

atao



news

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

december 2011

message from the president...

Well the last two years have flown by and my term as President is coming to an end. I feel we have made a few steps toward making ATAO stronger and more in tune with our busy lives. And the future looks great!

We had a very fun and fruitful meeting in Stroud on October 29th. We visited Stable Ridge Winery and discovered they have a nice meeting place we may want to rent in the future, and the owner is an Artist! We have big plans for 2012 including an ATAO Conference on June 2, 2012, "The Art of Flourishing", focusing on Positive Psychology, AND we have a keynote speaker lined up, Lani Gerity Glanville! I'm excited about the Fabric Dying Workshop in January at Verletta Russell's house---and we hope to have other workshops this year. If you have ideas, or a technique you would like to share let us know (Maureen, Pat Lynn, Suzanne---retreat chairs).

Finally, we are hiring a professional to maintain our website and send out our newsletter. A heartfelt thanks to Dawn for the fabulous job she has done on our newsletter all these years while working full time and dealing with her loss. Everyone get to work on some artwork for our March show. And, as always, I must leave you with a quote: "Don't ask what the world needs. Ask what makes you come alive, and go do it. Because what the world needs is people who have come alive." ---Howard Thurman.

maureen

In the depth of winter I finally learned that there was in me an invincible summer.

Albert Camus

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.

2011-2012 ATAO Officers

PRESIDENT

Suzanne Morris

PRESIDENT – ELECT

Kay Foster

SECRETARY

Misti Vekas

TREASURER

Kathy Carnes

CHAPTER DELEGATE

Aimee Rook

ALTERNATE DELEGATE

Verletta Russell



COMMITTEE CHAIRS

Governmental Affairs/Ethics: Verletta Russell

Conference/Retreat Committee:
Maureen Harvey, Pat Lynn Moses & Suzanne Morris

Membership: Kathy Carnes

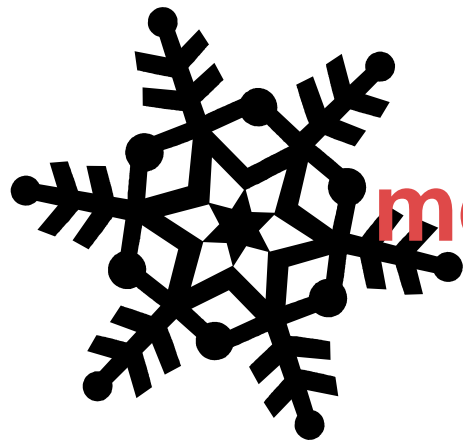
Marketing, Art Exhibits & Fundraising:
Mary Lou Moad, Susie Games & Sharon Allred

Nominations: Aimee Rook

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 Phyllis

Pennington, pennicol@yahoo.com.



member news...

Joan Phillips will be returning from her Fulbright Scholarship in Ireland in late December. During her time there she taught classes in creative arts in social care, organized a workshop on research in the social sciences, participated in local arts and poetry events, and was active in the Irish Association of Creative Arts Therapists- even getting to attend their 25th Anniversary Gala in Dublin in November. She will be returning to her private practice and OU teaching duties for 2012.

Please note **Joan Phillips** has a new email at iparttx@gmail.com please delete her aol listing if you have it. She is also always reachable at joanphillips@ou.edu .



ATAO will be sponsoring a 12 X 12 Art Show, March 2, 2012, at Studio 3108, owned by Mary Lou & John Moad. Ready...set...start creating!!!



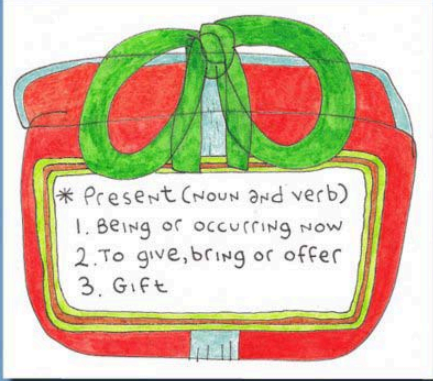
Pat Lynn Moses will be hosting an Open House at her home (email or call for address or contact kilturtle@peoplepc.com) on Friday evening, December 9, from 4:00 to 6:00 p.m. and on Saturday afternoon, December 10, from 2:00 to 6:00 p.m. Drop by after work or just take a break in your day to see photos from her exciting travels and information on creative offerings coming up in the future. There will be refreshments.



From the past editor...

I want to thank all of you for your support and contributions over the years I have been publishing the newsletter. I couldn't have done it alone. I am excited and looking forward to great things in the future from ATA0--- conferences, art workshops, retreats, and a closer communication with Oklahoma art therapists. Welcome to Phyllis Pennington, the new newsletter editor!!! Happy Holidays to all of you---may all your wishes come true!
Dawn

THE PRESENT*
SUNDAY...DECEMBER 11th...7pm



* Present (noun and verb)
1. BEING or OCCURRING NOW
2. To give, bring or offer
3. Gift

PASSIONFRUIT THEATRE
Poetry by Joan Phillips...Dance by Amelia Reiser...Music by Sue Callaghan & Storytelling from Paul Timoney.
Plus yuletide refreshments and tasty treats. This promises to be a tremendous evening for people of all ages...
Admission is free
Supported by Athlone Art & Heritage Ltd

Workshops...



