

## Outline

### Knowing Art Therapy

Know the ethical implications of using art therapy in your practice

Learn the psychotherapy behind the art and its language

### Development and Clinical Applications

Identify normal and abnormal developmental levels of artwork, including organicity and TBI

Streamline your reports using the apps such as Genogram Analytics, BetterMind, and Limbix

### Assessment: Hands on Activities

#### Art Therapy Dream Assessment (ATDA)

Video case study: Mourning and loss, dually diagnosed patient

Experience the ATDA firsthand

Practice how to dialogue with the patient

#### Belief Art Therapy Assessment (BATA)

Video case study: Mourning and loss, dually diagnosed patient

Experience the BATA firsthand

Practice how to dialogue with the patient

#### Cognitive Art Therapy Assessment (CATA)

Video case study: Schizophrenic spiraling into OCD moment

Learn how to redirect the patient

Experience the CATA and its importance in first art therapy session

This workshop will teach you the basics behind Horowitz's ABCs of assessment: the Art Therapy Dream Assessment, the Belief Art Therapy Assessment and the Cognitive Art Therapy Assessment.

### Conducting Additional Assessments

Kinetic Family Drawing (KFD)

The Road Test

Person Picking an Apple From a Tree (PPAT)

The Bridge Drawing

### Hands-on Techniques for Specific Populations

OCD and schizophrenic – fiber work

PTSD, co-morbidity - mask making

Dysmorphia, eating disorders, and more - body tracings

Mood Disorders - Breath of Joy exercises

Sexual/physical abuse survivors - co-operative blankets exercises, safe place/containers

Couple/ Family Collaborative Drawing Techniques

Aggressive, self-harming populations - 3-D exercises, paper exercise

All populations - word exercise - the bag exercise, self-esteem techniques

Bring an image of your younger self to the workshop or use a current image from your smartphone - Phototherapy techniques

### Live Seminar Schedule

**7:30** Registration/Morning Coffee & Tea

**8:00** Program begins

**11:50-1:00** Lunch (*on your own*)

**4:00** Program ends

There will be two 15-min breaks (mid-morning & mid-afternoon). Actual lunch and break start times are at the discretion of the speaker. A more detailed schedule is available upon request.

## Objectives

1. Summarize the benefits of utilizing an art therapy approach in assessment, diagnosis and clinical treatment of mental health disorders.
2. Consider the ethical implications and clinical limitations of using art therapy modalities in treatment.
3. Utilize art therapy methods to identify both normal and abnormal psychological development in clients.
4. Articulate the methods by which art therapy assessment techniques (such as ATDA, BATA, CATA) can be utilized to improve clinical outcomes.
5. Incorporate art therapy interventions for identifying specific clinical issues including aggression, self-esteem, PTSD and eating disorders.
6. Recognize how to identify cognitive, physical and emotional irregularities in art that may indicate symptoms of anxiety and mood disorders and identify potential issues of physical and sexual abuse.

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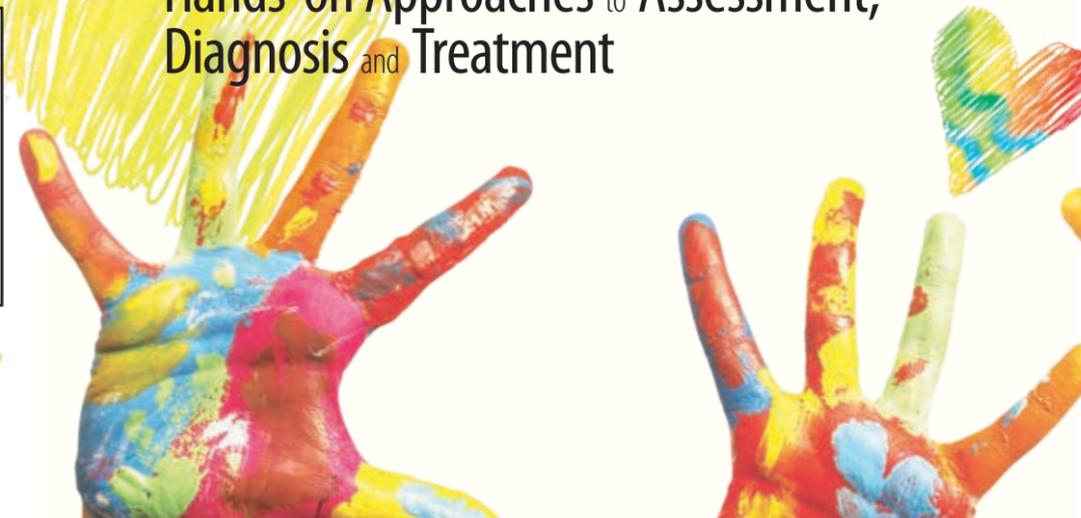
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# ART THERAPY

