



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

Aug.-Sep., 2013

message from the president...

Hope this finds you cool and comfortable, guess we have to have summer after all. Our main focus is the upcoming retreat in Norman on Sept. 27-28. We will meet in the evening for dinner, drinks, and then a board meeting, not necessarily in that order; the drinks will probably be after the board meeting. We have a special room reserved for us, just like we are a business so we will not be disturbed or bothered...so I am hoping everyone can attend. The retreat last year was just incredible. The studio space for the Saturday retreat is absolutely wonderful, large and beautiful, the lunch better than any restaurant, the space is so conducive for art making. And very large! Plenty of room for everybody. So, please see the retreat info included in this newsletter. **Note the parking permit** also.

Also, Coretta Harding has provided ATAO with a detailed, very informative summary of the AATA conference/ delegate meeting in Seattle this summer. Thank you, Coretta, for sharing all of this valuable information; there are so many good ideas and suggestions for how to improve art therapy organizations and how other groups have handled difficulty maintaining their group. I truly hope everyone will read it. We can utilize it for ATAO's functioning as well. A copy of it will be available at the retreat/board meeting for a spring board for possible discussion as well.

Plan now to attend the Sept. 27-28 get together and retreat, earn those valuable CEU's, get refreshed and renewed for the coming fall season.

Suzanne Morris

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member news...

Coretta Harding was in Peru, Lima and Miraflores, since August 17th working on her first field experience for her doctorate in International Psychology. This trip involved meeting with several NGOs and speaking with the people they serve. Also, they were learning how to make connections to conduct research in another country. Coretta's research will be conducted in Peru working with Afro-Peruvian women and their experience with racism and discrimination. Next year, she will return for her second field experience where she hopes to collect her data for her dissertation. The trip was filled with many wonderful experiences.

Coretta Harding attended the AATA National Convention in Seattle, Washington this year. The following is her report.

AATA Delegation Meeting

Gretchen Graves- speaker-assembly of chapters opened the meeting

Mercedes ter Maat- president AATA welcomed everyone

After roll call, the minutes of last year's meeting were corrected and approved.

Each state delegate gave a report of their local chapter. The information listed below is a summary of each chapter who shared. A more detailed report will be available from AATA once the compilation has been completed. Due to time, some chapters gave an abbreviated version of their report and more information will be available in the final report. If you find anything you would like more information about it is best to contact that chapter and they can fill you in with more information. San Antonio will be the location for the AATA conference in 2014.

Conneticut:

1. Hurricanes in October and mass shooting in December in New Town
2. Their art therapy association was inactive before the mass shooting but reactivated to offer support for the tragedy.
3. They have a new board.
4. They worked in collaboration with Rainbow Fish Project to help children and families. The work included the children making their own fish and scales and offering the scales to others who needed support. They also worked on a bookmaking project for the Sandy victims called Kids Share Newtown. They used PTSD rating scales and parental reports to get feedback in the community on the effects of art therapy.

Arizona:

1. Developing a strategic plan
2. Had 2 events
3. Working on their outreach, communication, and licensure committees
4. Developing a sunrise document to submit to the health and human services committee

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5. Membership is about 45 but there is not much attendance at meetings
6. Sending out surveys to assess the needs of members
7. Building a referral resource list so everyone knows what The others are doing should they need to refer someone
8. Developing internship opportunities
9. Presented at local collage and providing workshops

Buckeye:

1. They have about 236 members
2. Working on their strategic plan
3. Will have their 36th Annual Symposium in Sept with Harriet Wadeson as their speaker.
4. Providing art making and ceu opportunities
5. Legislative update-joined with Capital Consulting group (lobbyist) to get licensure in Ohio.
6. Postcards to legislature to support art therapy in Ohio
7. Continues to work on website and newsletter to get information out to members and potentially new members

Colorado:

1. They have a new president
2. From their strategic plan they are working on recruitment, title protection, new website, virtual art show, and an Art Therapist Make Art Gallery Show
3. To bring awareness of their organization they are working on their website and a local tv show

Evergreen:

1. They have about 60members
2. They have a Facebook page and website
3. They have community art outings
4. Fundraising to support student attendance at the conferences by selling decks of cards in which the back shows drawings created by the members

