

atao news

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

october 2012

message from the president...

Happy Autumn Time ATAO,

Our fall retreat was absolutely wonderful! Joan really out did herself finding the perfect studio for us to have fun, relax, and make art. It was nice to explore new media and ideas, see what our fellow art therapists are doing and to be able to network with them. It almost seems like a treasure hunt from all over, observing what others have found on Etsy, in Hobby Lobby, Porch art supply, et al. Very inspirational. Vicki Maenza hosted our retreat; everyone wanted to move in with her! Fantastic space in east Norman on 32 acres with plenty of room to stretch out. See photos!

We had a great time on Friday night at the Marriott, having drinks around the unlit fireplace (20% chance of rain cancels fires!) talking about everything under the sun.

Even our board meeting was fun. We discussed the 2013 conference scheduled for April 6; it will be held at the VA like this year...save the date now on your calendars. Maureen Harvey says there is a new labyrinth we can walk as well. The theme for the conference will be "Mindfulness" with an emphasis on Dialectical Behavior therapy, Mindful Eating, acceptance and commitment. Maureen Harvey is our Conference chair. Joan Phillips has scheduled a workshop on Chronic and serious illness and counseling: creative interventions on December 14. Please see Joan's description elsewhere in this newsletter for details.

We are going to have a short board meeting after the workshop to elect our board members for 2013.

Slate of Officers:

President: Suzanne Morris
President Elect: Kay Foster
Secretary: Kim Nguyen
Treasurer: Kathy Carnes
Chapter Delegate: Aimee Rook
Alt. Delegate: Verletta Russell

AATA Communications Director:
Joan Phillips

Committee Chairs:

Governmental Affairs/Ethics:
Verletta Russell
Conference: Maureen Harvey,
Dawn Truby, Kay Foster, Pat Lynn

Moses, Suzanne Morris
Membership: Kathy Carnes
Marketing/Art Exhibits/Fundraising:
Susie Games, Mary Lou Moad,
Sharon Allred

Nominations: Aimee Rook

NOTE: Everyone (who wants to) please bring an art gift for the December meeting. The gift can be art supply related or a gift of art. It isn't white elephant or dirty Santa... Just put it in a sack or wrap it for disguise.

suzanne morris

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member news...

Joan Phillips, Ph.D. workshop

Chronic and serious illness and counseling: creative interventions

Join us for this look at issues and interventions when a counseling client or family is struggling with medical illness along with whatever brought them to you. Appropriate referrals, assessments and interventions will be shared including local resources and national exemplary programs for populations such as cancer, diabetes, asthma and other conditions. Part of this presentation will include an overview of the Peggy and Charles Stephenson Cancer Center which is a beautiful state-of-the-art facility serving Oklahomans with patient care and research. This new building is filled with Oklahoma art and attention to the patient, caregiver and health provider's experience- a new facility you will want to see and experience. A brief tour and description of the facility will be a part of the workshop. Pat Lynn Moses, MHR, LPC, ATR will present regarding arts and creativity resources as community referrals and resources.

Following the three-hour workshop, lunch will be served catered by the Healthy Heart Cafe in the building and then the Art Therapy Association of Oklahoma (ATAO) will have a meeting. Lunch and the meeting are optional but please reserve for lunch if you plan to attend.

Workshop fee \$60 Workshop plus lunch \$70

[ATAO members workshop plus lunch is \$45]

To reserve your spot (and seating is limited) please email joanphillips@ou.edu. You will receive an email confirmation and a reminder the week before the workshop.

Workshop fee is payable at the door by check or cash **but you must pre-register** to hold a spot.

Don't miss this event! For more on the center see this brief OETA video:

<http://www.oumedicine.com/cancer/about-the-cancer-center/oeta-video>

Pat Lynn Moses Creative Offering

OCTOBER:

1. Creative Journaling Group – 9:30 – 11:30am
 - a. Wednesday 10/24/12 (No Saturday session in October) Come at 9 for coffee, tea, and to visit - Journaling begins at 9:30. Fee \$5 or Donation.
2. Open Studio Art Group:

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- a. Afternoon 1-4 pm – Tuesdays, 10/9 & 10/23/12; Evening 6-9 pm – Thursdays, 10/11 & 10/25/12
- b. Fee: \$15 each session or \$25 monthly. Bring your own art project, help and extra supplies available
3. New Group! Sketch OKC - Mondays, 9-noon
 - a. Mondays, 10/8, 10/15, 10/22 & 10/29/12
 - b. A Series of 4 sessions - Instruction at home studio to cover basic techniques & materials, fthen we will visit sites around OKC metro to sketch them. Call 949-9983 with questions or to enroll. Limit 6. Fee - \$75.

October Retreat



Upper left - Bethany Beinke working on a painting;

Upper right - Vicki Maenza's dining room

Lower left - Misti Vekas artwork;

Lower right - Vicki Maenza with her painting



Upper left - retreat attendees; Upper right - studio space;
Lower right - Fishbone from Hawaii

The Retreat was well attended and everyone had a great time sharing, arting around and hanging out together.

Thank you, Joan, for putting this retreat together for ATAOL!
You're the best!



Some links you might find of interest...

How to Retrain Your Stressed Brain site:

www.linkedin.com/today/post/article/20121003144500-117825785-retrain-your-stressed-out-brain

Mindfulness site:

www.morethansound.net/store/mindfulness/training-and-practice/working-with-mindfulness-cd/prod_290.html

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/>



Robert Genn Twice-Weekly Letter

How to purge

Last week Molly VanZant of Lexington, Kentucky wrote, "I'm an artist at the beginning of my journey toward a well-made watercolour. Recently, I took down some paintings stashed on the top of my cupboard and ruthlessly consigned about half of them to the trash. Mostly, it was easy to tell which ones to get rid of. Then I wondered if I'm too close to my own work to see its merit? Am I needlessly abandoning things that others might see value in one day? Or is it good to purge?"

Thanks, Molly. You're right on top of one of the main areas where beginning (and many advanced) artists fall down. Hope springs eternal that our work is professional or getting pretty close. At the beginning of a career, professionalism is possible, but not likely. Hope is a frailty of the human mind that needs to be tempered with reality. Hope is not a strategy. Purging must come from within, from your own calculated powers of discrimination, which should have nothing to do with what "others might see value in one day." Here's how to purge:

- As you're going through your work, put it beside the work of masters you admire. An illustration in a book, a cherished poster, or an online discovery will help you make up your mind. Think about it--if you want to make your work look really good, put it beside the lousiest thing you can find.
- Use your own best work as a guide. Find work in your own portfolio that really pleases you and compare it to the suspect work. If you're still unsure, use the "three bins" technique--"in," "out" and "maybe." A second pass on maybe will often tip the bin.
- Ask yourself if it might be just a small part of a picture that's bothering you. This is where the scissors or box-cutter knife come in. A poorly-painted, amateurish area or a disparate element can be knifed away, leaving a work of diminished size but finer nature.
- Sit beside a cheery fireplace on a cool October night and feed the flames. Scotch helps. Those flames are hungry for your poorer efforts and, while the loss of them may be at first painful to you, the lick and wither of their demise will be your cathartic event.

Best regards,

Robert Genn

PS: "We must embrace pain and burn it as fuel for our journey." (Kenji Miyazawa)



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

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 pennicole@gmail.com.

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
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Oklahoma City, OK 73156-0231

website: www.ataok.org

