

Outline

ART THERAPY – WHAT IT IS AND WHAT IT ISN'T

History of Art Therapy and the Multiple Ways it is Applied

Engaging in art changes our emotional response to memories of trauma

Case studies including: Female understands herself and her relationship more clearly after completing and talking about a drawing

Art participation: bypass fears of perfectionism and the “I can’t draw” voice

ART THERAPY FOR ANXIETY AND DEPRESSION

Create new neural pathways for trauma related anxiety, PTSD and/or depression

CBT, Positive Psychology

Separating physiological sensations from fears that cause panic attacks

Externalize and contain fears

Stopping the automatic negative thoughts (ANTs)

Art techniques to practice mindfulness and focus

Challenge and change catastrophizing thoughts

Case studies including: College student struggling with generalized anxiety

Art Participation: Technique to express, face and destroy fears

ART THERAPY FOR CHRONIC PAIN

Create a sense of mindfulness, distraction and integration for physical and emotional pain

Address chronic pain with understanding and provide hope

Listening to the pain without it defining you

Case studies including: An adult male with severe back pain

Art experiential: Opportunity to express and release pain, and build something new out of it

Objectives

- Implement more than 3 dozen specific art techniques that will enhance the treatment of people suffering from anxiety, depression, chronic pain and addictions.
- Acquire skills and understanding of how to effectively combine art and traditional talk therapy in both group and individual counseling sessions.
- Examine how the art techniques can help our clients learn to tolerate frustration, sit with uncomfortable feelings, and stop those catastrophizing thoughts.
- Experience, first hand, how art can provide a sense of calm, mindfulness, and gratitude for life.
- Building new skills through the art process to combat negative self talk to push through fears and anxiety, instead of turning to other self-destructive behavior (IE: drugs, food, sex or isolation)
- Combine art interventions with classic CBT skills and change the thought process to transform the lives of our clients.
- Connect the science behind the changes that occur in our brains when engaged in creative activities.

ART THERAPY WITH ADDICTIONS

Techniques to tolerate frustration and uncomfortable feelings

Examples of self-destructive behaviors in addictions

Dangers of automatic negative thought processing

Interrupt and discourage avoidance and escape

Case studies including: Groups in drug treatment center

Art participation: Address fear of making mistakes and allow for trying new things - encourages individual creativity within a safe structure

CHANGE PERSPECTIVES AND MOVE TOWARD OVERALL MENTAL WELLNESS

Rebuild a new belief system combining CBT, Positive Psychology, Narrative Therapy, Mindfulness, Meditation and Art Therapy

Recognize holding onto past hurt and anger and learning to let go

Examples of living a life of gratitude

Case studies including: Clients learning to release and transform fears into hope

Art Participation: create a gratitude tree

Practice mindfulness, acceptance, and letting go of unrealistic expectations

Art Therapy techniques to help set aside ego fueled thoughts and behaviors and increase a connection to others

Current research and limitations reviewed

Live Seminar Schedule

7:30 Registration/Morning Coffee & Tea

8:00 Program begins

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

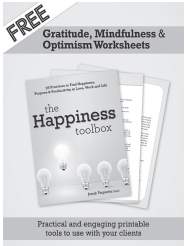
4:00 Program ends

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.

Questions?

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Art Therapy Interventions for Anxiety, Chronic Pain and Addictions

Sacramento, CA  
Wednesday, October 30, 2019

South San Francisco, CA  
Thursday, October 31, 2019

Walnut Creek, CA  
Friday, November 1, 2019

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Art Therapy Interventions for Anxiety, Chronic Pain and Addictions

Over 3 Dozen Art Therapy Techniques to Help Clients:

- Tolerate frustration
- Let go of perfectionism
- Sit with uncomfortable feelings
- Stop catastrophizing
- Gain acceptance
- Change automatic negative responses
- Integrate positive and negative perspectives
- Distract and push through the pain
- Create new neuropathways

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# Art Therapy Interventions for Anxiety, Chronic Pain and Addictions

Are you looking for new ways to help your clients combat negative self-talk to push through fears and anxiety, and turn away from self-destructive isolating behaviors?

Join Pamela Malkoff Hayes, MFT, ART-BC, in this experiential day to fill up your therapeutic toolbox with new and unique art interventions that will stop catastrophizing thoughts and negative self- talk. Experience how evidence-based treatments will help your clients learn to tolerate frustration, and sit with uncomfortable feelings, without the immediate need to self-medicate.

