

Outline

Art Speaks: Therapeutic Foundations
Function and History of Art Expression
Art and Neuroscience
Approaches to Client Barriers with Art-Making
What is Visual Thinking all About?

Using Art in Practice
Client Barriers
Non-Directive and Directive Use of Prompts
How to Talk About Artwork
Proceeding with Caution when Looking at Artwork
Materials and Media Properties

EXPLORING EMOTIONAL AND COGNITIVE FUNCTIONING IN ARTWORK

Indicators of Healthy Development Manifested in Artwork
Scribbling, Basic Forms, Representation, Ordered, Detailed, Realistic
Age-appropriate Expression vs. Cognitive/Emotional Deficits

Observe Warning Signs in Artwork to Identify Maladaptive Functioning
Correlation to History/Issues
Patterns and Repetition of Subject Matter
Distortions, Omissions, and Organization of Imagery
Inconsistencies, Sizes, and Details of Forms and Figures
Dangerous Themes

STRATEGIES FOR INTEGRATING ART INTO PRACTICE

Improve Self-Acceptance, Handling Feelings and Difficult Emotions
ODD and Anxiety:
Safe Place Art
Anger Management
Mandalas
Stressors vs. Calmers
Mindful Doodling
Follow Directions Drawing
Speech Filters
Feelings and Coping Skills

Build Self-Awareness, Self-Esteem and Self-Compassion
ADHD, Mood Disorders
Name Designs
Me/Not Me/Ideal Me Collage
Self-object
Landscape of My Life
Puppets
Empathy Masks
Worry Dolls
Sensory-Motor Adaptations
Engaging with Nature

Create Social-Emotional Connection
Anxiety, ADHD, Mood Disorders:
Collaborative Drawings
Mural Making
Circle of Commonalities
Group Activities
Family Art-Making

Termination Checklist
Closure and Termination
Crossroads Doodle
Resilience Doodle
Wellness Timeline
Letters of Appreciation
Memory Books

Research, Limitations and Risks
Art Therapy-Based Learning is Distinctly Different from the Formal Study of Art Therapy
Introducing Art Therapy-based information without Required Education
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.

Questions?
Visit our FAQ page at pesi.com/faq or contact us at [pesi.com/info](mailto:info@pesi.com).

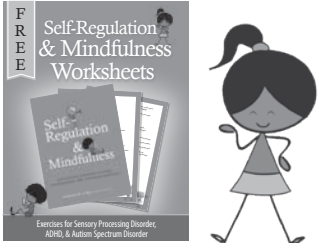
Objectives

1. Prepare a plan for introducing art therapy-based strategies as a complement to your professional practice.
2. Analyze the ethical implications and your scope of practice for using art therapy-based interventions.
3. Assess the stages of normative artistic development, warning signs and appropriate materials, that are consistent with developmental age and treatment goals.
4. Determine the benefits of art making for clients impacted by trauma, anxiety, depression and other symptomatology.
5. Practice the creative process via interactive, hands-on art therapy- based experiences to promote safety, encourage client problem solving, and to facilitate creative expression.
6. Integrate over 40 art therapy-based directives into your professional practice to immediately help children and teens cope with their emotions and behaviors.

Target Audience: Counselors • Social Workers (School and Community) • Psychologists • Case Managers • Marriage and Family Therapists
School Counselors • School Psychologists • Educators (Regular, Special Education and Art) • Occupational Therapists
Occupational Therapy Assistants • Speech-Language Pathologists • Pediatric Nurses • Graduate Art Therapy Students
Non-certified Art Therapists • Psychiatric Nurses • Early Childhood Personnel • Head Start Staff

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Art Therapy-Based Toolbox

Creative Techniques for Children and Adolescents with ODD, ADHD, Anxiety and Mood Disorders

Marietta, GA
Wednesday
February 26, 2020

Decatur, GA
Thursday
February 27, 2020

Athens, GA
Friday
February 28, 2020

Marietta, GA
Wednesday
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Art Therapy-Based Toolbox

Creative Techniques for Children and Adolescents with ODD, ADHD, Anxiety and Mood Disorders

Featuring: Janet Bush, ED.S., ATR-BC

- Gain strategies to process feelings, minimize outbursts & acting out behaviors
- Effectively use art work to increase communication and emotional regulation
- More skillfully assess what children and adolescents are communicating through their artwork

Art Therapy-Based Toolbox

Creative Techniques for Children and Adolescents with ODD, ADHD, Anxiety and Mood Disorders

Do you work with challenging children and teens who seem resistant to every intervention you offer? Are they stuck, repeating the same patterns over and over and you feel like you're powerless to help them?

