

# atao news

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

**oct/nov 2013**

## message from the president...

Hi ATAO....

Happy Holidays! It is already here...the morphed images of ghosts with turkey heads in Santa clothing. I've actually seen combined holiday dress on figures. Pretty soon I will just anchor one of these creations in the yard for three months.

Just saying goodbye as your president...it was a real learning experience for me. I believe we kept plowing through to keep annual rituals, board meetings, retreats and conferences viable. I chose the word viable as it often relates to an unborn baby, a fetus. Sometimes it felt that way too...that there is an inner core being that is enduring inside all of us for ATAO. Please nurture ATAO much like you would a garden and help us survive if not thrive into the future.

Thank you to every single person who helped keep ATAO going, the newsletter submissions, the conferences, meetings, retreats...especially thank you to Kathy Carnes who has been our enduring treasurer for over SEVEN years! Kathy has been the diamond for us and I can't thank her enough. Thank you to Pat Lynn Moses who kept the 2012-2013 conferences realistically grounded and informed. They simply would have not happened if it wasn't for her valuable input and letting us use her house! Phyllis Pennington, ATAO's webmaster, has kept us connected throughout the past two years. Her computer expertise and objectivity has provided a much needed viewpoint for our organization. Please keep submitting articles of news, interests, and activities to our newsletter as that is the stuff that matters, the enduring connectivity. Please support our incoming 2014-2015 president, Kay Foster from Lawton, Aimee Rook our president-elect, Kathy Carnes and Maureen Harvey our co-treasurers, Kimberly Nguyen our secretary. The other positions are listed in the minutes. We need all of you to keep this going!

**Suzanne Morris**

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## member news...

**Aimee Rook** - The 51st Groovefest was a success! Many say it was the best ever with great thanks to many more vendors, more attendance, more volunteers than ever! Aimee Rook, LPC, ATR has been Program Coordinator/event planning the world's oldest human rights music festival for 3 years and on the arts committee since 2006. The mission is to promote community through arts, music, and human rights awareness. Bands play for free and speakers inspire the crowd between sets. For 26 years it was semi-annual, spring and fall, but alas, resources dictate once per year. So, look for it the last Sunday each September. It was founded by OU student artists, musicians, and activists, [www.groovefest.org](http://www.groovefest.org).

Aimee changed jobs this year to Center for Children and Families in Norman where creativity is welcome with focus on community resources, play therapy, and parent education. She maintains Yoga and Art Therapy by appt. in Norman. [www.createpeaceok.com](http://www.createpeaceok.com)

Aimee says check out the 2nd Friday Artwalk in Norman! [www.normanarts.org](http://www.normanarts.org) and check out their [visually beautiful monthly guide](#).

Aimee and the Groovefest committee also coordinate Norman Mardi Gras Parade. It's the only Mardi Gras Parade in Oklahoma, and Norman's only night parade. Look for the [30th Norman Mardi Gras Parade March 1st!](#)

**Joan Phillips** - recently presented a talk titled "Bringing the arts into collaborative healthcare" - her co-presenter was Pam Boeck, RN from the OCU school of nursing and the talk was at the Collaborative Family Healthcare Association annual conference October 11.

The ten day tour of Ireland led by Joan Phillips June 4-14, 2014 is still accepting participants. Twenty ceu's will be included and a good time will be had by all. Email Joan for details - [joanphillips@ou.edu](mailto:joanphillips@ou.edu).



**Dawn Truby** - and Ascot II walked in the Canine Companions for Independence fundraiser, Dog Fest Walk 'n Roll, on Saturday, October 12 at the Boathouse. It started off being FRIGID Saturday morning, but Ascot had a great time schmoozing with his People, and loved seeing other CCI dogs, including BOY dogs! He told me..."Finally a dog who's not a girly girl!" We met our personal fundraising goal (YEA to all who contributed!) . If you missed the opportunity and would still like to make a donation to change the lives of a differently abled person and an incredible assistance dog, the link will be open until October 28. [Link to site](#) for more details.



Dawn Truby entered the Art Therapy Scavenger Hunt challenge with the entry below. Visit this URL to vote on your favorite - such fun art: webpage for [art therapy scavenger-hunt](#).

