

# 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

- Draw your fears
- Magical thinking
- Safe place drawing
- Playing with the materials
- Building rituals
- Destroy the OCD monster
- Paint the silence

### Build Safety

For Trauma, Anxiety & Mood Disorders

- Connect the dots
- Create a safe place
- Draw a person
- Draw a house
- Draw your feelings
- Play therapy
- Animal family & other family art activities
- Trauma feelings
- Magical thinking
- Wishes

## Build Self-Esteem

For ADHD, Anxiety & Mood disorders

- Inside out
- Mask making
- Body outline
- Safe place
- Fear and empowerment
- Self portraits
- Beading

## Increase Responsibility

For ADHD, Trauma, ASD, ODD, Anxiety & Mood disorders

- Miracle question
- Feeling heart
- Kinetic family drawing
- Bridges
- Cartooning problems & solutions

## Increase Control

For ADHD, Anxiety & Mood disorders

- Paper weaving
- Abstracting painting and collage
- Destroying fears
- Mindful mandalas
- Scribble scabble
- Gratitude Namaste figure

## 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

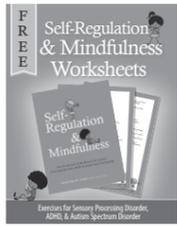
There will be two 15-min breaks (mid-morning & mid-afternoon).  
Actual lunch and break start times are at the discretion of the speaker.  
A more detailed schedule is available upon request.

# Objectives

1. Evaluate art therapy directives to immediately implement into clinical practice with fidelity to help children regulate their emotions and behavior.
2. Appraise the ethical implications and clinical limitations of using selected art therapy approaches within your scope of practice.
3. Determine the stages of a child's normative development and identify the indicators suggesting a need for additional clinical support.
4. Analyze the benefits of utilizing therapeutic artmaking approaches in assessment, diagnosis, and clinical treatment of mental health disorders.
5. Develop a plan for introducing art into clinical practice for treatment resistant and challenging children and families.
6. Determine the neurobiological implications of using therapeutic art interventions among clients with various diagnoses.

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# ART THERAPY

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# ART THERAPY

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# ART THERAPY



Do you work with challenging children and teens who seem absolutely resistant to every intervention you offer? 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?

Attend this seminar and learn innovative interventions that will 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 fresh new art strategies and approaches that you can use immediately to engage even your most difficult and challenging clients. These tools are fun and playful. They will offer you an opportunity to refresh yourself as well!

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

## Speaker

**PAMELA MALKOFF HAYES, MFT, ATR-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).

Over the course of her 25+ year career she has worked in schools, hospitals, prison, foster and residential care, and private practice. She is a noted speaker and educator, lecturing throughout the United States. She has taught art therapy courses at Phillips Graduate University, Rhode Island School of Design (RISD), and Chicago School for Professional Psychology. She has written several books and produced DVDs 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.

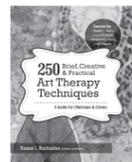
Ms. Malkoff Hayes lives in Los Angeles where she has a private practice and provides art therapy groups to multiple agencies. She has a Bachelor's Degree in fine arts from Parsons School of Design in New York, NY and Otis/Parsons in Los Angeles, CA and a Graduate Degree in marriage and family therapy and art therapy from The Notre Dame de Namur University in Belmont, CA.

### 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.

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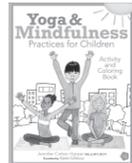


### 250 Brief, Creative & Practical Art Therapy Techniques

*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-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, School Psychologists, Marriage and Family Therapists, School Counselors, Occupational Therapists and Occupational Therapy Assistants, Educators, Speech-Language Pathologists and Creative Arts Therapists

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

## 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 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:** 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.

**MISSOURI COUNSELORS:** This intermediate activity consists of 6.25 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please contact your licensing board to determine if they accept programs or providers approved by other national or state licensing boards. A certificate of attendance will be awarded at the end of the program to participants who are in full attendance and who complete the program evaluation.

**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.

**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.

**KANSAS OCCUPATIONAL THERAPISTS & OCCUPATIONAL THERAPY ASSISTANTS:** This course has been sent to the Kansas Occupational Therapy Association for review. Credit is pending.

**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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**KANSAS PSYCHOLOGISTS:** This live activity consists of 380 minutes of continuing education instruction and is designed to meet the requirements of the Kansas Board of Psychology. PESI is a nationally accredited provider of continuing education. Please retain the activity advertisement and certificate of attendance for your CE records.

**PSYCHOLOGISTS/SCHOOL PSYCHOLOGISTS:** PESI, Inc. is approved by the National Association of School Psychologists to offer professional development for school psychologists. PESI maintains responsibility for the program. Provider #1140. 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.

**APPROVED PROVIDER**



**PESI, Inc.** is approved by the Continuing Education Board of the American Speech-Language-Hearing Association (ASHA) to provide continuing education activities in speech-language pathology and audiology. See course information for number of ASHA CEUs, instructional level and content area. ASHA CE Provider approval does not imply endorsement of course content, specific products or clinical procedures.

**SPEECH-LANGUAGE PATHOLOGISTS:** This course is offered for .6 ASHA CEUs (Intermediate level, Professional area).

**KANSAS SPEECH-LANGUAGE PATHOLOGISTS OR AUDIOLOGISTS:** Approved for 7.5 continuing education clock hours for Kansas licensed Speech-Language Pathologists by the Kansas Department for Aging and Disability Services.

**SOCIAL WORKERS:** PESI, Inc., #1062, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. PESI, Inc. maintains responsibility for this course. ACE provider approval period: January 27, 2017 - January 27, 2020. Social Workers completing this course receive 6.25 Clinical Practice continuing education credits. Course Level: Intermediate. Full attendance is required; no partial credits will be offered for partial attendance. A certificate of attendance will be awarded at the end of the program to social workers who complete the program evaluation.

**KANSAS SOCIAL WORKERS:** PESI, Inc. is an approved provider with the Kansas Behavioral Sciences Regulatory Board. Provider #14-006. This course has been approved for 6.0 continuing education hours.

**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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### 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.

### 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](http://www.pesi.com/coord) for availability and job description, or call our Customer Service Dept. at 800-844-8260.

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**3 Check tuition:**

### TUITION WITH SEMINAR MANUAL

**\$219.99** – choose one of the options below:

- per person for 2 or more preregistering together —OR—  
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- \$29.99\* 250 Brief, Creative & Practical Art Therapy Techniques** book  
 **\$19.99\* Yoga & Mindfulness Practices for Children Activity and Coloring book**

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**Art Therapy: Creative Interventions for Kids with Trauma, Anxiety, ADHD and More!**

- \_\_\_ Seminar on DVD\* (video) \$219.99 (RNV053965)  
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\_\_\_ **250 Brief, Creative & Practical Art Therapy Techniques** book\* \$29.99 (PUB085195)

\_\_\_ **Yoga and Mindfulness Practices for Children Activity and Coloring book\*** \$19.99 (PUB084820)

CE hours and approvals on products may differ from live CE approvals.

\*Shipping is \$6.95 first item + \$2.00 each add'l item.

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