Florida:

1. They have updated their website

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2. Their blog and Facebook page show events, employment opportunities, and a FAQ (frequently asked questions) sections for anyone coming to the site who has questions about what art therapy is or isn't
3. They meet monthly for a meet and greet
4. Fundraiser-sold rubber bracelets which went to support the self-care project for 2 members. This is the chapters way of supporting members taking care of themselves.
5. State conference in 2014 will be in the Bahamas. The fees are for the course itself because there will be no registration
6. Sending mail outs to universities, K-12 schools, veteran centers
7. Working on licensure and title protection with the government
8. They have new boards members
9. For Children's Mental Health Awareness they had 2 events

Georgia:

1. Has 35 members who meet quarterly
2. They have a new board
3. Have changed their website to be run by a member
4. Their blog has a members only area where they share things between members
5. Had a weekend workshop in April titled Yoga and Art Therapy where they offered ceus
6. Collaborated with students from the university for an Arts & Healing art show where the art therapists created art for display
7. Legislative committee started and they are making a brochure
8. Working on getting a masters of art in art therapy program approved

Illinois:

1. They have 117 members with 30 people on the broader board
2. They stated there was a need for more structure to the organization
3. They are choosing a theme for the next year to help with the structure. Their theme will be self-care. This will be used for the programming and conferences.
4. Their intention for the year is: to be modest and manageable. Using this theme and intention, they reinforced them by giving out m&m's which symbolized modest and manageable and they were able to fill positions in their chapter because people were able to see that they were only expected to do their best.

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5. They revamped their management structure to include a time keeper, to keep meetings on tack, public forum as part of the meeting, gives everyone a chance to share, executive board makes priorities.
6. The executive board meets every other month
7. Revising job descriptions and defining roles and responsibilities within the chapter to decrease overlap and increase clarity
8. Marketing and communication-planning website to use a weekly platform because it is easy to revise and update. Using e- alert, twitter, and Facebook
9. Their 33Rd Annual conference will have the theme- Collective Rekindling will be held October 26 at the School of the Art Institute of Chicago.
10. Art Therapy and Music Therapy collaboration
11. Workshop titled-Meditations and Mindfulness included yoga and meditation
12. Held a speed networking event

Indiana:

1. They have 32 members
2. Held an open house to welcome anyone interested in their chapter a chance to come and meet and greet
3. Advocating for licensure bill
4. 2 fund raisers: one in a local restaurant and a % of the money went to the chapter
5. Studio E program: art therapy support group for people with seizure epilepsy disorder. There were 4 art therapist with various backgrounds that participated
7. They have a website and Facebook page
8. Artwork has been displayed at the local university

Iowa:

1. Have a continued interest in inquiries about art therapy
2. Working on education and marketing
3. Have used Skype as a way for board members to meet for executive meetings which has had with participation

Kansas:

1. Had a Ted X event- they didn't go into more detail on this

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2. Trying to spread the word by collaborating with art administrators, museums, etc calling it Articipation
3. Interurban Arts House through multi use art center, program is called Art Heals. They received a grant from NEA
4. Had a tv spot focusing on art therapy
5. Worked with the Nelson Atkins Art Museum and the Kansas City Mayors Task Force on the Arts

Kentucky:

1. LPATA was passed
2. Had a Spring membership meeting
3. Have a website, Facebook, and twitter
4. Will have a Fall or Winter workshop

Louisiana: absent

Maryland:

1. They have about 100 members who meet quarterly
2. They have an e-news letter and a new website
3. They have a blog and mentioned they use wild apricot for this site
4. LCPAT has granted 40 licensures
5. 2nd Annual Art Therapy workshop titled: I feel I am, it was exploring identity
6. Peer supervision groups with n and seasoned therapists
7. Selling t-shirts on etsy for fundraiser
8. Professional education scholarships will be launching
9. Providing yearly a private practice panel to share setup and maintenance of a practice. It is free to member.
10. Have an exception service award and will find local artists to create the award that will be given out
11. Working on public relations with the media and journalists

Minnesota:

1. They have about 50 members
2. Have updated their website
3. Have panel presentations quarterly regarding issues for therapists

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4. Will host the 2015 conference

Missouri:

1. They have about 40-45 people
2. Their membership is down and they have open board seats
3. Held a swap meet that was attended by 30 people
4. Every other month they have art night
5. Have held workshops for ceus
6. They are wanting to fund the Carol Art Memorial Fund. She was an art therapist from their state.
7. Their service project created sock monkeys
8. Held their 16th Annual Artsy Show which had 16 agencies involved and 180 pieces of art work
9. Held their 2nd Annual Art Therapist Art Show

Montana:

1. They have one new member
2. They have launched a website
3. Their main focus right now is educating the state about art therapy
4. Montana has 2x suicide rate
5. Have been working with art therapy and equine therapy

New Jersey:

1. They have about 130 members and 10 board members which meet quarterly
2. They have a new website, a Facebook page
3. They have more interest in art therapy on the student level
4. Created a task force called Jersey Force Creates. It is a pilot program for families affected by Sandy
5. Looking for bipartisan support for a licensure bill
6. Have their beach bash coming soon

New York:

1. Have almost 300 members
2. Held an Ethics Symposium

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3. Had a networking event at the expressive therapy conference
4. Juried art exhibit
5. Have events at school to engage students to be members
6. Used Adobe Connect to broadcast to members who couldn't attend
7. They collected materials for the Children's Mental Health Awareness Day
8. Working with drama, dance, and music therapy
9. AATA took over the membership and they say it has helped their organization
10. Created scholarship awards and gave 4 out
11. Will have a bookmaking workshop in the Fall

North Texas:

1. They have 25 members that meet 1x month and provide ceus
2. Focus is on art making
3. Issues with the LPCAT because the licensure is restrictive so the art therapist in the area continue to work toward changing this

Northern California: absent

Oklahoma: info presented

DC Metro:

1. They have a website, Facebook page and opened a yahoo list serve
2. Collaborating with the university to increase membership
3. They use mail chimp to send information out
4. They have 1 student and 2 professional awards each year to help them attend the conference
5. They are creating a guide to help transition the board members
6. They a collaborating with other art therapy associations
7. They received NBCC status for events. When ceus are offered members do not have to pay so many people sign up to save the fee for the event. After they received the status they had 15 events.

Joseph: AATA Treasurer gave Financial & IRS Reporting

The accounting and procedures manual has been updated. The CFO position has been eliminated which returned \$60,000 back to the serve funds. There is a financial manager for financial reporting instead of a CFO.

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Last years net accrual was \$71,471. Membership dues for 2014 will stay the same.

Chapters need to complete the 990 form and return. There was a copy of the last one completed but they need another send ASAP. Talked about completing direct deposits around July 15th for membership dues. Two goals for the next year is assurance of financial continuity and meeting fiduciary responsibilities.

South Carolina:

1. About 22 members
2. focus right now is on title protection and licensure
3. Drafting letter to offer help, support and collaboration to those who say they provide art therapy but have no training
4. Have a Facebook site and website

South California:

1. Covers 10 counties
2. Has 97 members
3. Held a beach blanket picnic event with potluck and sand mold making
4. Soul Collage workshop in past Sept
5. Holiday party in December
6. ave out two awards
7. Created a brochure which is available online
8. They have a Skype, Facebook, and LinkedIn

Utah:

1. Jan 2013 official chapter status
2. Strategic plan in progress
3. Working on bill for art therapy title protection and licensure
4. Professional outreach in place
5. They have a Facebook account
6. They have monthly meetings

Vermont:

1. They have 29 members

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2. Local arts organizations participation
3. Met with faculty about a satellite program
4. Biannual client art show
5. Home health and hospice conference panel provided
6. They have a website
7. They are connecting with local politicians

Virginia:

1. Doubled board size
2. Regional research symposium with other art therapy associations
3. Held an auction on eBay and sent funds to Hurricane Sandy assistance
4. Children's Mental Health Awareness Day in May at 5 locations with downloadable resources on the website
5. Juried member art show with topic of counter transference
6. Fall Art Therapy Symposium Collaboration
7. Student liaison committee
8. They have 2-3 scholarships they give out
9. Promoting licensure
10. Quarterly community events such as outreach, networking, and art making
11. Social Media Committee which involves daily tweets, weekly blogs, monthly newsletter. They have 2 people dedicated to do this.