I am an art therapy goddess...my hair is recycled paper. People always give me trash, cuz they know I can do amazing things with what other people cast off. A feather...for nature, and to remind me to take it all lightly. My key represents hope...cuz I can open the door.

Art therapists need to remember to do their art, so take that paintbrush and renew your soul...so you can take it back and give it to whoever needs a piece of it. Every art therapist knows that the heart...yours or theirs...is most vulnerable and at the same time, most healing. Follow your heart. And the most permanent thing I know is the Dance...you just have to decide when to kick your shoes off and join in!

**Mary Lou Moad** - This week I did an art therapy project with approximately 20 children in foster care, which you might want to use. I had the kids do a circle around a pan lid on a very large piece of paper. Waiting their turn (2-7 kids per group) for the lid somehow caused everyone to quiet down in anticipation. I held the 13" lid while they drew around it in pencil.

While we were drawing our circles I asked the group what a "Team" was. They told the meaning. I told them I wanted them to draw, first, themselves, then their "team," or their "world," inside the circle. I said, "Put inside the circle everyone you feel safe with, everyone who loves you, supports you, helps take care of you, or who is a friend." (I use examples, like their birth mom, their foster mom, their Sunday School teacher, their grandma, etc.).

I then held up my own circle and explained why I had drawn each thing in the circle. I encouraged them to "copy" from one another, and reminded them it's OK to copy in our groups, because, as artists, we receive inspiration from one another.

Also, because the three people at the bottom of my project are deceased, it gave the kids a chance to talk about deaths they had experienced in their families

Though I can not publish their projects, it gave me a LOT of information. One boy put himself and his brother and God in his circle. No one else. Most kids put their entire family inside the circle.

One older boy, age 11, put himself in the middle, put continents all around the outside of the circle, turned the rest of the area into water, put 2 boats in the water, and put his family members all on a continent by himself. He was all alone floating in the water amid the boats.

It also was an opportunity for the children to tell the group certain events that had happened in their lives, beatings by their dad or their foster mom (this child put his old foster mom as far outside the circle as he could put her, with signs saying "STAY AWAY FROM ME!") One boy told the group about being pelted with rocks in his old neighborhood, and how he and his little brother had fled a gang of boys on bicycles.

One girl told the group that she no longer got to have visits to her birth mom, as her case worker said the mom had lost visitation rights. Two children refused to discuss their projects at all. (At the end of each group we each present our art work to the rest of the group, and receive respectful applause).

Remember that it's a matter of ethics that you must experience each art therapy project yourself before you present it to others, though you don't necessarily need to demo it for them. I did work on mine along with the first groups.

I hope this is helpful and useful. It's a good visual for yourself to think about boundaries and if there are people who need to be moved outside your walls. Best wishes, Mary Lou Moad, MHR-ATR.

**Kay Foster - Art Therapists Aid in Tornado Victim Healing**

On Sunday, September 15, 2013, three Art Therapists, Aimee Rook, Ann Harris, Kay Foster and one college student, Sam Foster, travelled to Moore, OK, in order to decorate t-shirts with victims of the May 20, 2013, tornado. Individual Artists of Oklahoma accepted a donation of over 600 t-shirts and monies to facilitate healing through the arts for the tornado victims. Additionally, they provided art supplies and volunteers to help with decorating the wonderfully colorful t-shirts. Aimee Rook coordinated this activity with Individual Artists of Oklahoma at the Moore Public Library. Over 50 people participated. Adults, children and whole families enjoyed a lovely Sunday afternoon in the fabulous library facility where they painted and dyed, cut and beaded, stenciled and most importantly, shared their stories.

Once Fox 25 News came to cover the event, some of the children began to make two-handed art for the camera. The news crew stayed for about an hour and a half, seemingly fascinated by the power of Art Therapy. In addition, Kay Foster was interviewed and appeared on the nine o'clock news during which she described how art therapy works and exactly why these artists and Art Therapists felt compelled to be there that day. This was a wonderful event which served its intended purpose of helping the families who had suffered through the tornado toward healing.