Hands-on Approaches to Assessment,  
Diagnosis and Treatment



Interactive hands-on  
art therapy experiences  
— all materials provided

**Towson, MD**

Wednesday, January 30, 2019

**Columbia, MD**

Thursday, January 31, 2019

**Annapolis, MD**

Friday, February 1, 2019

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# ART THERAPY

Hands-on Approaches to Assessment,  
Diagnosis and Treatment

Presented by, **Dr. Ellen G. Horovitz, ATR-BC, LCAT, E-RYT, C-IAYT**, internationally known leader and author in art therapy and certified yoga therapist and psychotherapist.

- Incorporate creative art therapy techniques and interventions for anxiety, PTSD, mood disorders, physical and sexual abuse, dual diagnosis, co-morbidity and more
- Spot normal vs. abnormal development in art
- Recognize cognitive, physical, and emotional irregularities in art

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Friday, February 1, 2019

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# ART THERAPY

Do you have clients who are stuck, repeating the same patterns over and over and you feel powerless to help them? Are they often resistant to the interventions you offer?

Join internationally known art therapist, Dr. Ellen Horovitz, in this hands-on workshop where she will show you how to incorporate expressive art therapies into your practice in a disarming, imaginative and emotionally-safe manner.

Reach your most resistant patients with evidence-based practices that cut through an array of disorders, including mood, personality, developmental-learning, eating and body disorders. You'll learn to identify both normal and abnormal artwork from cognitive, physical, emotional and developmental platforms. Add value to your clinical practice by learning creative art therapy modalities that succeed with individuals, couples and families.

Patient video footage of difficult case studies and active hands-on participation will demonstrate how to incorporate these assessments and modalities into your practice. No prior experience necessary!

**No art experience is necessary, just an openness to try something creative**

## Speaker

**Dr. Ellen G. Horovitz, ATR-BC, LCAT, E-RYT, C-IAYT**, is an internationally known leader and author in Art Therapy and Yoga Therapy, as well as a certified yoga therapist and psychotherapist.

She is Professor Emerita and founder of the Nazareth College graduate art therapy program, author of eight books and past president-elect of the American Art Therapy Association (AATA). In addition to being a professor and scholar, Dr. Horovitz has been in private practice for over 35 years and works clinically with individuals, couples, and families. She is a dynamic presenter who has given hundreds of lectures and workshops nationally and internationally.

Dr. Horovitz served as AATA board director for 12 years and was responsible for re-writing the national education standards and manuals for approved graduate programs. In addition, she was as an expert witness on art therapy education for the U.S. Department of Justice, has won numerous awards and received grants from many organizations, including a graphic consultant grant from the U.S. Department of Defense.

The topics of her books range from art therapy to yoga therapy to mainstream applications of digital photography, and she has authored over 50 juried articles and 17 book chapters. Dr. Horovitz is also an expert in the field of deafness/hard of hearing and her book, *Visually Speaking: Art Therapy and the Deaf*, has been translated into Korean. You can read more about her at [www.yogatherapy.com](http://www.yogatherapy.com) and [www.ellenhorovitz.com](http://www.ellenhorovitz.com).

### Speaker Disclosures:

Financial: Ellen Horovitz is professor emerita at the Nazareth College of Rochester. She receives a speaking honorarium from PESI, Inc.

