

atao news

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

april 2014

message from the president...

Happy Spring, ATAO members,

Spring is so very welcome that I hope you are out playing in the sunshine as I write. ATAO has been very busy lately and will continue to be in the coming months.

The conference in March was highly enlightening:

Dave Gussak: Dave was the fascinating keynote speaker who kept us enthralled as he described doing Art Therapy in the prisons. He also spoke at length about his experience in evaluating the mental wellness of an inmate in a potentially death row murder case.

Kris Newlin: In the afternoon, Kris demonstrated the manner in which human traffickers acquire prospective victims, and showed how the slow road to recovery is occurring in various locales.

Michael Hanes: Michael spoke of life in the Oklahoma County Jail and how rewarding his work is there.

Joan Phillips: To complete the afternoon, Joan presented pertinent information about working with the justice system in our practices. It was a very exciting day!

During the breaks and lunch, Dawn Truby sold the beautiful products that folks had made and ran the silent auction. Many thanks to Dawn for her hard work and expertise. Further thanks go to Joan Phillips who organized the Friday part of the conference and invited ATAO to use the space on Saturday. Most of all, I wish to thank the Conference Committee, Aimee Rook, Maureen Harvey and myself, for their tireless endeavors to create an unique conference experience. Our Saturday conference entailed Vicki Muir presenting, "Visioning: Ten Steps to Designing the Life of Your Dreams" based on the work of Lucia Cappichione. I wish to also thank Cathy Carnes for her work at the Registration table. We are indebted to many who added their knowledge and skills to create a conference.

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About 65 people attended the conference. We were happy to welcome attendees from New York, North Texas and Wyoming, as well as our Oklahoma folks. Greeting friends both old and new was the highlight of the conference.

At the ATAO meeting on March 7, we made plans for future endeavors. We will have an art making opportunity on June 7 in Lawton during which our own Dawn Truby will teach beading. The Retreat Committee is working on choosing a site for our Fall Retreat and our next Spring Conference will be held in Tulsa. We are using the old design for the ATAO t-shirt and having them made in bright colors. Many of us are planning to attend the AATA Conference in July in San Antonio, TX. Please contact Joan Phillips if you would like to ride the train down to the conference.

Additionally, Maureen Harvey and I will be present at the ATAO table for State Art Day on May 7 at the Oklahoma State Capitol building. We expect to meet our legislators to remind them that we are a vital organization. Because of recent attempts to cut all state art's funding, it is more important than ever that we make our presence known. Please contact me if you would like to participate in State Art Day. It would be wonderful if we could produce a crowd of Art Therapists to greet our legislators.

I hope you are enjoying the Spring and planning to join ATAO as it creates many opportunities to expand our horizons as Art Therapists.

kay foster

member news...

State Arts Day
May 7, 2014

ATAO will have a table so that we can meet legislators and remind them of the essential nature of the arts in Oklahoma life and culture. Please contact Kay Foster if you wish to participate.

Kay Foster: State Arts Day is May 7. ATAO is having a table. We need Art Therapists to volunteer to be there and talk to the other arts groups, as well as legislators. Please let me know if you are willing to be there.

Maureen Harvey: Also, if you want to have a card or some information at the table, let us know---we will be glad to display it. My thinking is we want to 1) make them aware of Art Therapy, and Art Therapists, 2) educate them on what art therapy is, and is not; and 3) we want to be included in the spectrum of "arts in Oklahoma".

Pat Lynn Moses is offering an ongoing Creative Art Journaling group that will meet on April 12, 2014 in her home. For more information, please contact Pat Lynn.

ATAO held its annual conference in March. Below are a few of the photos from the conference.

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Aimee Rook



Dave Gussak's Book



Joy Reed Belt & Whitney Kaupe



Lana Raupe



Kay Foster greets a member

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Marketplace was very popular and offered an array of eye-catching delights



Nicole Craig enjoys lunch



Maureen Harvey & Dawn Truby



Maureen Harvey, Kay Foster, & Aimee Rook



Raj Mehro relaxes



Rosemarie Jolly & DJ



Susan Games hard at work



Therapists discussing things

**Verletta Russell sells
one of her hand dyed
scarves; below are more
of her creations
Far right: Vicki Muir
was our presenter for
Visioning**



Workshops...

Jewelry Making Workshop

Jewelry Making Day with Dawn Truby

Saturday, June 7, 2014
1:00 PM- 4:00 PM

Come to The Art House, 912 1/2 B Ave., Lawton, OK, to experience an unique art making opportunity.

Dawn Truby will teach a workshop of beading techniques to expand our artistic skills set and propel us toward new jewelry making activities. This workshop is designed to be a fun, relaxing way to learn a new way to interact with clients and to acquire new skills.

Refreshments and wine will be provided.

The cost is only \$40.00. Dawn will provide the supplies.

Please contact Kay Foster to reserve your place.

Dawn Truby announces a Jewelry Making Workshop.