ETHICS

9 a.m.- noon Thursday December 29, 2011. Cost is \$50.

Ethics update- Art Therapy Center

Facilitated by Joan Phillips, with Nena West from Oklahoma Department of Health Counselor Licensure office will be a guest. This workshop has two objectives---to update all in attendance as to any changes, updates or trends in the area of competent ethical practice as an LPC or LMFT in Oklahoma. In addition, participants will have a chance to discuss in a seminar format any ethical questions or concerns with which they have been faced.

SUPERVISION

Thursday, December 29, 2011 12:30 – 3:30
Cost is \$50.

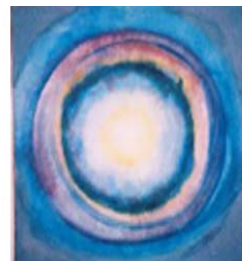
Supervision update-Art Therapy Center

This workshop has two objectives---to update all in attendance as to any changes, updates or trends in the area of competent supervisory practices within the regulations of being an LPC or LMFT in Oklahoma. In addition, participants will have a chance to discuss in a seminar format any supervisory questions or concerns with which they have been faced. Nena West from the Oklahoma State Department of Health will be a guest in this workshop.

TO RESERVE A SPOT IN EITHER OR BOTH- send Joan an email indicating which one(s) you want to attend. jparttx@gmail.com.



Winter Meeting at Verletta Russell's House on Saturday, January 14th.
Potluck lunch & meeting at 11:00 a.m. followed by a Fabric Dying Workshop!



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

Some links you might find of interest...

Social Justice Art Therapy:

<http://www.socialjusticearttherapy.blogspot.com/>

Art Therapy Volunteer Action Center:

<http://atvolunteeractioncenter.wordpress.com/>

Global Art Therapy Network:

<http://arttherapynetwork.wordpress.com/>



Art Show on the Paseo

4x4 Art Show and Silent Auction

Wednesday, December 7 @ Sauced on Paseo, 7-9pm

Proceeds benefit the Paseo Arts Association - DON'T MISS IT!



Submitted by Pat Lynn Moses: All of ATA0 is grateful to Dawn Truby for the wonderful work she has done over many years to create our website, Facebook group, and to create & send out our newsletter every other month ... Dawn has contributed her significant computer expertise to us with very little compensation but loads of dedication! Since initially volunteering her services many years ago, Dawn's life circumstances have changed drastically - she was working part-time then, and is full-time now; she has gained responsibilities for a wonderful service dog (Ascot) and her whole home situation changed when her husband, Wib, passed away. ATA0 board and members recognized that it was time for a change ... time to reduce the workload that Dawn has willingly and ably shouldered for such a long, long time. At the most recent ATA0 meeting, we voted to hire a person to pick up the duties of hosting the web page, updating the membership list, and creating and sending out the bi-monthly newsletter.

The position was offered to Phyllis Pennington, who has completed advanced studies in web mastery and other computer skills, and she has accepted - she will begin her new duties in January of 2012. Phyllis has been employed for some time at UCO, in the Graduate College, where she manages their considerable computer challenges. She has also created and maintained a website for other organizations, including the Sooner Scribes Calligraphy Guild. Phyllis is an artist herself, proficient in watercolor, pen and ink, calligraphy and various paper arts. She has already met with Dawn Truby, current President Maureen Harvey, President-Elect Suzanne Morris, and Pat Lynn Moses; she has visited the current website and perused the newsletter and is ready to go at the beginning of the year with fresh ideas and energy.

Laughter is the sun that drives winter from the human face.

Victor Hugo

Robert Genn Twice-Weekly Letter

One Precious Day

It seems as if most of the world's artists, at one time or another, have passed through my studio. They come in all shapes and sizes, old and young, rich and poor, from all manner of crafts and disciplines. Some are what we like to call "successful," others are not so. In listening to these folks, I'm always looking for some essential kernel of the creative being, a kernel that might be useful knowledge for others.

Sometimes I see what I call "The Gratitude Factor." It's an attitude ripe with observation, enthusiasm and appreciation--a daily configuring of life that includes a sense of wonder.

These folks don't miss the moving clouds, the sunsets and sunrises, the tiny flowers of the field. Their days are studded with the bright stars of surprise. While it might be easy to call them "blessed," I've figured their attitudes are mainly of their own making. They've taught themselves how to better love the world.

You'll catch my drift if you look at a ten-minute TED talk posted at the top of the [current clickback](#). It includes a video work-in-progress of California photographer Louis Schwartzberg.