Discover how combining art therapy with CBT, positive psychology and mindfulness helps to delay immediate gratification, look at the world differently, process fears, accept imperfection and let go of past anger and hurt.

Case studies, art experientials, demonstrations and interactive discussions will be utilized in this cutting-edge seminar to:

- Encourage thinking outside the box using materials in a new way
- Help clients look at how external influences affect them
- Set aside ego-based reactions and replace those with thoughtful responses

The powerful art interventions taught in this seminar will help your clients transform their emotional response to past trauma, problem solve, change their perspective, and move toward a place of acceptance and gratitude.

## Speaker

**Pamela Malkoff Hayes, MFT, ART-BC,** is a Licensed Marriage and Family Therapist (MFT) in the state of California and a Registered and Board Certified Art Therapist with the American Art Therapy Association (AATA). Her specialties include: alcohol and drug addictions, relationship and parenting, depression and anxiety, grief, LGBTQ, gender identity and sexuality. She is also a court certified Sexual Abuse Evaluator and trained in Hypnotherapy, Eye Movement Desensitization Reprocessing (EMDR) and Emotional Freedom Techniques (EFT).

Ms. Hayes has a Bachelors Degree in fine arts from Parsons School of Design in New York, NY and Otis/Parsons in Los Angeles, CA and a Graduate Degree in marriage and family therapy and art therapy from The Notre Dame de Namur University in Belmont, CA

Over the course of her 25+ year career she has worked in schools, hospitals, prison, foster and residential care, and private practice. Ms. Malkoff Hayes lives in Los Angeles where she has a private practice and provides art therapy groups to multiple drug treatment centers. She is a noted speaker and educator, lecturing throughout the United States. She has taught art therapy courses at Philips Graduate University, Rhode Island School of Design (RISD), and Chicago School for Professional Psychology. She has written several books and produced several DVDs and online classes on art therapy. She stars in the video podcast, “3 Minute Art Therapy”, and was recently featured on “The Science of Happiness/ SoulPancake” as the expert art therapist.

Speaker Disclosures:

Financial: Pamela Malkoff Hayes is in private practice. She receives a speaking honorarium from PESI, Inc. Non-financial: Pamela Malkoff Hayes has no relevant non-financial relationship to disclose.

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



**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.

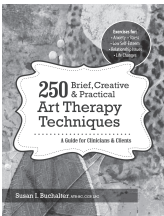
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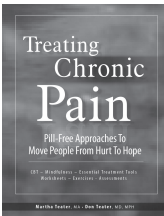


### 250 Brief, Creative & Practical Art Therapy Techniques

A Guide for Clinicians and Clients

By Susan I Buchalter, Art-BC, CGP, LPC

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.



### Treating Chronic Pain

Pill-Free Approaches to Move People From Hurt To Hope

By Martha Teater, MA, LMFT, LCAS, LPC and Don Teater, MD, MPH

The best treatment for chronic pain isn't found in a doctor's office or pharmacy-it's in the therapist's office. Written by a mental health professional and a physician with over 50 years combined experience, this skills manual will teach you how to treat pain without pills and with confidence, using cutting-edge assessments, insights and interventions.

## Target Audience

Marriage and Family Therapists • Counselors • Social Workers • Art Therapists • Psychologists  
Psychiatrists • Pastoral Counselors • Psychiatric Nurses • Substance Abuse Counselors • Guidance Counselors  
Pediatricians • Physicians • Educators • Occupational and Recreational Therapists • Speech-Language Pathologists

## Live Seminar Continuing Education Credit Information

Credits listed below are for full attendance at the live event only. After attendance has been verified, pre-registered attendees will receive an email from PESI Customer Service with the subject line, "Evaluation and Certificate" within one week. This email will contain a link to complete the seminar evaluation and allow attendees to print, email or download a certificate of completion if in full attendance. For those in partial attendance (arrived late or left early), a letter of attendance is available through that link and an adjusted certificate of completion reflecting partial credit will be issued within 30 days (if your board allows). Please see "LIVE SEMINAR SCHEDULE" on this brochure for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.

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 [cepesi@pesi.com](mailto:cepesi@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 profession's standards.

PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Rehab and Psychotherapy Network.

**Addiction Counselors:** This course has been approved by PESI, Inc., as a NAADAC Approved Education Provider, for 6.0 CE in the Counseling Services skill group. NAADAC Provider #77553. PESI, Inc. is responsible for all aspects of their programming. Full attendance is required; no partial credit will be awarded for partial attendance.

