



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

**june 2013**

## message from the president...

Hope you are staying cool this summer. I am so happy it has not been as hot as the last two summers. Brief rains, no drought, cooler temps. Speaking of weather, some ATA0 members are meeting at Joan's office at 7:00 p.m. on Wednesday, July 17<sup>th</sup> to discuss connecting with IAO and Aimee Rook to offer art therapy for children impacted by the tornado. This meeting also involves food (why not? Every good meeting has food) so if you want to participate (optional) with the food, please bring a potluck of your choice. The American Art Therapy Association just had their 44<sup>th</sup> national conference in Seattle at the end of June. Dawn Truby posted that it was hot at the time. Hope it wasn't hot the entire conference time, before and after, cause Seattle is typically gorgeous in the summer. If it was hot, hopefully you had lots of fun at the conference, hotel and eating. One of the best places for seafood ever. (I am still bummed that my son moved away from there to CA.) Coretta Harding was ATA0's delegate for the conference so please find her report elsewhere in this newsletter.

Our fall retreat is September 27-28, just like last year at the same postal training center hotel in Norman and the art studio east of there on Saturday. Please see the revised info elsewhere in this newsletter. Where to send payment is also included. Eight (8) CEU'S for \$80.00 with lunch is a great deal!

**Want to know how other chapters are handling dwindling interest in their members attending meetings and voting in officers; getting new "blood" into their chapter; getting students involved to help build interest in future of chapter. Topic of burned out officers within the chapter. Come participate!**

This topic was discussed at our last ATA0 meeting. It isn't going to go away even if we ignore it. It appears to be the last issue addressed by Coretta in Seattle.

### In This Issue

<i>president's letter</i> .....	1-2	<i>book reviews</i> .....	6-7
<i>members' news</i> .....	2-3	<i>ATA0 Officers</i> .....	8
<i>retreats &amp; workshops</i> .....	3-5	<i>Membership Application</i> .....	9
<i>Robert Genn newsletter</i> .....	6		

**published by the art therapy association of oklahoma  
an affiliate of the american art therapy association  
june 2013**

---

Kathy Carnes has been our loyal and trusty treasurer for so many years...well, I don't know how many...as long as I can remember. I was treasurer a few years way back when and I know you have held offices over the years as well. Kathy is stepping down as treasurer at the end of this year. We need someone to take her position. Kay Foster, our new president for 2014-15, needs someone to volunteer to be treasurer. It is no doubt the most important office for ATA. She does the p.o. box check, handles the \$\$\$, is reliable and smart! We need to clone Kathy.

Even if you have held an office in the past, doesn't mean you can't do it again...you have experience!

We need a secretary...Misti did this for years as well. Even though she wasn't supposed to be secretary anymore she took notes for me this year.

**suzanne morris**



## **members' news...**

**Dawn Truby** is continuing to post to her Facebook personal profile page about the "Best Two Things" that have happened to her on a daily basis. What a great attitude booster and a helpful way to demonstrate the practice of positive psychology and mindfulness. Thanks for leading the way, Dawn!

**Pat Lynn Moses** gives retreats, art journaling sessions, and other studio activities held in her home and studio. For a complete listing and to be included in her email notifications, please contact her at [patriciamoses@me.com](mailto:patriciamoses@me.com).

**Joan Phillips** will sponsor three hour ceu event on Friday September 13 in Norman, integrating writing into counseling and for self-care. If interested please email Joan at [joanphillips@ou.edu](mailto:joanphillips@ou.edu) The Arts in Health tour to Ireland was a success and there are tentative plans to have another one in 2014. If you are interested please email Joan.

**Aimee Rook** will be working on multiple "community art therapy" events soon: Coordinating ATA with IAO Gallery to provide art therapy to tornado survivors including teachers and families, 51<sup>st</sup> Groovefest Human Rights Music Festival Sunday Sept. 29, Nims Birthday party at Sam Noble Museum with the film Project NIM in November with panel and conference, and Norman Mardi Gras Parade Saturday, March 1<sup>st</sup>.

Aimee resigned after 10 years in Moore Public Schools and will soon start at Center for Children and Families, Inc. as Senior Program Specialist - counseling resident youth of Bridges, co-supervising and counseling with the trauma focused therapists, and likely using yoga and art therapy. She has been teaching yoga weekly for three years and has started combining it with art at her private practice downtown through families, friends, work teams, and with individuals by appt.

