

# atao news

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

**june 2014**

## message from the president...

Hello fellow Art Therapists,

I hope you are enjoying the ever-changing aspects of Oklahoma as Spring turns to Summer. This is the season of graduation, of the unleashing of ambitious young people filled with hope and possibilities upon the landscape. It is the ending of something precious and the beginning of a new adventure. This time of year often leaves me feeling a little bittersweet.

Still, ATAO has lots to look forward to as the AATA Conference will be in July in San Antonio, TX. Coretta Harding has agreed to represent us as delegate again this year. She did a fabulous job last year and I look forward to hearing about all she learns this year.

We will have a table at the Marketplace on Thursday evening if you wish to sell your art offerings. The Marketplace is one of my favorite elements of the conference. It is fascinating to see the wonderful objects that Art Therapists make. Please contact me if you wish to sell your work at the conference.



Also on sale will be the new ATAO t-shirts which are delightfully soft and brightly colored. I must say that these are the most comfortable t-shirts we have ever had. (Please see the photo of my nephew Sam modeling the new shirt.) The adult shirts are selling for \$18.00 and come in red, blue and green, sizes Small through 3X. Most sizes sport a stylish v neckline. Children's sizes Small and Medium are also red, blue and green, but Toddler sizes 2T and 4T are yellow, green and pink. For all the new moms and grandmas, please note that we have onesies in green, yellow and pink. All children's sizes will sell for \$12.00. We used the graphics from our last t-shirt and chose new styles, textures and colors. I hope you are yearning to buy a new cozy ATAO shirt.

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The new ATAO magnets designed by Dawn Truby and made by the OU printing press will be given away as promotional items at the AATA conference. First, Maureen Harvey birthed the concept. Then, Dawn Truby created the master. Finally, Joan Phillips unveiled them in Moore on May 9, at a Girl Scouts event. Please remember to collect your magnet at the conference.

If you are not headed to San Antonio in July, I hope to see you at the Fall Retreat, the details of which are still in the works. We benefit so much by being together, supporting and nurturing each other. I hope you grab every opportunity to participate in ATAO.

Hope you have a wonderful Summer.

**kay foster**

## member news...

**Danielle La France**—“Fiercely Fearless” was sponsored by the Girl Scouts of Western Oklahoma. It was held at the First Baptist Church of Moore, on Saturday May 10, 2014 from 10am-3pm. This community event raised awareness, provided Emotional Health and support in preparation for Oklahoma’s storm season. Joan Phillips from the Art Therapy Center in Norman Oklahoma volunteered for this event and I went along to help.

We had a table in the Emotional Health area where we helped hundreds of kids make pinwheels. The kids used markers to decorate the pinwheels with inspirational words or drew pictures that made them happy. We shared information on talking to kids and using art to cope and express. We also gave out the newly minted ATAO magnets, “Art Heals”. Some participants remembered Joan from the Moore Library event, ATAO sponsored last year, post tornado.

It was nice to help the kids make pinwheels and see their smiling faces as they played with them. It was a day full of hope, and it was truly inspirational to see Oklahoman’s come together to support one another.



**Mary Lou Moad**– I've been asked to go to Scotland at the end of August, to assist two LPCs, a married couple, working in the mental health field through a church there. In Scotland clients have almost no access to mental health care, according to the director of missions from my church, so the husband is doing counseling all day through a church, paid by the church. The wife has started a home for teen moms who were living on the streets.

I will be meeting the artists who do art through the church as well. This year I will only be there a couple of weeks, and the focus is on learning, not teaching, but I will get to do some fun art projects with the team and/or the clients.

Next summer, the plan is for me to go back for a month to actually practice art therapy. This experience is truly what I call a "Wiggling The Knob" experience! That means that one never knows, when one wiggles a knob, what doors might possibly be unlocked, ready to open. Julia Cameron, in "The Artists's Way," says, "Leap and the Net Will Appear." I'm on the verge of leaping...

## Announcements

ATAO's Post Office Box has once again changed. Please note the new PO Box information below. You will also find the new contact information on the website, [www.ataok.org](http://www.ataok.org).

**ATAO**

**P.O. Box 300327**

**Oklahoma City, OK 73140**

## Robert Genn Twice-Weekly Letter

As I am sure many of you already know, Robert Genn just died of pancreatic cancer. His daughter, Sara, has been writing his blog since shortly after the diagnosis last year. Although it has been particularly painful to read about his decline in health, I still think the blog contains many important insights into the benefits of following a path of creativity through art. Below is the last blog entry I received from Sara announcing Robert's death:

Robert Genn (May 15, 1936 - May 27, 2014)

**May 30, 2014**

On Tuesday morning, at 10:20am, Dad passed away. He was at home, surrounded by his family. My brother Dave's Airedale, Stanley, lay on the floor nearby. This day was also my, and my twin brother James's, birthday.

A few evenings earlier, Dad and I were sitting up together, discussing a favourite piece of music. "Carl Orff's Carmina Burana has the ability to take you from placidity to power in one sonic breath. It is music of dignity and strength, with primitive, energetic passages, evoking absolute beauty from the simplest of phrases. It brings up something that has everything to do with significance – squeezing joy and motif that you just can't drop -- it stays with you."

