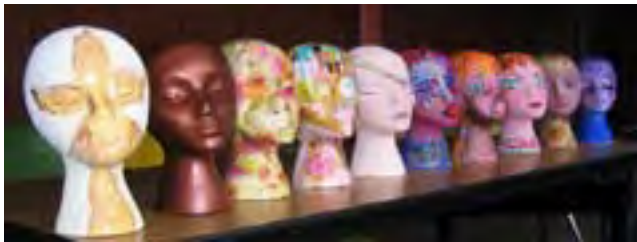


# atao news

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

**April 2012**

## message from the president...



Remember the art heads we decorated at the Quartz Mountain retreat in September 2004? Seems like old times as we prepare for the upcoming April 7<sup>th</sup> workshop at Stroud with Pat Lynn Moses. She has found the **perfect** work-

shop supplies for expressing our inner selves, but it's not styrofoam heads! To find out what they are, you'll just have to come and see! She is an awesome art therapist and always offers the best workshop experiences.

Here she is in 2004 with her heads made for a cancer survivor event.

\*\*\*\*\*



The much anticipated *June 1 workshop* with artist **Lani Gerity** will be held at the Rainbow Fleet, 3024 Paseo. W. Royce Junghamms, MHR has kindly loaned this space for us to spend the day at no charge. All we have to do is take care of it and bring snacks for the art walk afterwards. It is so synchronistic that the First Friday art walk will start at 6:00 pm, soon after we finish the workshop.

We can display our dolls at the Rainbow Fleet if you so choose. We will learn about exploring emotions as we create our dolls; a directive we can then use in our work. The next day is the conference at the Veterans Administration which will feature Lani for our keynote address, breakout sessions; Joan Phillips will talk about her trip to Ireland at lunch. After lunch we will have another breakout session and Lani will wrap it up. There will be three other Art Therapists presenting breakout sessions as well. Also, we hope to offer online registration. Look for more info in future mailings and on the website - [www.ataok.org/calendar.html](http://www.ataok.org/calendar.html).

Lani is highly recommended; Dawn Truby said she was at the AATA conference last year and is fantastic.

**Suzanne Morris**

April 2012

"The thing about creative thinking is that it can happen anywhere, in any field." ~ Sir Ken Robinson

## 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 quarterly in **January, April, July and October**. Please send your submissions by the 15<sup>th</sup> of the month preceding publication to:  
**Phyllis Pennington** at [pennicole5@gmail.com](mailto:pennicole5@gmail.com) and include ATAO News in subject line!

April 2012



## member news...

**Andi Berry** - I wanted to let ATAO know that I made a presentation (The Art of Centering: A pathway to wellness) at the American Counseling Association annual conference in San Francisco. The presentation was about using Mindfulness Based Art Therapy and centering. It was so well attended that I ran out of supplies. I expected about 100 but there were about 200 counselors.

**Misti Vekas** - The Color Run -- a fun run where you can actually just walk or crawl if you want! It is in Tulsa, Saturday, June 23. You wear as much white as you can.. For each kilometer you pass you have a color thrown on you, so by the end of the 5k you are a rainbow of colors! The proceeds go to Tulsa River Parks.. Or your team can decide a charity of your choice. Visit [www.thecolorrun.com](http://www.thecolorrun.com) for more info-- sounds like a fun active artsy thing to do!

**Joan Phillips** - OU will offer one art therapy course as part of its annual *Summer in Santa Fe* program **July 22-29**, and this year Joan Phillips will be teaching "Arts and Community: the role of image in health and community". The class can be taken for non-credit and has been approved for 15 CEU's for LPC/LMFT. Visits will be included to ArtStreet homeless arts program in Albuquerque as well as Santa Fe area art therapy programs. For more information see <http://citd.ou.edu/santafe/index.html>.

Total cost for those not wanting credit is around \$850, which includes transportation all week and all entrance fees. Hotel is available for \$89 a night at Garretts Inn just off the plaza – a special rate for this class. If you are interested or want more information on CEU events sponsored by Art Therapy Center, contact Joan at [jparttx@gmail.com](mailto:jparttx@gmail.com).

**Maureen Harvey** - I'm leaving tomorrow, March 22, 2012 to go to Seattle, where I'll be doing a 2 day training for regional Arts & Crafts Managers at Ft. Lewis Army Base, Washinton. I'll be working with Janice Hoshino, a local Art Therapist. While the goal is to train the Arts & Crafts Managers to use "Art as Therapy", we will be educating them on the value of Art Therapy and hooking them up with Art Therapists in their areas. I'm excited to have this opportunity and will report on it when I return.

"Never believe that a few caring people can't change the world. For indeed, that's all who ever have."

Margaret Mead

April 2012

## Workshops...

### April 7, 2012 ATA Meeting & Workshop

#### FINDING AN AUTHENTIC VOICE THROUGH SELF PORTRAITURE

"I am not reinventing myself, I am going through the layers and revealing myself." ...