Delegate for **AATA Conference 2013: Coretta Harding**

- 1) AATA Conference held at V.A. hospital, OKC (April 6th) on topics of Mindfulness. Three other states were represented by attendees:  
  
Kansas, Wyoming, and Texas! We held a Silent Auction, walked a labyrinth led by Madeline Rugh, who was also our key note speaker; and offered an "Art Market", where any one could bring their art to sell. It was very successful! All of it.
- 2) Mindfulness Workshop was offered day before, led by Pat Webb. That was also well attended and held in the Paseo district, OKC.
- 3) Back in December, 2012, a Chronic Illness workshop (presenters: Joan Phillips and Pat Lynn Moses) was held at the Stephenson Cancer Center in OKC. Connections were made with the coordinator and they have an interest in hiring an Art Therapist--Pat Lynn met with them--good networking!!
- 4) Had a retreat last September 2012 at an Art Studio in Norman and plan a "second round" again, this September at the same place--we loved reconnecting, sharing art supplies and ideas.
- 5) We have met Quarterly.
- 6) Membership increased by 30%--3 professionals and 3 friends.
- 7) Future: Looking at partnering with social action against Human Trafficking. Creating some collaborative effort for the cause.
- 8) AATA will sponsor lunch for upcoming June 22 grant writing workshop.
- 9) Want to know how other chapters are handling dwindling interest in their members attending meetings and voting in officers; getting new "blood" into their chapter. Getting students involved to help build interest in future of chapter. Topic of burned out officers within the chapter. (Report submitted by Pat Lynn Moses)



## Retreats & Workshops . . .

**AATA's fall retreat** is scheduled in east Norman just like last year, same location. September 27-28, 2013 in Norman so save the date!



(View from the covered porch near the studio, it includes a fireplace, if there is a chill in the air ...)

- The program Saturday will be at an artist's home and studio less than two miles from the hotel, located on 30 acres including a pond, dock, gazebo etc; full gorgeous studio space to work in, large covered patios and veranda's to sit on and work, draw, write, read, doze, talk...whatever you need to do to re-create yourself; no program per se but some stimulus for creative ideas and a few times during the day with the option to gather and share your work in progress, to talk, or just to listen as others share. There will be some scheduled times to meet as a group and share work-in-progress or to focus on themes that may arise. All optional.
- LUNCH is included as are snacks and drinks- graze all day as you re-create and rest; plenty of spaces to sit or wander. All areas are covered so this is a rain or shine event... Studio is indoors and air conditioned with all facilities on-site.
- 8 ceu's will be provided, (pending approval) - total of 8 for the very low price of \$80 which includes Friday night meeting, snacks and lunch on Saturday (breakfast is provided as part of the price of the lodging)

### Schedule-

- IF you want to bring family or friends you can, but only members of ATA0 can attend the actual Saturday part of the retreat- but others can enjoy the comfortable hotel, workout center, pool and comfort for one or two nights...
- Friday Sept. 27 arrive Norman postal training center before 6pm, check into rooms, food court meal is \$15 and very dee-lish. You will need a parking permit to enter the hotel. Evening ATA0 meeting at the training center in a meeting room - program etc and meeting approved for 2 ceus... 7-9 pm , later- optional hot tubs, drinks, slumber parties in suites, conversation and hanging out.
- Saturday Breakfast 7-9 (included in hotel price) then at 8:45 meet in lobby to caravan to the studio site for the day - it is less than 2 miles away and those who like to walk or run can be provided a map..... 9-4 artmaking, hanging out, conversation, meditation, small group discussions and sharing. Leave the studio by 4.



**Hoping everyone's  
4<sup>th</sup> was the best  
ever!**

published by the art therapy association of oklahoma  
an affiliate of the american art therapy association  
june 2013



(Plenty of work space in the air-conditioned studio that overlooks the property, lake and gazebo. Gazebo has table and chairs and both it and the small dock can be places to work.)

- Our lodging and Friday night meeting will be at the NCED (or Postal Training Center as it is known) is right on Hwy. 9 and provides comfortable economical lodging that pampers you, it has a saline pool (it's outdoors so if weather allows), workout center, whirlpool/hot tub, on-site bar and restaurant... at a great rate and very convenient and easy to find
  - a) cozy guestrooms: choose either one with two twins or one queen (89) or a suite (139) that has two rooms each with a queen bed as well as a fold out sofa in the living area. All have white duvet covers and Euro Pillows plus a host of extras
  - b) Enjoy everything from cable television with premium channels to blackout drapes to complimentary high-speed Internet access.
  - c) Cable TV w/Premium Channels
  - d) Complimentary High-Speed Internet Access (wireless)
  - e) Blackout Drapes
  - f) Complimentary Coffee and Tea Maker

What do you need to do? It's as easy as 1-2-3 but do it NOW...

1. Book your lodging yourself through the NCED, you can get a room with two twin beds, or a room with one queen bed, both are at the retreat rate of you can do this online at <http://cc.nced.com/> or call 405-447-90002.
2. Mail your check made out to ATAO for \$80. to:  
**ATAO, PO Box 20231, OKC, OK. 73156- 0231**
3. Show up Friday night Sept. 27<sup>th</sup>; bring any art you want to work on, or the seed of an idea or project to spend some focused time with at the retreat. You bring your own supplies for whatever you want to work on but there are some additional basics at the studio. You might want to journal and sketch, you may want to continue on something you are working on, you may want to bring random supplies and see what develops, you might want to make a vision board... this is RETREAT and renewal, not hard work or mandatory productivity.