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I tapped along on his laptop as he riffed a stream of consciousness, his sense of wonder twinkling, then sparkling, his voice growing ever softer, his hand squeezing mine when we paused. "The thing about art is that life is in no danger of being meaningless," he whispered. I remembered, again, the wonder of nearing the summit plateau at Lake McArthur, rounding a corner to the West Coast Trail's packed, silvery strand and, moment by moment, the unveiling of the magic hour on the Bois d'Amour in Pont Aven, Brittany. A few more steps, a couple of breaths to our destination: a silent sharing in the marvel.

I thanked him for the millionth time. We all thanked him as he slipped away. "Thank-you, Daddy, thank-you."

And what about your twice-weekly letters? This ardent epistolary friendship, this living commitment, a connection and conviction to the imagination and creative heartbeat, and to lifemanship? Dad wrote to you last October, after receiving his diagnosis, and since then we've solidified our intention. He wrote:

"From the get-go we have been aware of the value of these twice-weekly letters to artists and others. Sara has helped me with many of them. We've shared our artistic journey together and have often talked about this day. One of the ideas we're tossing around is that she start off by writing once a week. The other letter would be a favourite previous one of mine. If we ran all my previous letters once a week, they would last for 27 years! Finding ourselves at new chapters in our adventure, we sincerely hope we can continue to be of service to you."

And so, I'll write to you. And you'll get Dad's letters, too. It will be my honour to do so, and will continue to be with the deepest gratitude to you, his friend in art.

Sincerely, Sara

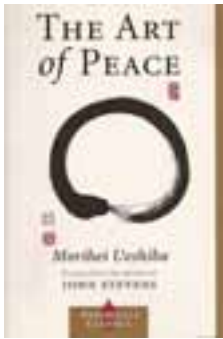
PS: "Over the days of this journey, a kind of energetic serenity has set in. Something happens with the mixture of space and time. I feel a sense of story. Others have told me you can feel it in your brush, and I do now. A family of mergansers swims close by -- the young are almost ready to fly south. Perhaps you have felt it too -- it has something to do with purity." (Robert Genn, on the Mackenzie River, 2000)

Esoterica: Dad's dream has been to reach artists of all stripes -- individuals with a common joy, journeying in this life-enhancing, inexplicable affair of the heart. He wrote, "We have no other motivation than to give creative people an opportunity to share ideas and possibly broaden their capabilities -- to get more joy and understanding from their own unique processes." With this dream in mind, please forward this letter, or letter of your choice, to someone you think might find it of value. If one, or many, chooses to subscribe, we will exponentially widen -- as a diverse and generous community of worldwide artists. "To float like a cloud you have to go to the trouble of becoming one." (Robert Genn)

"Art is something else. Art is fluid, transmutable, open-ended, never complete, and never perfect. Art is an event." (Robert Genn)

"We live our short spans in the vortex of a miracle, and while we may not be the center of that vortex, it is magic to be anywhere in there." (Robert Genn)

## so many books...so little time

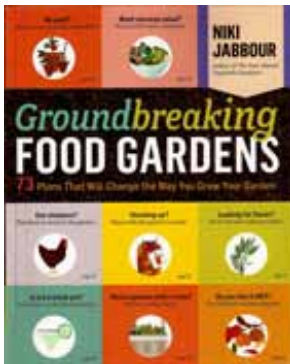


**The Art of Peace**, Morihei Ueshiba, translated and edited by John Stevens, Shambhala Boston & London, 2002

The inspirational teachings in this collection show that the real way of the warrior is based on compassion, wisdom, fearlessness, and love of nature. The teachings are drawn from the talks and writings of Morihei Ueshiba, founder of the popular Japanese martial art of Aikido, a mind-body discipline he call the “Art of Peace,” which offers a nonviolent way to victory in the face of conflict. Ueshiba believed that Aikido principles could be applied to all the challenges we face in life—in personal relationships, as we interact with society, and at work and in business.

This edition features is a much-expanded version of the original miniature edition that appeared in the Shambhala Pocket Classics series. It features a wealth of new material, including a biography of Ueshiba; an essay by John Stevens that presents Ueshiba’s views on “The Art of War versus the Art of Peace”; newly translated doka, didactic “poems of the Way”; and Ueshiba’s own calligraphies.

Morihei Ueshiba (1883-1969) is renowned as one of the greatest martial artists of all time. After years as a master of many martial arts, a soldier, and a spiritual seeker, he developed Aikido as a way to cultivate peace and harmony in the world.



**Groundbreaking Food Gardens**, Niki Jabbour, Storey Publishing, 2014

Niki Jabbour set out to discover how and why popular gardeners are growing vegetables, fruits, mushrooms, grains, and herbs. The enthusiastic answers and innovative garden plans she received are as rich and varied as the plants being grown.

Here are 73 garden designs from horticulturists, community gardeners, bloggers and print writers, television and radio hosts, and other professional gardeners. Contributions include design illustrations, plant lists, and stories explaining the personal quirks and motivations behind the garden. There’s a plan to satisfy every craving.

If you’ve ever gardened before but your garden design didn’t quite make it to noteworthy, this is the book for you. If you’ve never gardened before but want to give it a shot, this book will open your eyes and mind to wondrous new possibilities. Come on in and enjoy the food!



The pain of losing someone dear to us is a reminder of how they enriched our lives. In time, the gifts they gave us will surface as memories and become a second gift to us again. **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.

## 2013-2014 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](mailto:pennicole@gmail.com) or [pennicol@yahoo.com](mailto:pennicol@yahoo.com).

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## 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 300327  
Oklahoma City, OK 73140

