

atao news

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

august 2014

Hello Friends,

I am thrilled to report that we accomplished a great deal while at the AATA conference in San Antonio. Joan Phillips, Dawn Truby, Maureen Harvey, Coretta Harding, Susie Games, Verletta Russell and I attended what proved to be a conference filled with significant learning experiences. The focus of many workshops was on neurobiology and art therapy. (I think I attended four sessions on art therapy and the brain.) The Expressive Therapies Continuum explains why we do what we do, the effect art therapy has on specific areas of the brain, even which media addresses which area of the brain.

At the Marketplace on Thursday night we sold over \$200.00 worth of ATA0 t-shirts and gave away a huge number of our new magnets. Dawn Truby, Maureen Harvey, Verletta Russell and Susie Games all sold their art work to an appreciative crowd. Currently, we are planning to rent two tables next year in Minneapolis so that we can expand the visual display of our wares.

Many thanks to Coretta Harding who once again represented ATA0 as delegate at the AATA conference. She has been elected to be on the nominating committee for the Assembly of Chapters for 2014. Congratulations and thanks for the good work, Coretta.

During the ATA0 meeting on July 18, we accepted Phyllis Pennington's resignation from her job as web master and hired Wes Rich to perform the same duties. We will be changing our server to a Mac friendly program and acquiring a new domain name. You will be invited to email photos of your artwork for inclusion on the website in the future. We are grateful to Phyllis for her service and dedication over the years. She is in the process of becoming a Master Gardener and wants to use her time to that end, so we say goodbye with love. No doubt, Phyllis will be a super Master Gardener.

The Retreat Committee has proposed Robber's Cave as the venue for our next retreat which will be on Oct. 4, 2014. Robber's Cave is #10 on the list of most beautiful places in OK. We will bring food for potluck on Friday, have an ATA0 meeting at 7:00 pm, then spend Saturday making art (artist cards and matchbox journals) and communing with our fellows and nature. The most exciting part of this plan is that it will be free. Yes, 6 hours of CEU's, plus a room for two to sleep will be provided by ATA0! Your expense will be incurred in food, the art supplies you bring and gasoline. You must have a roommate and you must register by Sept. 1.

Please notify Joan Phillips if you plan to attend by Sept. 1. This offer is for ATA0 members only. If you haven't paid your \$20.00 dues, now would be a good time to renew your membership.

Additionally, plans for our upcoming Spring Conference in April are being formed. If you wish to help in any manner with the conference, please contact me (kaylfoster@me.com). Pat Allen, the author of *Art Is a Way of Knowing: A Guide to Self-Knowledge and Spiritual Fulfillment through Creativity* will be our presenter

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during a day in which we will make art and learn from this master teacher. More information will be forthcoming as conference time nears.

I hope this day finds you with a cool drink in a comfortable setting. ATA0 is much more active than many other state organizations and I am proud of the wonderful activities we participate in together.

See you in October,

kay foster, president , atao

member news...

Coretta Harding has been chosen for the nominating committee of the AATA Assembly of Chapters.

Maureen Harvey visited with Sharon Astrin, with the Community Arts Program at the Arts Council of OKC. They are interested in getting more involved with Art Therapy in their programs. They would like to know:

Art Therapy Opportunity

Do we have programs in OKC, using Art Therapy, that need funding?

Do we know of populations in the community who would benefit from Art Therapy?

Do we have ideas about events several Art Therapists could facilitate?

Also, Please let me know about any community/art therapy projects you are aware of throughout the U.S.

They are looking for inspiration. Send info to mharvey5@cox.net.

Aimee Rook announces the 52nd Norman Groovefest will be September 28th at Andrews Park 12 to 9pm. Coordinated by college and community volunteers SINCE 1986. Its THE longest lasting human rights music festival in the world. Band, poets, dancers perform all day long.