Ethics & Supervision Update

Joan Phillips will have two workshops on Friday May 9, Ethics, and Supervision Updates. Vicki Reynolds of the new Board of Behavioral Health Licensure will visit the workshops and speak. For information email Joan at jparttx@gmail.com

Mary Looman PhD, Madeline Rugh PhD, and LaDeana Cummins announce a workshop on ETHICAL DECISION-MAKING AS AN AGENCY MH PROFESSIONAL. The workshop will be held May 3, 2014. For more information on the workshop, please contact Mary Looman at mary.looman@sbcglobal.net and see the pdf flyer on next page.

Robert Genn Twice-Weekly Letter

Eight rules of painting

April 8, 2014

In the corner of Mrs. Haddleton's seventh-grade art class stood a potter's wheel and a kiln. I straddled the little stool and threw down a grapefruit-sized ball of clay--my first pot. Gently kicking the wheel's power over to me, she cautioned, "You're standing at the top of a ski hill with your skis on, and you don't yet know how to ski."

Several hundred-pound ashtrays later, I decided painting was more my thing.

Remembering my brief career in ashtrays and thinking about the parallels in all the arts, I decided to re-read English author and illustrator Neil Gaiman's Eight Rules of Writing. Eight seemed brief enough to hang on to, but long enough for a developing creative to partially reject. Rules are, like an ashtray-in-progress, meant to be thrown, poked and reshaped to suit yourself. ...[continued on page 8]

CAUGHT IN THE MIDDLE

ETHICAL DECISION-MAKING AS AN AGENCY MH PROFESSIONAL

**An Equine-Assisted Learning
Playshop**



The primary reason for MH professionals to follow an ethical code is to protect clients' welfare. Yet, for professionals working for an agency, there is also a duty to be loyal to the agency's job performance expectations and mission of the agency. An ethical conflict arises when there is presence of a) significant value differences between the employee's own moral imperative and the agency, b) the MH professional codes of ethics and the agency, c) significant negative consequences on stakeholders in the situation, and d) alternatives that are equally justifiable.

During this equine-assisted learning playshop, participants will have an opportunity to

- ❖ Identify & discuss workplace ethical issues.
- ❖ Develop personal strategies for resolving ethical issues
- ❖ Experience & practice resolving ethical issues.
- ❖ Learn & practice a creative treatment technique for increasing client skills in personal boundary awareness.

**YOU WILL BE WORKING OUTDOORS WITH HORSES
PLEASE DRESS APPROPRIATELY**

May 3, 2014

10908 E Reno
Midwest City OK 73110

Facilitators

Mary Looman PhD
Madeline Rugh PhD
LaDeana Cummins

Breakfast & Lunch Provided

3 Ethics CEU & 3 Reg. CEU Credits
Approved for LPC, LMFT & LCSW

Groundwork First, LLC
3609 Peregrine Dr, Norman OK 73072

405-321-3304

MARY.LOOMAN@SBCGLOBAL.NET

REGISTRATION – Mail a Note to G1 & Tell Us

- ❖ Name
- ❖ Address, City, Zip
- ❖ Phone & Email Address
- ❖ Include payment of **\$95**

We accept registration at the door.
Helps us plan better, if you call/email us by May 1st.

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Here's my version of Neil Gaiman's Eight Rules. I've modified them for painters:

1. Paint.
2. Put your first stroke down and move on with another stroke. Work your strokes and let your strokes work you.
3. Stop the painting before you think you should.
4. Put your painting aside and start another painting.
5. Always keep in mind that you are your own best critic.
6. Perfection in painting is probably not possible. Excellence in painting is for people who appreciate the poetry of your soul.
7. Your style is what you're doing academically wrong. Radicalize yourself -- you only have one life to show you've got style.
8. You need to paint with enough assurance and confidence to know you can do whatever you like. So paint your story and make painting your life. Be honest with yourself about your progress. Always try to do a better job than you did the day before. I'm not sure there are any other rules. Not ones that matter.

PS: "I've been making a list of the things they don't teach you at school. They don't teach you how to love somebody. They don't teach you how to be famous. They don't teach you how to be rich or how to be poor. They don't teach you how to know what's going on in someone else's mind. They don't teach you what to say to someone who's dying. They don't teach you anything worth knowing." (Neil Gaiman, *The Sandman*)

Esoterica: Writing and painting are two disciplines that are difficult to teach to someone. They are personal crafts that need to be mostly self-taught -- so you can make your own mistakes in your own sweet time. "I hope that in this year to come, you make mistakes," says Gaiman, "Because if you're making mistakes... you're Doing Something." Painting is a do-it-yourself thing that requires focus and a self-critical eye. After a while some people get very good at it. Writers write. Painters paint. According to Neil, that's about it. But I often wonder what might have happened if I had kept kicking that wheel.

Best regards,

Sara



Art is to Life what Sunshine is to Flowers.

Author 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.

2014-2015 ATAO Officers

PRESIDENT: Kay Foster

PRESIDENT-ELECT: Aimee Rook

SECRETARY: Kimberly Nguyen

TREASURER: Kathy Carnes/Maureen Harvey

CHAPTER DELEGATE: Aimee Rook

ALTERNATE DELEGATE: Verletta Russell

COMMITTEE CHAIRS

Governmental Affairs/Ethics: Verletta Russell

Conference/Retreat Committee:
Maureen Harvey, 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