From Left to Right:

Photo 1: Art Therapist Aimee Rook (Norman) and kids from tornado affected school

Photo 2: Art Therapist Aimee Rook (Norman) and kids from tornado affected school

Photo 3: Art Therapist Ann Harris (Norman) lends a hand to elementary school age kids

Photo 4: ATA Helper Sam Foster (Lawton) with Jennifer, a middle school child

Photo 5: Individual Artists of Oklahoma Volunteers



★ **Suzanne Morris** - Suzanne's Other Presidency this past year. Suzanne and Ken Morris recently honored with a recognition reception and dance for all of the central district square dance presidents in Oklahoma. Suzanne highly recommends square dancing as a great reason to dress in frilly petticoats, act silly and get unnoticed exercise which is beneficial and entertaining. Check it out!

Central District Square Dance Association - Oklahoma: [www.cdsda.com/](http://www.cdsda.com/)

## Workshops...

Offered by Joan Phillips - **Friday Nov. 8 from 9-noon** a workshop at Norman Regional Hospital on use of found objects in therapy and counseling.

Also on **Friday Dec. 13 two workshops** - morning on **Ethics** and afternoon on **Supervision** updates - all workshops \$65 each and email Joan directly for more info or to let her know if you plan to attend - [joanphillips@ou.edu](mailto:joanphillips@ou.edu).

## Conference / Symposium



**Justice: interface between forensic, counseling and social issues** - One day conference- with a second day of experiential work being developed by ATA0; conference will be Friday March 7, 2014 sponsored by Art Therapy Center and co-sponsored by ATA0

This one day conference will address the interface between forensics and counseling around social issues- in particular focusing on human trafficking and work with prisoners. A variety of presenters will provide information about current trends, treatment and social justice as we practice as helping professionals. Updating and expanding our knowledge in these areas will create more sensitivity to our clients in context. Keynote speaker is Dave Gussak and additional confirmed speakers include Michael Hanes, ATR-BC, Kris Newlin, ATR-BC and Joan Phillips, ATR-BC.



Presents the 35th Annual  
Kansas Art Therapy Association Symposium  
The Art of Positive Emotions

Pop up Gallery, 2100 Grand Blvd., 3rd Floor, Kansas City, Missouri 64108

Keynote presented by Gioia Chilton, MA, ATR-BC, PhD Candidate

Breakout presentations by KATA members Clara Corn, Janice Mead, Libby Schmanke and Gaelynn Wolf Bordonaro

**Friday, November 1, 2013 6 to 9.**

The Art of Art Therapists: Past, Present and Future

This show will feature artwork of Art Therapists and will be a part of the Crossroads First Friday Art Walk in KC, MO. Open to the public.

**Saturday, Nov. 2, 2013, 9 to 4. 9:30-11:30am**

Keynote: The Art of Positive Emotions: Results of an Arts Based Research Study - Gioia Chilton

**KATA meeting and Lunch**

Workshops (these sessions will have additional cost, space is limited, please register early):

1pm-4pm Spirit dolls-Gioia Chilton (limited to 20 participants)—This workshop will last for 3 hours

1pm-2:45pm Tee-Shirt Art in Art Therapy. Communicating through Wearable Expression-Gaelynn Wolf Bordonaro (limited to 20 participants)—This workshop will last 1 hour 45 min.

Breakout sessions (no additional cost)-each breakout will last 1 hour—they will occur simultaneously with the workshops:

1pm-2pm Meeting in the Quagmire: Helping Stuck Adolescents Get to Positive- Libby Schmanke

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2pm-3pm Efficacy of a Candy House Directive in a Trauma Focused Art Therapy – Janice (Nannie) Mead  
3pm-4pm Positive Art Therapy at Welcome Table Community Center in Turley, OK – Clara Corn

For more information see [KATA-conf-info-regis.pdf](#) link on our website Calendar of Events page.

## Fall ATAo 2013 Retreat pics



## so many books...so little time



I bought this book, "Crafting Calm" by Maggie Oman Shannon, recently and plan to use it in meditative art therapy...journals, zen gardens, prayer flags, spiritual toolboxes...and more and more. Wonderful, spiritual book about using art to get to the quiet within you.