**California Alcoholism & Drug Abuse Counselors:** PESI, Inc. is an approved provider by the CCAPP-EL, Provider #: 05-03-036-1017. This activity meets the qualifications for 6.0 CEHs (continuing education hours).

**Counselors:** This intermediate activity consists of 6.25 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please save the course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

**California Counselors:** The California Board of Behavioral Sciences accepts CE programs that are approved by other approval agencies, including several that approve PESI and its programs. A full list of approval agencies accepted by the BBS can be found at [www.bbs.ca.gov/licenses/cont\\_ed.html](http://www.bbs.ca.gov/licenses/cont_ed.html) under "Where to find CE Courses." This Intermediate level activity consists of 6.0 clock hours of continuing education instruction.

**Educators/Teachers:** This course is designed to qualify toward your professional development requirement. The program is 6.25 clock hours in length.

**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.

**California Marriage & Family Therapists:** The California Board of Behavioral Sciences accepts CE programs that are approved by other approval agencies, including several that approve PESI and its programs. A full list of approval agencies accepted by the BBS can be found at [www.bbs.ca.gov/licenses/cont\\_ed.html](http://www.bbs.ca.gov/licenses/cont_ed.html) under "Where to find CE Courses." This Intermediate level activity consists of 6.0 clock hours of continuing education instruction.

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**California Nurses:** PESI, Inc. is a provider approved by the California Board of Registered Nursing, Provider Number 17118 for 6.0 contact hours. Full attendance is required. No partial contact hours will be issued for partial attendance.

**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.

**Psychiatrists & Physicians**  
PESI, Inc. designates this live activity for a maximum of 6.0 AMA PRA Category 1 Credit(s). Physicians should only claim credit commensurate with the extent of their participation in the activity. PESI, Inc. is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education.

**Psychologists:** The following state psychology boards recognize activities sponsored by PESI, Inc. as an approved ACCME provider: Alaska, Arkansas, California, Colorado, Georgia, Illinois, Indiana, Kentucky, Maine, Maryland, Missouri, Nebraska, Nevada, New Hampshire, New Jersey, New Mexico, Oklahoma, Pennsylvania, South Carolina and Wisconsin. This activity consists of 6.0 clock hours of continuing education instruction. Certificates of attendance will be issued for you to submit to your state licensing board to recognize for continuing education credit.

**California Psychologists:** PESI, Inc. is approved by the CPA OPD to sponsor continuing education for psychologists. Provider #PES010. PESI maintains responsibility for this program and its contents. PESI is offering this activity for 6.25 hours of continuing education credit. Full attendance is required; no partial credits will be offered for partial attendance.

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**Speech-Language Pathologists:** This course is offered for .6 ASHA CEUs (Intermediate level, Related area).

**Speech-Language Pathologists Only:** To be reported to ASHA, while completing the online post-test/evaluation, please answer YES to the question: "Are you a Speech-Language Pathologists and/or Audiologist requesting to have your credit hours reported to the ASHA CE Registry to earn ASHA CEUs?" and include your ASHA number. After completing and passing the online post-test/evaluation, your information will automatically be sent to [cepesi@pesi.com](mailto:cepesi@pesi.com) to be reported. If you forget to answer yes, please send an email to [cepesi@pesi.com](mailto:cepesi@pesi.com) with the following information: full title of the activity, speaker name, date of live broadcast, date you completed the post-test, and your name and your license number.

**California Speech-Language Pathologists and Audiologists:** PESI, Inc. is an approved provider with the California Speech-Language Pathology and Audiology Board, #PDP 319. This course meets the qualifications for 6.0 hours of continuing professional development credit for Speech-Language Pathologists or Audiologists, as required by the California Speech-Language Pathology and Audiology Board.

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**California Social Workers:** The California Board of Behavioral Sciences accepts CE programs that are approved by other approval agencies, including several that approve PESI and its programs. A full list of approval agencies accepted by the BBS can be found at [www.bbs.ca.gov/licenses/cont\\_ed.html](http://www.bbs.ca.gov/licenses/cont_ed.html) under "Where to find CE Courses." This Intermediate level activity consists of 6.0 clock hours of continuing education instruction.

**Other Professions:** This activity qualifies for 380 minutes of instructional content as required by many national, state and local licensing boards and professional organizations. Save your course outline and certificate of completion, and contact your own board or organization for specific requirements.



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ART THERAPY INTERVENTIONS FOR ANXIETY,  
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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

Walk-ins are welcome but admission cannot be guaranteed. Call M-F 7:00-6:00 Central Time for space availability if registering within one week of seminar.

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