

atao news

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

february 2012

message from the president..

Good day to all of ATA0! Hope all is well or good enough with you and yours. We are very excited to welcome Phyllis Pennington as our new web designer/master! She has been working hard to put it all together for us. Dawn Truby did a great job for ATA0 for like 2 decades designing our newsletter and we appreciate her efforts so much. After two decades (I am exaggerating I think) she was ready to hand it over to Phyllis to continue on with it. Dawn may have even worked on it when we sent it via snail mail all those years ago. I don't even remember how we did that! So, new beginnings for everyone.

Some of us started the new year at Iguana Lounge toasting with sangrias, see photo. We had the best wait person ever who took our photo and served us. It was so much fun and felt like old times. I have always treasured and coveted getting together with art therapists. We are the best, nurturing therapists I think. One always goes away with warm fuzzy feelings after a get together as opposed to being drained. Verletta Russell offered her so very cool house for the "dyeing workshop" in Jan. It was so interesting to see how dyeing fabric is done and how one can utilize it in one's life and/or practice. Verletta has the largest koi fish I have ever seen. Pat Lynn Moses has been working on our ATA0 list, updating it; she is finished but if you know of any additions feel free to contact her. Thanks PLM!



We have been busily planning the next workshop on April 7 in the cottage next to the StableRidge winery in Stroud. (see info under Workshops)

Maureen Harvey, Pat Lynn and myself are planning the June conference to be held at the Veterans Administration in OKC on June 2. You might need those CEU's and it will be just in time to fill in those hours. So **SAVE the DATE**, as they say. It is fantastic that our conferences have been resurrected thanks to the Tulsa art therapists last year. Well done Tulsa art therapists...you know who you are!

Maureen has been doing the majority of the planning and has secured Lani Gerity, puppet maker from Nova Scotia to be our keynote as well as present a workshop on June 1. She even has her plane ticket! Thanks to Maureen for all the hard work you have done. Maureen was our president for two years and definitely hit the ground running.

So, that is it for now. I was worried I would not have anything to say....I think I said too much. So, let's flourish!!!!

Suzanne Morris, ATA0 president 2012-13



“When we’re not pleasing other people, we begin to understand what’s right for us.” ~Byron Katie

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 at pennicol@yahoo.com.



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"People will accept your ideas much more readily if you tell them Benjamin Franklin said it first."

~ David H. Comins

News from AATA

If you have not already renewed your membership in AATA, you must do so before February 29, 2012. All non-renewed memberships will expire on February 29 so please follow this link to the [AATA Membership Registration](#) now.

2012 ANNUAL NATIONAL CONFERENCE- See you in Savannah!


You are invited to attend The American Art Therapy Association's 43rd Annual Conference in Savannah, GA, July 9 - July 13, 2012, at the Savannah International Trade Convention Center and the Westin Savannah Harbor Golf Resort & Spa! In order to receive the conference discounted member rate, your 2012 membership must be renewed. Follow the link to [register](#) now.

If you are interested in reserving a table at the Arts & Crafts Marketplace during the conference, please contact Barbara Florence via email at bflorence@arttherapy.org.

To read more news from AATA, please follow the link on our website's Newsletters page to their AATA February 2012 Newsletter.



member news...

 **Abigail Codosh Tischler** - I think about the OK Art Therapy group often with fond memories. Since leaving OKC in 2008 I've lived in Cambridge, MA and now find myself in New Haven, CT. Even though both area have art/expressive therapy schools, their local AATA groups pale compared to the OK Chapter.

For my personal journey, leaving OK also meant leaving my 24 year marriage. With the help of friends, family and therapists I am learning to walk my own walk and enjoy my own company. In 2009 I decided to enter Smith College School for Social Work in order to obtain a clinical license. I graduated last summer and fell into a fellowship at the VA in West Haven, CT, where I do intensive case management with homeless Veterans w/ SMI. I am trying to work my way back into an art-based position. I still make fiber art and have gotten involved in the environmental movement.

It's all a journey and the best is yet to come!

Please let me know if you are on the east coast.

Walk in peace, Abigail



"I think true love is never blind, but rather brings an added light, an inner vision quick to find the beauties hid from common sight"
~ Phoebe Cary

Joan Phillips – I returned in Dec., 2011 from a four month stay in Ireland on a Fulbright. I enjoyed the Irish Creative Arts Therapists very much and will be returning in July to teach in Cork.

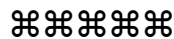


Maureen Harvey and Dawn Truby are having their 15th Annual Veterans Creative Arts Contest on **February 24th from 1 - 4 p.m.**, at the **VA Medical Center Health Wing**.

We expect to have at least 100 works of art displayed, and 30 performers in the show. The winners in all categories will be entered into the National Veterans Creative Arts Contest, and winners will have a chance to attend the National Veterans Creative Arts Festival in October in Boston. Everyone is invited to come by and view the veteran's artwork, watch the performances, and have some refreshments.



In the photo l-r Britni Hardin (art therapist in supervision in OKC who came to visit), Amelia Reiser (Joan's daughter who accompanied Joan on the full four month stay) and Joan Phillips- all enjoying a pint of Guinness.



Mary Lou Moad - One of my part-time jobs is with kids at a HUD housing complex. I look forward to being with these kids, ages 11-14, who get no other art experiences. At first the director was bussing the kids to a church, and the kids were on their best behavior. But, in December we moved to the offices, where the apartment owners have converted a space into an art environment.