From Amazon.com: In this wired, wild world, it is harder than ever to shut out noise and busyness in order to truly calm yourself, but in *Crafting Calm*, a D.I.Y. guide to peace of mind, you'll find inspiring ideas for how to do exactly that through a wide range of creative exercises. In this book, author Maggie Oman Shannon explores crafts and creativity as a practice with enormous physical, mental, and spiritual benefits. By immersing ourselves in a craft with intention and mindfulness, we can quiet those voices around us and in us—we can enter sacred stillness. Through revealing interviews, personal stories, and forty suggested activities, the author shows how creative processes can become spiritual practices. Whether you're an aspiring artist, longtime craftsperson, or someone who has never set foot in a craft-store (yet!), you'll find something in *Crafting Calm* to inspire you. *Dawn Truby*

## ATAO Meeting Minutes

NCED Conference Center; September 27th, 2013

Secretary, Kimberly Nguyen

- I. Attendees: Suzanne Morris, Kay Foster, Kimberly Nguyen, Kathy Carnes, Aimee Rook, Misti Vekas, Susan Games, Pam Rice, Verletta Russell, Joan Phillips
- II. Previous Meeting Minutes Approved
- III. Treasurer's Report By Kathy Carnes
  - a. Current account balance: \$6,124
  - b. Conference/workshop breakdown
    - i. ATAO made more money from 2011 conference in Tulsa
      1. More people showed up and we didn't pay much for the speaker
    - ii. ATAO made around \$185.50 from 2012 conference
      1. We needed more advertising, less people showed up, and we paid for our speaker (Lani Gerity)
    - iii. ATAO made about \$935.64 from 2013 conference
      1. We paid a lot for workshops on grant writing and \$143 for lunch.
    - iv. NCED Conference Center meeting room for the fall retreat was \$196.
  - c. Discussion: should the treasurer set up a PayPal or Square account for ATAO?
- IV. Membership Report
  - a. Need membership survey to see who is available or who members could nominate
- V. Payment to Phyllis Pennington for Webmaster 2014
  - a. Paying Phyllis Pennington \$460.99
- VI. Chapter Information 2014 Update Due November 1st
  - a. Request from AATA for information from 2013 for 2014 still needs to be done
- VII. 2014 ATAO Nominations- Aimee Rook

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- a. Aimee's goal: to promote membership and to bring back old members by providing more re-treats, conferences, and CEU's...
  - b. How can we improve art therapy within our community? ATAO should participate in more community projects and report activities online.
  - c. On the ATAO website, we should have a list of members
  - d. Send more updates to Phyllis to put in the newsletter
  - e. Start a phone list
  - f. Should only art therapists be officers even though the numbers are low? Need more young members!
  - g. Create a members survey to determine how involved members can be.
  - h. Upcoming Officers
    - i. President- Kay
    - ii. Aimee- President Elect, Marketing
    - iii. Joan- Conference
    - iv. Coretta- Primary Delegate
    - v. Maureen and Kathy- Treasurer
    - vi. Kimberly- Secretary
    - vii. Nominations- ?
    - viii. Not planning on organizing any art exhibits now, but if we do, Aimee and Susan Games would organize them
      - 1. We should display our organization's work in coffee shops and/or Mary Lou's gallery
- VIII. March 8, 2014 Conference "Art Therapy in Prisons"- Joan Phillips
- a. "Justice: Interface Between Forensic, Counseling, and Social Issues" featuring Dave Gussak from FSU and Michael Hanes and Kris Newlin
  - b. Location: Norman Regional
  - c. Discount for ATAO members
  - d. Order lunch, ATAO will help pay for lunch, 50-60 people, Subway \$10 per person
  - e. Committee members: Maureen, Kay, Kimberly
  - f. ATAO will donate around \$400 for Friday, free advertising
  - g. Tulsa people can stay at Joan's
- IX. March 8, 2014 Conference- Experiential ATAO?
- a. ATAO will be responsible for the event.
- X. Retreat 2014
- a. September- Kay will decide
  - b. Suggestions: Quartz Mountain, Tulsa
- XI. New Business
- a. Groovefest in Norman September 29th
- XII. Next Meeting Date
- a. Friday during Joan's Conference
  - b. Other suggestions: Winery in Guthrie, Madison Park, Christmas party



If you don't think every day is a good one, just try missing one!

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:** 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**