West Chester: absent

Western New York:

1. Jan received official 501 (c) (3) status
2. Held two events
3. 5 active board members
4. Have 14 members

Wisconsin:

1. Working on marketing - growing art therapy locally

2. Have a historical committee
3. Have welcome folders for transitioning board members
4. New board members get a welcome letter, information on a flash drive, copy of the annual report, description of role and responsibilities

Margaret Carlock-Russo went over the State Advocacy Training. The public policy section is on the AATA website for members to see. She also discussed the National Policy Agenda, National Policy Goals, AATA National Policy Tools and Guides, and National Initiative.

Coordinating with SAMHSA to provide a tool kit for trauma.

Another 990-N form needs to be completed and turned in for the fall

San Antonio is the next conference in 2014.

Pat Lynn Moses went with Joan to Ireland, and then met her brother in Scotland for more fun in the 'old countries' ... amazingly wonderful trip to learn and gawk with Joan and she highly recommends that you go along on the next one Joan plans! Now she is resuming her 'Creative Offerings' and is having a wonderful time setting up Open Studio, Art Classes, Experiential Retreats, Sketch OKC, and Creative Workshops. If you are not on her e-mailing list to receive information, just e-mail her at patriciamoses@me.com and she will be happy to add you! See you at the ATA O Retreat!

Retreats ...

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

The title of this year's retreat is "Witness in art therapy- the power of sharing". Participants will receive 7 ceu's. Lunch on Saturday is provided by Vicki so we need a count to give her time to prepare and be ready to serve us. Please register now so we can prepare for the meeting on Friday evening and know how to plan for our Saturday R & R together.



(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

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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.
- 7 ceu's will be provided - total of 7 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 6:00 pm, 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 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.



(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

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- 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 and 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. 27th; 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.

Parking Pass:

4. Please have your attendees print the attached parking pass, write their name on the designated line, and place it on their driver's side dash and leave throughout the event. This will provide easier access onto the property.

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Parking Permit for Fall Retreat

Please print out the parking permit below and cut on the dotted lines.



Art Therapy Association of Oklahoma Board Retreat

September 27-29, 2013

Attendee Name _____



****Please print your name on above line and place this parking sign on your driver's side dash and leave throughout the event.****

so many books, so little time . . .

A life lesson that all parents want their children to learn: It's OK to make a mistake. In fact, hooray for mistakes! A mistake is an adventure in creativity, a portal of discovery. A spill doesn't ruin a drawing—not when it becomes the shape of a goofy animal. And an accidental tear in your paper? Don't be upset about it when you can turn it into the roaring mouth of an alligator.



Barney Saltzberg, the effervescent spirit behind Good Egg, offers a one-of-a-kind interactive book that shows young readers how every mistake is an opportunity to make something beautiful. A singular work of imagination, creativity, and paper engineering, Beautiful Oops! is filled with pop-ups, lift-the-flaps, tears, holes, overlays, bends, smudges, and even an accordion "telescope"—each demonstrating the magical transformation from blunder to wonder.

The smudge becomes the face of a bunny, a crumpled ball of paper turns into a lamb's fleecy coat—celebrate the oops in life. -- submitted by Dawn Truby from Amazon.com

Art Therapy Directive:

One of the most successful directives I've used recently came from a greeting card I purchased at the OKC Art Museum, framed and have hanging in my bathroom where I see it every morning as I get ready for work. It is: "What would you attempt to do if you knew you could not fail?" Most clients think this is really hard, but when they draw it, you get some amazing results. And you can talk about small ways to make this start to happen for them.

Dawn Truby

Please submit your book reviews, newsworthy items and other tips and tricks for use in therapy to:

pennicole@gmail.com

Each day you are vertical and breathing is a good day! ~ Unknown

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: Coretta Harding

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
P.O. Box 20231
Oklahoma City, OK 73156-0231**