Louis is a master of time-lapse photography, a branch of art that plays with the mystery of time. "I've been filming time lapse flowers continuously," says Louis, "24 hours a day, 7 days a week, for 35 years. To watch them move is a dance I'll never get tired of. Their sensual beauty immerses us with color, smell, taste and touch." Schwartzberg gives a microcosmic example of falling in love--just the thing we need to fill our days with meaning and purpose.

"*Carpe Diem*," said the Latin poet Horace.

"Seize the day." We who walk on this particular planet are dealt one 24-hour day at a time. It is an arbitrary span, like the opening and closing of a flower, a time-lapse bloom of its own. Creative people understand this temporary blossoming and learn to take advantage of it. Every precious day is yet another opportunity to serve--to carry further wonder to the world.

Best regards,
Robert

PS: "Beauty and seduction is nature's tool for survival, because we will protect what we fall in love with. Their relationship is a love story that feeds the Earth." (Louis Schwartzberg)



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

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Edmond Ok 73013

Phone: 405-503-2791

Email: Steph.arttherapy@cox.net

Special Interests in:

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

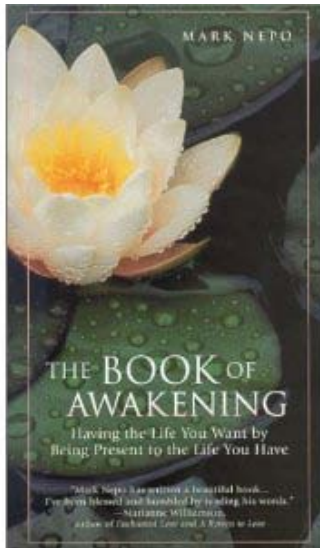
Depression-Anxiety

Individuals-Couples-Family-Group Therapy

Esoterica: How does one gain the attitude of gratitude? A popular tradition in our area is for families to name park benches after their recently departed. Not far from my studio there's a bench with a time-worn inscription: "Stop and Smell the Roses, Lil and Fred." In the summer, wild roses bloom nearby. I never met our neighbors Lil and Fred, nor did I know of them, but their advice is good. No matter how busy our days may be, a full stop once in a while is key to abiding gratitude. One precious day I'll paint roses on the bench of Lil and Fred.

so many books...so little time

The Book of Awakening by Mark Nepo



to

The Book of Awakening, a cult favorite since its original publication in 2000, catapulted to fame in 2010 after it was chosen as one of Oprah Winfrey's favorite things. This gift edition with sewn binding and a ribbon marker reflects the book's odyssey as a well-beloved daily companion. Mark Nepo wrote the book more than a decade ago, in response to his journey through cancer a decade before that. That experience led him to create a day book not only for people going through life-threatening situations but for everyone.

Nepo calls it, "a book to help people meet their days and inhabit their lives. I had a commitment to create a book that could serve up inner food, that could be turned to as a spiritual first-aid kit." That this book continued to find its readers affirms its quality as a life affirming companion. Again, in Nepo's words, "I think it confirms the yearning of people everywhere for meaningful and humble work that

invites readers on a journey together. The premise of the book is that people everywhere have a wisdom of their own and the book is there to guide them to their own wisdom."

The Book of Awakening is a modern classic, speaking to the hearts of hundreds of thousands of readers. It's a daily guide for living in hard times and good times, all the time reminding us that the life we're living is the life we have. Lived authentically it can--and does--become the life we want.

This hardcover edition features a ribbon marker and a subject index that allows the reader to search for quotes.

---From Amazon.com

and more...

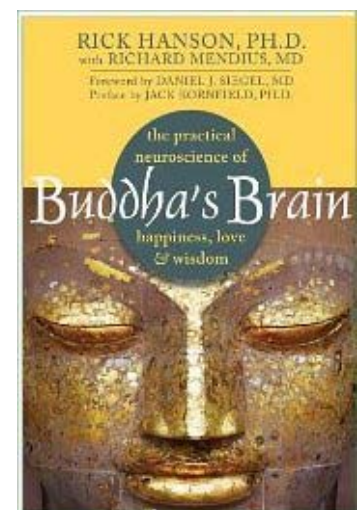
Jesus, Moses, the Buddha, and other great teachers were born with brains built essentially like anyone else's. Then they used their minds to change their brains in ways that changed history.

With the new breakthroughs in neuroscience, combined with the insights from thousands of years of contemplative practice, you, too, can shape your own brain for greater happiness, love, and wisdom.

Buddha's Brain joins the forces of modern science with ancient teachings to show readers how to have greater emotional balance in turbulent times, as well as healthier relationships, more effective actions, and a deeper religious or spiritual practice.

Well-referenced and grounded in science, the book is full of practical tools and skills readers can use in daily life to tap the unused potential of the brain and rewire it over time for greater peace and well-being.

If you can change your brain, you can change your life.



Winter is nature's way of saying, "Up yours."

Robert Byrne

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 ATAOK P.O. Box 30922 Midwest City Oklahoma 73130