Sponsored by Fowler VW, Create Peace OK, Scissortail School of Art, The Earth Natural Foods Deli and Cafe, McMichael Music, and many more! www.groovefest.org

Joan Phillips reminds us that Spring 2015 ATA0 conference date is set for Friday April 17 at OU Tulsa Learning Center/Founders Hall. Special guest will be Pat Allen, ATR-BC author of "Art is a Way of Knowing".. Save the date and look for future details.*

"Collaborative Inquiry Through Art or Can Art Save the World?"

What is the ecological niche of the creative human being in the larger picture of the universe? Art is great for memorializing catastrophes but does it have a role in preventing them from occurring in the first place? How outdated is the idea of the artist as a lone genius? Are we more effective when we work together? Explore these ideas and more through Collaborative Inquiry Through Art. Yes,

the acronym is CIA because engaging with the Creative Source you automatically become a member of the Central Intelligence Agency.

Join Pat B. Allen for a daylong experience in tapping your deep and unseen potential to fall in love with the world and yourself. Collaborative Inquiry through Art developed out of the Open Studio Process of intention, art making and witness writing and uses those methods to move into the realm of social and cultural exploration.



Pat Green Pictured with onions and a sample of her art work.

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Madeline Rugh announces that Art Therapist Straja Linder King, ATR-BC from Alberta Canada will provide a keynote address and brief workshop on Animal Assisted Art Therapy on October 4th, 2014 at St. Gregory's University as part of a one day symposium on the role of animals in health and well being. The day will end with a Blessing of the Animals ritual conducted by one of the priests of the Benedictine Abbey at St. Gregory's University.

More details will be available by mid-August...but it looks like the cost is \$65 for the day including continental breakfast, lunch and a St. Francis medallion for your pet. CEU's will be available.

The symposium is being organized by Madeline Rugh, Ph.D, ATR-BC. For more information please contact Madeline at mrugh@cox.net or call 405-329-6846.

Many ATAO members attended the AATA Conference in San Antonio, TX recently. Pictures and captions are included at the end of book reviews. *Picture of Pat Green and a sample of her art work are included.

Note from the editor...

As editor and publisher of ATAO News, I make every effort to include news items sent to my email accounts in a timely manner. Please make sure to submit your news items, photos and articles and check for accuracy. Include explanations with photos so others can enjoy your submissions. Thank you for helping to make ATAO News issues interesting and informative.

Phyllis Pennington

Workshops & Retreats...

ATAO Fall 2014 Retreat

October 4-6, 2014

Join ATAO the weekend of October 4-6 for a renewing retreat at Robbers Cave. The retreat will feature lodging PAID by ATAO, six ceu's and no cost to you except getting there and bringing some potluck food and snacks. Please join us.

Belle Starr Lodge has 20 rooms. All lodge rooms are non-smoking and have a valley view. All 20 rooms have 2 double beds and sleep 4 people. All lodge rooms have satellite television, a microwave and mini-fridge. Pets are not permitted in the Belle Starr View Lodge Rooms.



from left to right: Meeting room at Robbers' Cave; Pavillion for potluck on Oct. 3, 2014; View from lodge at Robbers' Cave.

Plan on arriving late afternoon on Friday October 6 for an evening potluck and ATAo meeting. Then enjoy artmaking all day Saturday with artist trading cards and matchbox journals featured; bring your own projects and supplies but some provided as well (cards and matchboxes). More information will be shared prior to that weekend. It's a day of sharing and rest and renewal.

Email (to jparttx@gmail.com Joan Phillips) your firm commitment to attend as well as your roomie's name (rooms are for two each) and we can confirm our lodging for Robbers Cave Lodge.

Respond by September 1 at the latest! Why not do it right now?

links you might find of interest...

<http://www.ataok.org> • <http://www.arttherapy.org/> • [Institutions offering degrees in art therapy](#) • [Oklahoma City art calendar](#)

Robert & Sara Genn Bi-Weekly Letter

Opportunities for design

Back in mediaeval times, I was conducting a workshop and pontificating about design. A man put his hand up and said, "When you use the word 'design,' I have no idea what you're talking about. What are you talking about?" I realized right then that, for many artists, the kind of design I was talking about wasn't covered in their bibles.