Madonna

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

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

Location: Stableridge Winery Cottage, 1916 West Hiway 66, Stroud, OK (918.968-2568)

Fee: ATA member - \$25 Non member of ATA - \$35 3 CEU's approved for LPC, LMFT, ATR-BC



We will be meeting for lunch at the Five Star Barbecue & Steakhouse, 619 N 8<sup>th</sup> Avenue (918.987-0227) in Stroud, Oklahoma around 11:00 a.m. - hope you can join us there! The workshop will begin at 1:00 p.m. at the **Stableridge Winery**, in the cottage just beside the wine tasting room - maybe we will sample a bit of wine, while we create!

This is 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.

Since we will be furnishing all supplies and since participation is limited to approximately 15 persons, please e-mail your commitment to attend the workshop (this will reserve your space) to Suzanne Morris at [sumostudio@cox.net](mailto:sumostudio@cox.net). You may pay the workshop fee at the door, but we **need** to know for sure how many are attending because supplies will be furnished and Suzanne reported that 11 people have signed up to attend.

\*\*\*\*\*

**Joan Phillips** is offering the following workshops, all approved for LPC, LMFT, and LADC CEU's and each three hour workshop costs \$50.

**Friday, April 20, 2012** – 9 a.m.-noon.

Handouts, homework and resources: extensions of counseling to assist clients in achieving their goals or in maintaining gains.

**Friday, May 18, 2012** – 9 a.m.-noon.

Parenting education integrated into counseling of children and parents- resources, case sharing and methods.

**Friday, June 8, 2012** – 9 a.m.- noon.

Ethics update featuring guest Nena West of the licensure office.

12:30 p.m.-3:30 p.m. Supervision update featuring guest Nena West of the licensure office

\*\*\*\*\*

April 2012

---

Art Dolls, Books, and Homes

Art Dolls  
Made by Lani Gerity



Art Dolls and Homes

## Lani Gerity Doll Making Workshop

June 1, 2012: The Rainbow Fleet space on the corner of Paseo & 30th Street is reserved for our workshop.

The art doll will be constructed with pipe cleaner, batting, cloth, fiber, and "model magic." I learned the technique from Jhan Groom and Joy MacLeod art therapists/artists in Calgary, Alberta, Canada. The method is easy to replicate and also easy to alter. It is possible to add, take away, and completely transform. For example both Jhan and Joy like smooth pebbles for their doll's faces, so the doll has no features and the viewer projects a face onto the form.

Lani will provide some "model magic" faces, and with some extra "model magic" we can do tutorials about making faces, hands and feet in class. Of course pebbles and buttons would also be fine. Other supplies:

- scissors
- masking tape
- favorite fabric glue (Aleene's is fine or Fabritac is awesome)
- two chenille pipe cleaner per doll for armatures
- 2 or 3 strips of batting 2' in length and about the same width as the width of your thumb (per doll)
- Ribbon and strips of cloth for wrapping (this is especially rich and encourages flourishing if the fabric is something meaningful to the participant)
- Little squares of cloth for hands and feet (2 or 3" square is fine)
- Charms, beads, feathers, etc. for embellishment (which again is wonderful when participants bring stuff to use and or share!)
- Yarn & fibers for hair

To learn more about Lani Gerity's conference, read her brochure on our [ATAOK.org/.../Lani'sbrochure](http://ATAOK.org/.../Lani'sbrochure)

## 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/>

Positive Psychology Center

<http://www.ppc.sas.upenn.edu/>

April 2012

---

## Creative Offerings...

**Pat Lynn Moses**, retired, is happy to spread the joy of creativity through these 'Creative Offerings' for April & May ...

### APRIL:

**Creative Journaling Group** will meet from 9:30 - 11:30 on Saturday, 4/14/12, and Wednesday 4/25/12. Open group, no reservations necessary, bring your own journal. Fee \$5 or donation covers other supplies.

**Restorative Retreat** - Fri-Sat, 4/27,28/12 - "Weathering Storms & Calms" - Friday evening and Saturday 'away from the world', with a purposeful theme - using art materials, introspection, and group sharing. Fee - \$90; deposit of \$45 to reserve space (remainder due at retreat). Art supplies, drinks (coffee, teas), a vegetarian lunch, and snacks furnished. Limit: 6 persons.

### MAY:

**Creative Journaling** - Saturday, 5/12/12, and Wednesday, 5/23/12

**3 hour Workshop:** "Watercolor - Wild & Free" - Saturday, 5/26/12 . Fee \$25, supplies furnished. Limit 8.

All 'Creative Offerings' events are held at 4332 NW 61<sup>st</sup> Terrace, OKC. Call 949-9983 for more details; e-mail [patriciamoses@me.com](mailto:patriciamoses@me.com) to reserve your space.