Non-financial: Ellen Horovitz is a member of the American Art Therapy Association.



**Hassle-Free Cancellation Policy:** If you contact us before the event date, you can exchange for a DVD or CD/digital manual package on the subject (self-study continuing education credit may be available), a certificate to attend another seminar, or receive a tuition refund less a \$30 cancel fee. Substitutions are permitted at any time.

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PESI Inc. is proud to offer this seminar (at these locations only) free of charge (on live seminar tuition) for veterans and active duty military personnel. **Advance registration by phone required.**

**Participants will learn how to implement therapeutic art interventions. They will not be certified as an art therapist.**

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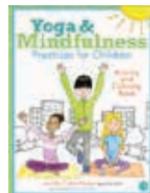


### 250 Brief, Creative & Practical Art Therapy Techniques

A Guide for Clinicians and Clients

By Susan I. Buchalter

These unique 250 art exercises increase self-esteem, self-awareness and a feeling of success in artistic expression and communication, allowing clients to engage in therapeutic exercises without judgment. Using simple materials like paper, pencils and markers, these techniques can be immediately implemented in your practice.



### Yoga and Mindfulness Practices for Children Activity and Coloring Book

By Jennifer Cohen Harper, MA, E-RYT, RCT

Jennifer Cohen Harper, internationally recognized yoga and mindfulness expert, has created simple and fun tools to help guide children through the many stressors of life. *Yoga and Mindfulness Practices for Children Activity and Coloring Book* offers 50 engaging activities, coloring pages and worksheets that support health, well-being, empowerment and an improved capacity to navigate those pressures of life without becoming overwhelmed.

## Target Audience

Counselors, Social Workers, Psychologists, Case Managers, Psychiatrists, Marriage and Family Therapists, Occupational Therapists and Occupational Therapy Assistants, Speech-Language Pathologists, School Counselors, School Psychologists, Educators, Creative Art Therapists

Questions? Call customer service at 800-844-8260

## LIVE SEMINAR & WEBCAST CONTINUING EDUCATION CREDIT INFORMATION

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If your profession is not listed, please contact your licensing board to determine your continuing education requirements and check for reciprocal approval. For other credit inquiries not specified below, or questions on home study credit availability, please contact [cepsi@pesi.com](mailto:cepsi@pesi.com) or 800-844-8260 before the event.

Materials that are included in this course may include interventions and modalities that are beyond the authorized practice of mental health professionals. As a licensed professional, you are responsible for reviewing the scope of practice, including activities that are defined in law as beyond the boundaries of practice in accordance with and in compliance with your professions standards.

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**MARRIAGE & FAMILY THERAPISTS:** This activity consists of 380 minutes of continuing education instruction. Credit requirements and approvals vary per state board regulations. You should save this course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

**OCCUPATIONAL THERAPISTS & OCCUPATIONAL THERAPY ASSISTANTS:** PESI, Inc. is an AOTA Approved Provider of continuing education. Provider #: 3322. Full attendance at this course qualifies for 6.0 contact hours or .6 CEUs in the Category of Domain of OT and Occupational Therapy Process. Partial credit will be issued for partial attendance. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. Course Level: Intermediate.



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**SOCIAL WORKERS:** PESI, Inc. Provider #:1062, is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB), [www.aswb.org](http://www.aswb.org) through the Approved Continuing Education (ACE) Program. PESI, Inc. maintains responsibility for the program. ASWB Approval Period: January 27, 2017 - January 27, 2020. Social workers should contact their regulatory board to determine course approval for continuing education credits. Social workers participating in this course will receive 6.25 (Clinical) continuing education clock hours for this Intermediate course. A certificate of attendance will be awarded at the end of the program to social workers who complete the program evaluation.

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ART THERAPY: HANDS-ON APPROACHES TO ASSESSMENT, DIAGNOSIS AND TREATMENT

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### ADA NEEDS

We would be happy to accommodate your ADA needs; please call at least two weeks prior to the seminar date.

### WALK-INS

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### TUITION OPTIONS

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