

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 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.

Questions?
Visit our FAQ page at pesi.com/faq or contact us at pesi.com/info.

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.

FREE Worksheets

Trauma Treatment Toolbox for Teens

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Art Therapy Interventions for Anxiety, Chronic Pain and Addictions

Flint, MI Wednesday, June 17, 2020	Troy, MI Thursday, June 18, 2020
Ann Arbor, MI Friday, June 19, 2020	

REGISTER NOW! pesi.com/express/81316

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 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.

Seminar on DVD or Digital Format: You can purchase a self-study package on the subject and 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. If purchasing the digital format, you will receive an emailed order confirmation which contains your login instructions to access the recorded seminar, electronic handouts and online post-test. Order today by using the order form on this brochure or by calling 800-844-8260.

Have a seminar idea? A manuscript to publish? The nation's top speakers and authors contact PESI first. If you are interested in becoming a speaker or have a new topic idea, please contact Meg Mickelson Graf at mgraf@pesi.com or call 715-855-8199.



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, 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.



200 More Brief, Creative & Practical Art Therapy Techniques

A Guide for Clinicians & Clients

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

Expanding upon art therapist Susan Buchalter's celebrated *250 Brief, Creative & Practical Art Therapy Techniques*, this follow-up book provides 200 more art exercises clinicians can use in art therapy and psychotherapy groups. With just a few simple materials, Buchalter provides endless opportunities for clients to create meaningful images, share their experiences, and become more focused and open in therapy.

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 cespi@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.

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.

Michigan Addiction Counselors: This course has been submitted to the Michigan Certification Board for Addiction Professionals (MCBAP). Credit is pending.

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.

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

Michigan School Personnel & Educators: An application has been submitted for State Board Continuing Education Units (SB-CEUs) for the face-to-face program only in Flint, MI on 6/17/20; Sterling Heights, MI on 6/18/20; and Ann Arbor, MI on 6/19/20. Those seeking SB-CEUs must attend 100% of the face-to-face seminar in addition to completing an SB-CEU Participant Application Form (available at the seminar) and following sign-in/sign-out procedures as directed at the program. Additionally, participants will be required to complete the MDE evaluation in the Secure Central Registry. Specific instructions will be provided at the seminar.

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.

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.

Physicians: PESI, Inc. is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

PESI, Inc. designates this live activity for a maximum of 6.0 AMA PRA Category 1 Credits™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

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 Credits™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

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.

Indiana Psychologists: CE credit is available. PESI, Inc. is an approved provider with the Indiana Board of Psychology. Certificate #: 98000998A - Category I. PESI maintains full responsibility for this program and its contents. Full attendance at this course qualifies for 6.25 contact hours.

Michigan Psychologists: CE credit is available. This course consists of 6.25 continuing education credit hours for Michigan Psychologists.

The Michigan Department of Licensing and Regulatory Affairs, Psychology-General Rules, Rule 83 confirms acceptance of continuing education programs relevant to psychology from providers approved by another state or provincial board of psychology. PESI, Inc. is an approved provider with the Indiana Board of Psychology. Certificate #: 98000998A - Category I. PESI maintains full responsibility for this program and its contents.



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, 2020 - January 27, 2023. 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.

REGISTRATION FORM

ART THERAPY INTERVENTIONS FOR ANXIETY, CHRONIC PAIN AND ADDICTIONS

SAVE TIME! Express Register Online: pesi.com/express/81316

1 Please complete entire form if sending by mail *please print legibly*

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***Required for event updates**

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☐ **TROY, MI • June 18, 2020** (81316TRO)
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☐ **ANN ARBOR, MI • June 19, 2020** (81316ANN)
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3 Select Tuition

TUITION including seminar manual

\$219.99 – choose one of the options below:

- ☐ per person for 2 or more preregistering together —OR—
- ☐ single registration postmarked 3 weeks prior to seminar date

☐ **\$249.99** standard

ADD-ON PRODUCTS — Save on Shipping! — Products Distributed at Seminar

- ☐ **\$29.99* 250 Brief, Creative & Practical Art Therapy Techniques** book (PUB085195)
- ☐ **\$29.99* 200 More Brief, Creative & Practical Art Therapy Techniques** book (PUB086285)

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

4 Select Payment Method

All registrations must be prepaid.

☐ Check enclosed payable to **PESI, Inc.**

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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 (on live seminar and live video webcast tuition). *Advance online registration required.*

QUESTIONS

Visit pesi.com/faq or contact us at pesi.com/info

OTHER WAYS TO REGISTER

Fax: 800-554-9775
Mail: PESI, Inc.
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Phone: 800-844-8260

Online: pesi.com/express/81316

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Art Therapy Interventions for Anxiety, Chronic Pain and Addictions

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