Yesterday, while easelling along and looking for design opportunities, I tried to figure out how I might have brought that fellow into the fold. I always have this uncomfortable feeling I might have given false witness to artists I knew in the past. "Look at any object," I could have told him, "a car, a chair, a vacuum cleaner, the pope's nose." With a little study and quiet thought, he would be able to distinguish good design from bad. In my books, great artists are often those who can transfer their finer sense of design to their art. While design ideas may be highly personal and unique, here are a few specifics worth looking out for:

Continuum: Continuity is seen from one element to another; Harmony: Shapes echo and complement one another; Functionality: How does it work? Form follows function; Elegance: Curves attract, amuse, enthrall, seduce; Implication: Elements are suggestive or metaphoric; Concentricity: Elements circulate, extend and focus; Control: The viewer's eye does what you want it to do; Strength: Forms are solid, committed, authoritative; Personality: Your design motifs can be yours alone.

It's not just the stuff you're looking at, or the magical dreams of your head, it's what you do with your material. "Nature," said James Abbot McNeill Whistler, "is usually wrong." What he meant was that in order to be art, things need to be redesigned. In many cases, stuff needs to be moved, separated, lined up, brought into agreement or in some way justified as a thing of its own--a troublesome leap of faith for many. Fact is, there's gotta be meaning and purpose.

In an even more pagan century, I too was sitting at the back of the room wondering what design was all about. My instructor, the late, great Strother McMinn, came by, looked at what I was doing, and said, "Not more bloody woolly stuff! Stop drawing potatoes, Genn." It was about that time I began to see the light.

Best regards, **Robert & Sara** [letter originally published as "Design opportunities" on 11/28/2006.]

PS: "The science of design is the source and essence of painting, sculpture, architecture. Sometimes it seems to me that all the works of the human brain and hand are either design itself or a branch of that art." (Michelangelo)

Esoterica: There are two main approaches to design. One is the calculated planning that builds preconceived design into work from the very beginning. The other is to leave your options open to be able to modify and improve design as you go along. This requires a constant and critical eye. It's part of my most valuable question, "What could be?" Look at half-finished work as a puzzle with many possible outcomes. The great printmaker Walter J. Phillips, said, "Design must be very carefully considered, and plenty of time and thought given to its construction." The downside, if you don't, is the "bloody woolly stuff," mentioned above. "True artists," said William Shipley, "are people who find bad design physically nauseating."

so many books...book reviews

The Last Magazine

by Michael M. Hastings, 2014 [post mortem]

I read this book as a result of a reference made to it on the Rachel Maddow show. It contained interesting and somewhat disturbing details of how the news magazines choose stories to publish. The book also contains much too many references to pornographic activities with unnecessary salacious details in my opinion. That said, I think the main content of the book provides insights into our mainline news media's operations.

Zenspirations; Dangle Designs

by Joanne Fink, 2013

This short book is packed with ideas for using unique patterns to add interest and texture to any design. Although they may look complicated, they are actually quite easy to create! All you need is a pen, a piece of paper and your imagination. Gifted calligrapher and designer, Joanne Fink, shares her fun and relaxing techniques for adding dangle patterns to your drawings. Whether you like to journal, draw, or doodle, you'll find intriguing ideas here for crafting, designing, and decorating with dangle patterns.

Pics from AATA Conference



From left to right: Susie & Dawn enjoy an evening; Joan and Verletta celebrate last evening at conference; Maureen and Kay enjoy an evening at conference; strange contents in art therapist's bathroom sink; Susie on River Walk in San Antonio.

"Life becomes easier when you learn to accept an apology you never got." ~ Robert Brault

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:

ATAo News Editor at pennicole@gmail.com or pennicol@yahoo.com.

Submit **all questions** related to ATAo/AATA to Kay Foster at kaylfoster@icloud.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**

