

Outline

Art Therapy
Which clients benefit from art therapy?
Ethical implications and limitations of using art therapy in your practice
Creating products vs creative process
Go with the flow

Clinical Application of Art Therapy
What materials to use and when
Normative development in art making and developmental stages
Indicators in the artwork that suggest a child needs more support
Seeing it differently (client perspective)
Art talk, they made it now what?

CREATIVE TECHNIQUES AND STRATEGIES TO...

Build Relationships & Connection
For ASD, Trauma & ODD
Quality world
Magical thinking
About me collage
Play building
Collaborative drawings
Group activities
Family art making

Build Safety
For Trauma, Anxiety & Mood Disorders
Containers, containers, containers....
boxes, circles, worry and calm down jars
Create a safe place
Color it in
Special person
A gift
Erasers
Hurt heart
Animal family & other family art activities
Trauma feelings
Coming and going
3 wishes

Objectives

- 1. Determine the stages of a child’s normative artistic development, and identify the indicators suggesting a need for additional clinical support, such as regressive behaviors or artistic expression that is inconsistent with developmental age.
- 2. Develop a step-by-step plan for introducing art into your clinical practice by identifying the client’s core issues, determining the therapeutic objectives, and choosing the art materials and activity to support the client’s therapeutic goals.
- 3. Summarize the physiological reasons why children become dysregulated and explore the benefits of art making for clients impacted by trauma, anxiety, depression and other diagnosis.
- 4. Practice the creative process via interactive hands-on art therapy experiences to understand how to implement art into your current clinical practice to promote safety, encourage client self-awareness, and facilitate creative self-regulation strategies.
- 5. Consider the ethical implications and clinical limitations of using art in your clinical practice.
- 6. Implement over 77 art directives into your therapy practice to immediately help children regulate their emotions and behaviors.

Build Self-Esteem
For ADHD, Anxiety & Mood Disorders
Inside out
Mask making
Strong person
Power animals
Tree drawings
Yeahs & yucks
Self portraits
Beading, knitting, weaving, sewing, rainbow loom

Increase Responsibility
For ADHD, Trauma, ASD, ODD, Anxiety & Mood Disorders
Miracle question
Create the problem
The science experiment
A really bad day
An ideal day
Feeling faces
Bridges
Cartooning problems & solutions

Increase Control
For ADHD, Anxiety & Mood Disorders
Change the channel
Chill out boxes
Brain dump
Blow it out
Spray it away
On the other hand
Feelings volcano
Sensory play: finger painting, paper folding, dripping, goop & more
Mindful mandalas
Scribble scrabble
Imaginary problem solver
Road drawing


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ART THERAPY

77 Creative Interventions for Challenging Children who Shut Down, Meltdown or Act Out

Art directives and interventions to help with:

Anxiety
Trauma
Mood disorders
ADHD
ODD
ASD
And more!

Interactive hands-on art therapy experiences – all materials provided

Tarrytown, NY
December 4, 2019

Plainview, NY
December 5, 2019

Manhattan, NY
December 6, 2019

Tarrytown, NY
Wednesday
December 4, 2019

Plainview, NY
Thursday
December 5, 2019

Manhattan, NY
Friday
December 6, 2019

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ART THERAPY

Do you have clients who are stuck, repeating the same patterns over and over and you feel like you're powerless to help them? You know the ones that repeatedly refuse to listen and don't stop to think before they act. Or those who refuse to take responsibility for their behaviors and constantly pass blame onto others? Do they leave you feeling stagnant and burnt out in your practice? Do you work with challenging children and families who seem absolutely resistant to every intervention you offer?

Let me help you, like I have helped other therapists. Attend this seminar and learn new innovative interventions to help even your most resistant clients become unstuck. Your day will consist of creative, interactive, hands-on training that will re-energize your work. You will leave with 77 fresh new art strategies and approaches that you can use immediately to engage even your most difficult and challenging clients.

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

When providing training to non-art therapists, trainees understand the nature, objectives, limitations, and results from the training are distinctly different from the formal study of art therapy.

Speaker

Laura Dessauer, Ed.D, ATR-BC, is a board certified art therapist with a doctoral degree in counseling psychology. She has worked with families for 25+ years in over 21 school districts. Dr. Dessauer is passionate about helping families develop creative ways to confidently communicate and creatively connect. In her private practice she specializes in working with children who shutdown, meltdown and act out. She playfully blends cognitive behavioral skills, art-making, and creative problem solving to help clients create individualized social, emotional, and behaviors interventions that "stick to their brain".