## Robert Genn Twice-Weekly Letter

### Magic Hour Light

Recently, Donna Lafferty of Austin, Texas wrote, "Could you talk some more about the use of Magic Hour light? What happens to the spectrum at this time?"

Thanks, Donna. We can learn a lot about the hour before sunset by looking at the work of the Spanish painter Joaquin Sorolla. Mainly a figurative painter, Sorolla (1863-1923) made it his business to paint in the late afternoon. From his point of view we see long dark shadows (often on high-key beaches) loaded with warm and sometimes reflected light. FYI, we've put a selection of Sorolla's paintings, with my brief commentary on each, at the top of the current clickback.

Painters, according to Sorolla, need to think of themselves as truthful cameras. They need to develop the ability to see colours as they actually are, without the problems of previous understanding or careless rendition. He advocated sitting quietly out of doors while looking carefully at various elements in the surroundings--and mentally translating their colours into pigment. Sorolla, as well as Sargent, Monet and other great colourists, reported there to be nothing magic about it. Nailing the right pigment is an acquired skill.

As the sun sets, the spectrum moves more and more toward warm. Surprisingly, cools such as greens and blues pick up a strong vividness that seems at first glance to defy logic. This vividness is due to the surround of warm "mother colour," and even though cools may have warm in them, they are made more electrifying by the contrast. At Magic Hour, painters can also see and use the possibilities of full-strength reds, oranges and yellows. The old art instructor's maxim "If you see colour, emphasize it," still applies. Interestingly, as noted in many of Sorolla's works, almost pure whites can take on unabashed dazzle, particularly when their edges are softened.

"Swatch-painting" on location in late light is an effective exercise. What I call "relationship swatches" can be absolute dynamite. This is where you paint two or more colours occurring before you in nature. For example, in late afternoon light, paint a rose with a green leaf beside it, and then paint the cast shadow of the rose on the leaf. You don't need to get the rose or the leaf or the cast shadow right, you just need to get the hues right. This seemingly simple exercise can make grown men cry.

Best regards, Robert

## so many books...so little time

### How to Eradicate Invasive Plants

by Teri Dunn Chace

Kudzu, Ragweed, Purple loosestrife are just a few of the invaders that won't go away by themselves!

Invasive plants are a growing threat to home landscapes, affecting native plants, wildlife, and humans. This clear, easy-to-use book shows you how to recognize the "enemy"; offers eradication options, from simple, organic approaches to the safest and most responsible ways to use chemicals; and enables you to identify 200 of the most common and harmful invasives.

If you are interested in gardening, this book will open your eyes to yet another aspect of 'keeping things in balance'.

## **Painting with Acrylics**

by Gabriel Martin i Roig

This is a book that explores and attempts to begin instructing new students in techniques of painting with acrylic paints. It explores a variety of effects from transparent washes to collage and impasto painting.

Martin i Roig gives an explanation of some of acrylic paints, discusses the benefits and drawbacks of acrylics and includes a few relatively simple exercises for a student (whether veteran artist or total novice) to try for herself.

Color combinations, painting on different surfaces and painting on a colored background are all explored, discussed and demonstrated. Also included is a description of the author's favorite choices of tools, supplies and subjects.

I found the book to be far different from others I have read on the use of this medium. I was surprised to find that I have used many of these techniques to doodle with and warm up to an actual painting session. That really lit my fire as I leafed through and saw how other artists had employed these techniques to create vibrant, colorful and bold artwork. It seems that even a 'beginner's book' can be a treasure of inspiration.

## **Paint Along with Jerry Yarnell: Painting Basics**

by Jerry Yarnell

In this first book of the series "Paint Along with Jerry Yarnell", the author demonstrates 10 different landscape subjects. This is the first book in his series and is the only one the Metropolitan Library System carries by this author/artist.

Though appearing simplistic at first, Yarnell's subjects cover a range of techniques used by most landscape and realistic artists who's medium is acrylics. Each of these techniques is explored and the student is given step by step descriptions with full color images to aid them in using the techniques and gaining some control and understanding of acrylics.

Yarnell also authors a program which runs on OETA public television under the name of "Paint This with Jerry Yarnell". It runs on OETA and on OETA's "Create" channel at various times. Seeing his live demos brings the subjects in his books to life. It also lessens the time spent on doing studies and experiments just trying to find what works for me.

The Metropolitan Library System here in central Oklahoma is chocked full of books, periodicals, and videos covering subjects from simple 'How To's' to history, arts and crafts, biographies and sciences. It pays to explore their catalog, become a member and support your local library. Like public education, it is one of our greatest resources.

Learning takes place through the active behavior of the student; it is what he does that he learns, not what the teacher does." ~ Ralph W. Tyler

## 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.

## 2012-2013 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](mailto: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  
P.O. Box 20231  
Oklahoma City, OK 73156-0231

