



ATAO **Spring** **Conference**

“Mentalizing with Kula Moore”

WHEN

Friday

April 12, 2019

8:30 am - 4:00 pm

WHERE

**Oklahoma Contemporary Arts
Center at the Fairgrounds**

OKC, Oklahoma

**(Building looks
like a planetarium)**



arttherapyassociationofoklahoma.org



EARLY BIRD REGISTRATION

Deadline: March 29th
\$ 85 - members
\$ 105 - non-members
\$ 50 - students

REGISTRATION

After March 29th:
\$ 105 - ATO members
\$ 125 - non-members
\$ 55 - students

CHECK-IN

8:30 - 9:00 am

6 CEUs

**Have been requested
for LPC's and LMFT's**

LUNCH

will be provided

SPEAKER



Kula Moore
MA, ATR-BC, LPC, CPRP

SPONSORED BY

**Art Therapy
Association
of Oklahoma**

**For any additional
information, please
call or contact:**

Kay Foster
kaylfoster@me.com
(580) 284-2907

ABOUT OUR SPEAKER

Kula Moore From Houston, Texas

Kula Moore is a Board Certified Art Therapist, Licensed Professional Counselor, and Certified Psychiatric Rehabilitation Specialist. She earned a B.A. in Studio Art and Biology from Baylor University and obtained her Masters in Art Therapy Counseling from Southern Illinois University, Edwardsville. She has worked in community counseling, academic, hospital, and outpatient settings. Kula currently practices art therapy at her private practice, Art Therapy Houston, PLLC, and at The Menninger Clinic where she works primarily with the emerging adult population as a Senior Psychiatric Rehabilitation Specialist. She specializes in personality disorders and the emerging adult population. With extensive training in Mentalizing-Based Treatment, she integrates this approach in art therapy work with various populations. Moore co-developed a mentalizing-based art therapy group protocol and has presented at local, national and international conferences and workshops. She is also writing a book on this topic. Moore has served on the board of the South Texas Art Therapy Association and contributed to the development of The Creative Arts Therapists in the Texas Medical Center, a group that brings together expressive therapists across modalities. She is also co-founder and illustrator at One Moore Book, publisher of multicultural and educational stories for children of countries with low literacy rates and underrepresented cultures. She joyfully lives, works, paints and plays in the great city of Houston.

Mentalizing Summary

Simply stated, mentalizing is attending to states of mind in self and others, the practice of holding mind in mind. Mentalizing is typical of all people; it is generally within our human capacity to mentalize. When we try to make sense about what is going on in ourselves or in others, we are mentalizing at a basic level. When we try to understand why a person has behaved in a certain way;



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when we interpret facial expressions and body language; when we give meaning to actions, we are mentalizing. This implicit mentalizing is natural and occurs without much thought. Implicit mentalizing is perceived, unconscious, nonverbal, and automatic. However; explicit mentalizing is interpreted, conscious, verbal, and reflective. We naturally mentalize implicitly, but we do not always mentalize well. Exclusive reliance on implicit mentalizing, such as failure to examine and clarify beliefs, can lead to interpersonal problems, reinforcing distorted or overly simplistic assumptions about self and others.

Anthony Bateman and Peter Fonagy developed mentalizing-based therapy (MBT) as an evidence-based treatment for Borderline Personality Disorder (BPD), which has mentalizing deficits at its core. MBT has since been applied to other clinical issues, including trauma, eating disorders, mood disorders, addiction, and other personality disorders. Impaired mentalizing is a common thread in many psychiatric problems. MBT is rooted in attachment theory and aims to restore the balance between implicit and explicit mentalizing across various dimensions: cognitive and affective, internal and external, self and other. MBT is not a specific school of psychotherapy, but a mechanism of change common across all therapies. Mentalizing therapists help patients feel felt and this not only builds therapeutic alliance, but also increases epistemic trust, the receptiveness to new information. Art therapy enhances this process, promoting depth and richness of mentalizing, due to the use of visual imagery in addition to verbal processing. Mentalizing is intrinsic in the practice of art therapy and awareness of mentalizing can help art therapists understand more clearly what they are intuitively doing.

www.arttherapyassociationofoklahoma.org



YES, Sign Me Up!

First _____

Last _____

Credentials _____

Email Address _____

Mailing or Home Address _____

Phone # _____

City / Town _____

State / Zip _____

YES
Vegan Menu?

TOTAL PAYMENT

TOTAL AMOUNT SENT _____

Mail your check to ATA0 in OKC

ATA0
P.O. Box 300327
Oklahoma City, OK 73140

REGISTRATION FEE (thru March 29)

ATAO Member?	<input type="checkbox"/> YES	\$ 85.00 <small>Professional</small>	<input type="checkbox"/> NO	\$ 105.00
	<input type="checkbox"/> YES	\$ 50.00 <small>ATAO Student</small>	<input type="checkbox"/> NO	\$ 50.00 <small>Student</small>

REGISTRATION FEE (after March 29)

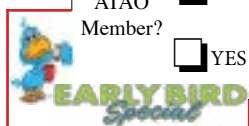
ATAO Member?	<input type="checkbox"/> YES	\$ 105.00 <small>Professional</small>	<input type="checkbox"/> NO	\$ 125.00
	<input type="checkbox"/> YES	\$ 55.00 <small>ATAO Student</small>	<input type="checkbox"/> NO	\$ 55.00 <small>Student</small>

MEMBERSHIP

Renew Membership? YES \$ 20.00

Join ATA0 Now? YES \$ 20.00

If YES, please fill out Membership Form on next page.



MEMBERSHIP ENROLLMENT

Please furnish as much information as possible so we may contact you regarding ATA/O events.

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 Mrs.
 Ms.

Name: _____ M.I. _____ Last _____
First

Address: _____

City: _____ Zip _____
City/Town

Phones: _____ Cell _____ Work _____
Home

Email: _____ Work Email _____
Home Email

Work Info: _____ Occupation/Title _____
Employer

Personals: _____ Alphabet Soup (ATR-BC, LPC, etc.) _____
Birthday (M / D / Yr)

Access to Members Only website pages: _____ Password (3 chars min / must have at least 1 letter) _____
Create User Name

Website: _____
My Professional Website

Which Membership:

Professional • \$20
 Associate • \$15
 Student • \$10
 Friend • \$10

Mail this form with your check to:



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 Paid _____
 Check Cash
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