Dr. Dessauer's work has been included in *Parent's Magazine*, *eHow Parenting*, *YourTango*, *FoxNews*, *PBS "This Emotional Life"*, *Lifetime Network*, *Working Mother*, and *Psychology Today*. Dr. Dessauer is contributing author of *"Healing with Art and Soul: Engaging One's Self Through Art Modalities"* (Cambridge Scholars, 2009). She has presented at the Eighteenth Annual National Expressive Therapy Conference, National American Art Therapy Association 40th Anniversary Conference, and American Art Therapy Association Institute for Creative Education in Art Therapy (ICE/AT), and has created international online training courses for therapists. Dr. Dessauer has created a relaxation CD, *"The Creativity Queen's Superfabulicious Self-Soothing CD"*, and therapeutic coloring book, *"The Creativity Queen's Superfabulicious Colorific Adventure Book"* for her clients. Her business, the Creativity Queen, LLC, was the winner of the 2007 Small Business of the Year Award (SCORE).

Speaker Disclosures:

Financial: Laura Dessauer is the founder and director of Creativity Queen, LLC. She receives a royalty from the American Art Therapy Association for Continuing Education (ICE/AT) for the online course, *"Tools of the Trade: Creating a Successful Art Therapy Business."* She receives a speaking honorarium from PESI, Inc.

Non-financial: Laura Dessauer is a member of the American Art Therapy Association and the Florida Art Therapy Association.

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.

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. *Limited seats available; advance online registration required.*

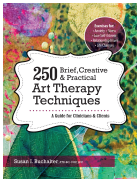


Hassle-Free Cancellation Policy:

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.

Seminar on DVD or CD Package: You can purchase a self-study package on the subject. You will receive a set of DVDs or CDs that include a digital copy of the seminar manual and post-test/evaluation. You and your colleagues can receive CE hours for a nominal fee. To determine if homestudy credits are available for your profession go to www.pesi.com or call 800-844-8260. Check with your licensing board to verify acceptance of self-study credits for license renewal. Order today by using the order form on this brochure or by calling 800-844-8260.

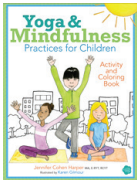
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250 Brief, Creative & Practical Art Therapy Techniques A Guide for Clinicians and Clients

By Susan I Buchalter, ATR-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.



Yoga and Mindfulness Practices for Children Activity and Coloring Book

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

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

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 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 profession's standards.

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

Counselors (NBCC): Art Therapy: 77 Creative Interventions for Challenging Children who Shut Down, Meltdown, or Act Out has been approved by NBCC for NBCC credit. PESI, Inc. is solely responsible for all aspects of the program. NBCC Approval No. SP-3232. PESI is offering this activity for 6.5 clock hours of continuing education credit.

New York Counselors: PESI, Inc. is recognized by the New York State Education Department's (NYSED) State Board for Mental Health Practitioners as an approved provider of continuing education for Licensed Mental Health Counselors. #MHC-0033. This activity will qualify for 7.5 contact hours. Full attendance is required; no partial credits will be offered for partial attendance.

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New York Educators: PESI, Inc. is an approved sponsor of CTLE with the New York State Education Department's (NYSED) Office of Teaching Initiatives. Provider #23567. This activity will qualify for 6.25 Approved Continuing Teacher and Leader Education (CTLE) Hour(s). In the area of Pedagogy. Hours are based on full attendance. Board required certificates will be sent after the program.

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.

New York Marriage & Family Therapists: PESI, Inc. is recognized by the New York State Education Department's (NYSED) State Board for Mental Health Practitioners as an approved provider of continuing education for Licensed Marriage and Family Therapists. #MFT-0024. This activity will qualify for 7.5 contact hours. Full attendance is required; no partial credits will be offered for partial attendance.

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Psychologists & Psychiatrists: Psychiatrists

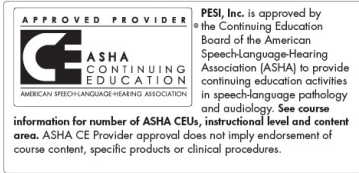
PESI, Inc. is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians. PESI, Inc. designates this live activity for a maximum of 6.0 AMA PRA Category 1 Credit(s). Physicians should only claim credit commensurate with the extent of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

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New York Psychologists: This live activity consists of 380 minutes of continuing education instruction and is related to the practice of psychology.

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

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New Jersey Social Workers: For the most up-to-date credit information, please go to: www.pesi.com/events/detail/75479.

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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.

TUITION OPTIONS

- **FREE Military Tuition:** 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. *Limited seats available; advance online registration required.*
- **\$30 Tuition:** If you are interested in being our registration coordinator for the day, go to: www.pesi.com/coord for availability and job description, or call our Customer Service Dept. at 800-844-8260.
- **Groups of 5 or more:** Call 800-844-8260 for discounts.
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Participants will learn how to implement therapeutic art interventions. They will not be certified as an art therapist.