## so many books...so little time



*Artful Journals*, Janet Takahashi, Chapelle, Ltd., Inc., Ogden, UT, 2007

ISBN 13: 978-1-60059-069-6

Janet Takahashi's book takes us through the 'how-to' of making handmade books, the 'why' of keeping a journal, the 'what' to include for content and then gives guidance and suggestions on what topics you might choose.

Takahashi then gives twenty-one examples of diverse kinds of journals she has made and kept for herself, describing materials and tools and required to construct a particular journal along with step by step instructions including illustrations.

Lastly, she shows a photo of the inside of her journal plus a quick rundown of what's inside. Below, is a list of the journals Takahashi covers in her fascinating "Artful Journals."

**Seasons** Summertime Journal, Gardening Journal, Nature-Watching Journal

**Passions** Scrapbooking Journal, Cooking Journal, Bookbinding Journal

**Family & Friends** Kid Quotes Journal, Family Dinners Journal, Doggie Journal

**Travel** Postcards Journal, File Folder Journal, Unbound Journal & Travel Portfolio

**Love** Hopelessly Sentimental Journal, Love Letters Journal, Wedding Journal

**Health & Wellness** Battle of Your Life Journal, Dieting Journal, Spirit-Lifting Journal

**The Everyday** Ideas Journal, Dear Diary Journal, Sketchbook Journal

April 2012

---

**Designing Faces, Figures, Florals And More!** Linda Schneider, Pointed Pen Press, 2009

ISBN: 978-0-615-29195-6



Linda Schneider is a professional calligrapher and watercolor artist working out of her studio in Liberty Lake, Washington. Ornate Pictorial Calligraphy done using the pointed pen is one of her favorite styles; with the thick and thin strokes looping into flourishes which take on a form, looking ornate and yet simple in design. Often when asked how long a piece takes, she responds, "Only an hour of time, plus over thirty years experience."

Schneider covers the basics of using a pointed pen, then takes the student into nine exercises exploring different techniques in creating your own personal designs called Doodles to Designs. She continues on to cover designing faces, figures and florals and how to present your designs in a book chocked full of examples, practices, projects and techniques. Her explanations are straightforward and described in a way that even beginners to the pointed pen can understand and master with practice, good paper and good ink.

As one enthusiast stated, "A class with Linda Schneider will satisfy your creative desires. The supply list is tiny but the results are immense. Your ability to learn is based on her instructions, not just your own desires. If you add the two together, you will be delighted with the outcome. At the end of the class, you have finished work to take home with you. Afterwards, you continue to grow because Linda's enthusiasm goes with you. It is easy to continue achieving because you have the skills to expand and flourish (pun intended)." Diane Hutt, Salem, Oregon.

\*\*\*\*\*

## Robert Genn Newsletter

### Wet-into-wet

You might paint wet-into-wet for several reasons. Lubrication is one of them. Just as an engine runs better with a bit of oil on its parts, so does a painting. Indeed, oil painting works its wonders because the oil medium is slippery and slow to dry and thus passages can be more easily blended, gradated, softened, even removed. Titian, one of oil's earliest technicians and first masters, declared it to be the greatest discovery in all of art.

Another reason to paint wet-into-wet is the compounding of techniques. Even if you're habituated to fast drying acrylics, this doesn't mean you have to be victimized by their limitations. Popular slow-drying acrylics invite the use of lots of paint and permit all kinds of painterly outrageousness in realism and abstraction alike.

April 2012

---

A rewarding technique is to really “grease up” (put on an overall layer of slow-drying medium as surface lubricant). In acrylic, you might try using Golden Open Medium as imprimatura. No, I’m not on Golden’s payroll. The lubricant layer can be clear or variously tinted and put on with a rag, brush or any number of other tools. After this, your colours slip and slide and mingle with abandon. While requiring above average skill in handling, they can add painterly efficiency, happy accidents, sly gradations and arresting effects.

Acrylic painters in particular need not give drying time a second thought. Even the slowest drying acrylics can be force-dried in hours or less. I find the most fun can be had with the yin and yang between wet and dry. When impasto areas dry they are easily scumbled (generally lighter, brighter colours dry brushed over the slubs and bumps of darker zones). Then, after further drying and further grease-up, it’s back to wet-into-wet for fresh new passages.

Perhaps the greatest reason to work wet-into-wet is to achieve a professional look. You might have noticed that the oils, acrylics and watercolours we really love to look at were at one time really wet ones. Further, many pros prefer a fresh look that belies the effort they’ve put into their work. By encouraging more fluid, cursive and longer flourishes, the professional’s prowess is revealed. After that, little dry strokes are not as much fun anymore.



“Life is not about waiting for the storms to pass...It’s about learning how to dance in the rain.” ~ **Vivian Greene**



April 2012

---

## 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 to ATOA by check. Mail your check along with a completed application form to:

ATAO  
Membership  
PO Box 20231  
OKC, OK. 73156-0231