicolors last year,
Fiery reds and burnished oranges
Bright yellows and rusty greens,
Painted leaves that floated
From barren branches
And rested lightly on the sleeping grass
The musty smell of dying things
So particular to autumn
Lingered in the air.
Death comes spectacularly
Proudly, in Autumn.

'This is not Death 'I thought
Death is the sand of your life's hourglass,
Spilling grain by ever decreasing grain
Onto the scales of Death'

Autumn is the time of sleeping
The dawn of a new beginning.



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

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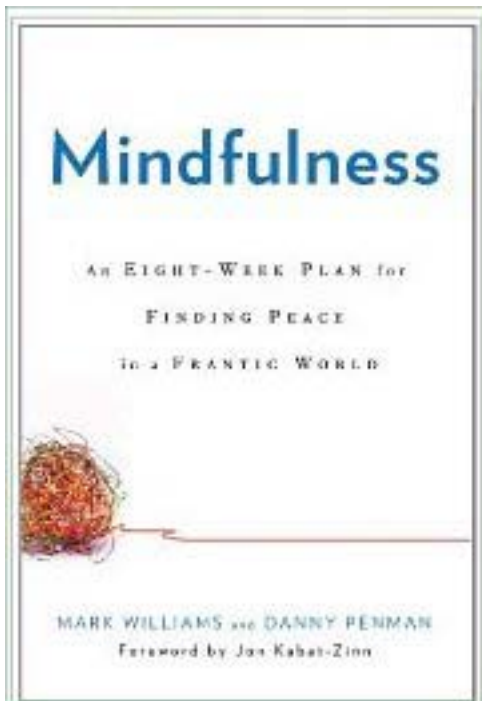
Special Interests in:

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

Depression-Anxiety

Individuals-Couples-Family-Group Therapy

so many books...so little time



Mindfulness: An Eight-Week Plan for Finding Peace in a Frantic World

by Mark Williams and Danny Penman
Foreword by Jon Kabat-Zinn

“Want a happier, more content life? I highly recommend the down-to-earth methods you’ll find in this book. Professor Mark Williams and Dr. Danny Penman have teamed up to give us scientifically grounded techniques we can apply in the midst of our everyday challenges and catastrophes.”

—Daniel Goleman, author of *Emotional Intelligence*

“Peace can’t be achieved in the outside world unless we have peace on the inside. Mark Williams and Danny Penman’s book gives us this peace.”

—Goldie Hawn

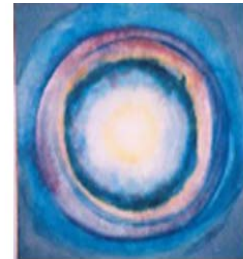
Everyday life is so frantic and full of troubles that we have largely forgotten how to live a joyful existence. We try so hard to be

happy that we often end up missing the most important parts of our lives. In *Mindfulness*, Oxford professor Mark Williams and award-winning journalist Danny Penman reveal the secrets to living a happier, less anxious, stressful, and exhausting life.

Based on the techniques of Mindfulness-Based Cognitive Therapy (MBCT), the unique program developed by Williams and his colleagues, the book offers simple and straightforward forms of mindfulness meditation that can be done by anyone. By investing just 10 to 20 minutes each day, you can learn the simple mindfulness meditations at the heart of MBCT and fully reap their benefits. The book includes links to audio mediations to help guide you through the process. You’ll be surprised by how quickly these techniques will have you enjoying life again.

---from Amazon.com

"I've never known anyone yet who doesn't suffer a certain restlessness when autumn rolls around... We're all eight years old again and anything is possible. "
--Sue Grafton



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 ATAO P.O. Box 30922 Midwest City Oklahoma 73130