Join Jan Bush, ED.S., ATR-BC as she teaches you art therapy-based interventions that can complement and strengthen your professional toolbox. You will learn how to creatively engage your most resistant clients who have ODD, ADHD, anxiety and mood disorders.

Through demonstration and hands on activities you will:

- Meet requirements for mental health preparation for school personnel
- Understand what children and adolescents are communicating through their artwork
- Explore strategies to help process feelings to minimize outbursts and acting out behaviors
- Enrich your professional toolbox with the confidence and ethical practice of using appropriate art materials, supplies and directives
- Identify cognitive and emotional levels of development through drawings
- Learn how to make a counseling session fun and engaging
- Understand how to deal with drawings that portray dangerous themes
- Learn how to use Artwork to increase communication and emotional regulation
- Delve into strategies that help kids feel comfortable sharing and releasing repressed emotions

Make counseling sessions more engaging and fun!

Speakers

JANET (JAN) BUSH, ED.S., ATR-BC, is a credentialed mental health clinician and a registered board certified art Psychotherapist. She is credited for contributing to the fields of psychology and education as the first therapist in the nation to have laid the foundation for a mental health program in public education, in the field of clinical art therapy for Miami's Dade County Public Schools.

Jan subsequently authored the pioneering textbook, *The Handbook of School Art Therapy*. Through her long-term and pioneering work, she received several national distinguished clinical services and lifetime achievement awards.

Her breadth of clinical practice has not only included educational settings but also medical, psychiatric, outpatient, correctional and social service facilities, helping clients with a range of issues such as depression and anxiety, grief and loss, substance abuse, behavioral disorders, physical disabilities, relationship problems, career and educational concerns, LGBTQ issues and other life events.

Internationally known, Jan has consulted, presented, and keynoted her work for professional groups, developed clinical curricula and authored journal articles and original research.

She has been featured in local, state and national print and broadcast media including television shows, radio programs, newspaper and magazine articles, podcasts and NBC's nationwide network news. Jan serves as a consultant in private practice based in Palm Beach County Florida.

Speaker Disclosures:

Financial: Janet Bush is a consultant in private practice. She receives a speaking honorarium from PESI, Inc.

Non-financial: Janet Bush has no relevant non-financial relationship to disclose.



Hassle-Free Cancellation Policy: If you contact us before the event date, you can exchange for a self-study package on the subject (CE credits 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. **Limited seats available; advance online registration required.**

SAVE BY INCLUDING THESE PRODUCTS WITH SEMINAR REGISTRATION!



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.



The Mindful Doodle Book

75 Creative Exercises to Help You Live in the Moment

By Patricia D. Isis, Ph.D., LMHC, ATR-BC, ATCS

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.

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.

GEORGIA COUNSELORS: 6.25 of Core hours, applied for through the Licensed Professional Counselors Association of Georgia, LPCA.

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.

GEORGIA MARRIAGE & FAMILY THERAPISTS: This activity has been submitted to the Georgia Association for Marriage and Family Therapy. Credit pending.

NURSES, NURSE PRACTITIONERS, AND CLINICAL

NURSE SPECIALISTS: PESI, Inc. is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

Nurses in full attendance will earn 6.3 contact hours. Partial contact hours will be awarded 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.

GEORGIA PSYCHOLOGISTS: CE credit is available. This course consists of 6.0 continuing education credit hours for Georgia Psychologists.

The Rules and Regulations of the State of Georgia, Chapter 510-8, Section 3 confirms acceptance of continuing education programs relevant to psychology from providers approved by the American Medical Association (AMA). This program is certified for a maximum of 6.0 AMA PRA Category 1 Credits™ by PESI as an accredited ACCME provider authorized to award credit by the AMA. PESI, Inc. is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

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

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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.

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

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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ADA NEEDS

We would be happy to accommodate your ADA needs; please email info@pesi.com or call 1-800-844-8260 at least two weeks prior to the seminar date.

SAME DAY REGISTRATION

Walk-ins are welcome but admission cannot be guaranteed. Contact us for space availability if registering within one week of seminar.

TUITION OPTIONS

Advance registration required. Cannot be combined with other discounts.

- **FREE Military Tuition:** PESI Inc. is proud to offer this seminar 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, first come, first serve.

- **Discounted Student Rate:** As part of its mission to serve educational needs, PESI, Inc. offers a reduced rate of 50% off standard tuition for students. Enclose a current student schedule with registration form. Go to www.pesi.com/students for details.

QUESTIONS

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