The director has been out of town, and the kids have been dwindling without her meeting the bus and urging them to come to art. Yesterday, only one child showed up for art, so we decided to go door-to-door and round up some of the kids. We got 5 girls and 3 boys, and we all walked back to the art room together. When asked, I told them we were doing origami valentines and had a special surprise afterward.

When we got to the art room, the oldest boy suddenly decided he didn't want to do the project. I reminded him we had a special surprise at the end, but to no avail, and when he left, so did the other, younger boys. The Class Rule is: "If you leave, for any reason, you can't come back." It keeps traffic to a minimum, and it keeps them from disrupting the group process.



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After we finished the valentines, I broke out the surprise: unfrosted cupcakes, with tubs of icing and sprinkles for decoration. Each child got two cupcakes to frost and decorate, on a Valentine's Day plate, along with a pink napkin and a knife to use to spread the frosting. The girls were delighted and did a beautiful job of decorating. Class was over.

Suddenly the door to the outside opened and in came the three boys, all of whom were dismayed that we were getting cupcakes and they were getting none! They all started begging for a cupcake from the girls, who suddenly looked to me for leadership. We had been discussing the fact that our bodies are our own, and no boy has the right to touch our "booty" at school, under any circumstances. As the boys begged each of them, and me, I suddenly said, "NO!" Everyone stopped and looked at me. "NO!" I repeated. I reminded them about The Rule.

I suddenly knew this was not about cupcakes, and not really about The Rule. It was about setting boundaries. It was about leadership. It was about being a good example, even though I knew the boys were hungry, as hunger is a problem at this apartment complex. It was about teaching these girls to say no. It was about not letting ourselves be "used" by anyone.

The boys left, angry and cupcakeless, and my intern and I comforted each other and debriefed about how difficult that was, especially as we gathered up the uneaten cupcakes and took them home. But we knew we had done what was right, a split-second decision on my part had left us both feeling proud that we hadn't caved to the hungry look in their eyes, and we knew we had given these girls an example of self-respect that they would remember long after the cupcakes were gone. - Mary Lou Moad, ATR.

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ATAO April Meeting

FINDING AN AUTHENTIC VOICE THROUGH SELF PORTRAITURE

Presenter: **Pat Lynn Moses**, MA,MHR, ATR-BC, LPC, LMFT

April 7th, 2012 1:00 p.m. to 4:00 p.m.

Stableridge Winery, Stroud, OK

A hands-on workshop that will allow participants to experientially understand the therapeutic and personal uses of self portraiture as a tool for self-discovery and problem solving. Attendees will learn, and practice, techniques and theory that support the use of exploring the self portrait as an expressive tool in therapy.



3 Continuing Education Units (CEUs)

(application in process to OK LPC/LMFT office)

Fee: ATAO member - \$25

Non member of ATAO - \$35

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About ATAo Conference

Mark you calendar for the ATAo Conference: "The Art of Flourishing", June 2, 2012 at the VA Medical Center Health Wing. Our Keynote Speaker will be Lani Gerity Glanville who is a aficionado of the Positive Psychology movement, and artist extrordinaire. Check out her website at lanipuppetmaker.com.

We also plan to have a day long **Doll Making Workshop** on **Friday, June 1st**. Plan to attend both days to immerse yourself in creativity, fun, and positivity and get re-charged to return to the important work we all do. --Maureen Harvey, Conference Committee



Some links you might find of interest...

Artists for Alzheimer's:

<http://www.artistsforalzheimers.org/>

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/>



so many books...so little time

ART THERAPY EXERCISES - BRIAN THORNE LIESL SILVERSTONE

Following a brief discussion of UK training for the therapeutic use of art, Silverstone (founder, Person-Centred Art Therapy Centre, London) presents some 80 exercises with examples that she developed for therapy with child and adult clients in one-on-one and group sessions. Exercises such as "lost property office" and "picture postcards" for working with diverse client populations, issues, and materials are intended to inspire further ideas, for which blank note pages are provided. Annotation ©2009 Book News, Inc., Portland, OR (booknews.com).

from Amazon.com





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Art therapy is a process that helps people of all ages to express and understand feelings, interests, relationships, and self-perceptions through art activities. It has been useful in treating emotional trauma and grief, as a supplement to pain and symptom management, to address psychological distress, and to encourage self-growth and actualization. The Art Therapy Sourcebook is a guide for people who want to use art as a way of understanding themselves better. It starts with information on necessary supplies and takes the reader on a journey toward understanding the connection between artistic images and human emotions.

from Amazon.com



From the editor...

Dawn Truby, ATAO's past Webmaster and newsletter editor, is a tough act to follow! I'm still feeling my way around. I hope to make your website inviting and useful and your newsletters filled with useful information and art therapy happenings. To do this, I will need your help.

Deadline for submissions to the newsletter are the 15th of the month previous to publication. March 15th is the deadline for submitting information for the April ATAO News. Please email your submissions to me and include in the subject line – **For ATAO** so it won't get lost amongst the rest of my emails.

By April, I will have things set up and running more efficiently. Thank you for this opportunity to work with you. I look forward to getting to know each of you personally.

Phyllis





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 mail them to:

**ATAO
PO Box 20231
OKC, OK 73156- 0231**