

Outline

**Art Speaks: Therapeutic Practice**  
Art Therapy vs. Therapeutic Art-Making  
Art Therapy vs. Therapeutic Art  
Ethical Implications and Scope of Practice  
Know When to Refer  
Process of Creating vs. Outcome

Clinical Applications

**Using Art: Principles and Foundations**  
Media Selection  
Developmental Stages Manifested in Art Making  
Warning Signs in Artwork  
Positive Perspectives

Strategies for Integrating Art in Practice

**Establishing a Sense of Empowerment and Control**  
For Trauma, Anxiety & Mood Disorders  
Safe Place Art  
Mandalas  
Stressors vs. Calmers  
Mindful Doodling

**Establish Relationship to Self**  
For ASD, Trauma, ODD, ADD  
Name Designs  
Me/Not Me/Ideal Me Collage  
Self Object  
Landscape of My Life

Questions?  
Call customer service at  
800-844-8260

Objectives

- 1. Apply therapeutic art directives and immediately implement into your therapy practice to help children, teens, adults and families regulate their emotions and behaviors.
- 2. Analyze the ethical implications and your scope of practice when selecting therapeutic artmaking approaches.
- 3. Assess the stages of children’s normative development, and warning signs suggesting a possibility for additional clinical support.
- 4. Implement the use of simple and economic art materials; what to use and when, so you can feel immediately confident using art in your practice.
- 5. Prepare a plan for introducing art into clinical practice for treatment-resistant and challenging children and families.
- 6. Playfully practice the creative process via interactive hands-on therapeutic art-making experiences.


**Creating Authentic Connections**  
For ASD, Mood Disorders, ADD  
Collaborative Drawings  
Mural Making  
Circle of Commonalities  
Group Activities  
Family Art-Making

**Self-Esteem and Self-Compassion**  
For ADHD, Anxiety & Mood Disorders  
Inside-Out Boxes and Masks  
Aluminum Foil Sculptures  
Positive Puppets  
Empathy Masks  
Worry Dolls

**Control to Commitment**  
For ADHD, Anxiety & Mood Disorders, Trauma  
Follow Directions Drawing  
Crossroads Doodle  
Resilience Doodle  
Wellness Timeline  
Letters of Appreciation

**Research, Limitations and Risks**  
Training is distinctly different from the formal study of art therapy  
Introducing art without adequate training  
Art therapy is an evidenced-based treatment

**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.

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THERAPEUTIC  
ART INTERVENTIONS  
FOR CHILDREN AND TEENS

Creative and Mindfulness-Based Techniques for Trauma, Anxiety, ADHD and More!



**Lincoln, NE**  
Wednesday, January 22, 2020  
**Omaha, NE**  
Thursday, January 23, 2020  
**Des Moines, IA**  
Friday, January 24, 2020

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**Patricia Isis, Ph.D., LMHC, ATR-BC, ATCS**  
Author of *The Mindful Doodle Book*

**THERAPEUTIC ART INTERVENTIONS FOR CHILDREN AND TEENS**

Creative and Mindfulness-Based Techniques for Trauma, Anxiety, ADHD and More!

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# Therapeutic Art Interventions for Children and Teens

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 who 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, teens and families who seem absolutely resistant to every intervention you offer?

Let Dr. Patricia Isis, international presenter, author, certified mindful self-compassion teacher and board certified registered art therapist, help you! Attend this seminar and learn innovative interventions that are guaranteed 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 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

**Dr. Patricia Isis**, holds a Ph.D. in the expressive therapies with an emphasis on art therapy and is a Licensed Mental Health Counselor, Board Certified and Registered Art Therapist and certified mindful self-compassion teacher. She provides art therapy services in the public schools and maintains a private practice. Dr. Isis is the author of *The Mindful Doodle Book: 75 Creative Exercises to Help you Stay in the Moment*, which will teach you how to utilize mindful doodling as a clinical tool for multiple populations, approaches and settings.

She is the founding president of the Florida Art Therapy Association. In addition, Dr. Isis served as secretary on the Art Therapy Credential Board and later as a director on the board of the American Art Therapy Association. Furthermore, Dr. Isis is on the nominating committee for the Art Therapy Credentials Board and maintains active membership in the American Art Therapy Association, American Counseling Association, The Society for Group Psychotherapy and Psychodrama, and the Association for Death Education and Counseling. Dr. Isis is a popular presenter internationally, nationally, and locally.

Dr. Isis also facilitates mindfulness-based stress reduction (MBSR), mindful self-compassion (MSC) classes, and mindfulness trainings. She received training in MBSR with Jon Kabat-Zinn and Saki Santorelli in June of 2000.

Speaker Disclosures:

Financial: Patricia Isis is in private practice. She receives a speaking honorarium from PESI, Inc.

Non-financial: Patricia Isis has no relevant non-financial relationship to disclose.

## Target Audience

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



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

## SAVE BY INCLUDING THESE PRODUCTS WITH SEMINAR REGISTRATION!



**The Mindful Doodle Book**  
75 Creative Exercises to Help You Live in the Moment

By Patricia Isis, PhD., LMHC, ATR-BC, ATCS - **Your Presenter!**

Reduce Anxiety. Express Emotions. Be More Present.

*The Mindful Doodle Book: 75 Creative Exercises to Help You Live In the Moment* combines the benefits of mindfulness and the intuitive expression of doodling to help you relax, find focus, and creatively express emotions through spontaneous artmaking.



**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.

## 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.*

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**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.

**Nebraska 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.

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#### Psychiatrists

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#### Psychologists

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**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.

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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.

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**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.

**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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### 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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- \$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

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- ☐ single registration postmarked 3 weeks prior to seminar date

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☐ **\$19.99\*** *The Mindful Doodle Book*

☐ **\$29.99\*** *250 Brief, Creative & Practical Art Therapy Techniques* book

\*Attendees add applicable state and local taxes except in AK, DE, MT, NH, OR

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