

## 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 scrabble  
Gratitude Namaste figure

### Live Webcast Schedule (Times listed in Eastern)

**9:00** Program begins

**11:50-1:00** Lunch Break

**5:00** 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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# ART THERAPY

Creative Interventions for Kids with Trauma,  
Anxiety, ADHD and More!

**LIVE Interactive Webcast**  
**Friday, January 15, 2021**

**BONUS!** – Registration includes FREE on-demand access for 3 months.



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# ART THERAPY

Creative Interventions for Kids with Trauma,  
Anxiety, ADHD and More!

Interactive hands-on  
art therapy experiences  
– Look inside for materials  
to have on hand.

**LIVE Interactive Webcast**  
**Friday, January 15, 2021**

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A NON-PROFIT ORGANIZATION CONNECTING KNOWLEDGE WITH NEED SINCE 1979

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## 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.



# 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.**

**Art therapy materials recommended: Crayons, markers or colored pencils, 2 sheets of white and colored paper, glue or glue stick.**

## 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 addiction, 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.

## 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.

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### National Approvals

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This course is offered for .6 ASHA CEUs (Intermediate level, Professional area).

**\*\* Please note that Speech-Language Pathologists must complete the post-test and evaluation within two weeks of attending the live event if they would like their participation submitted to the ASHA CE Registry. Detailed instructions will be provided the day of the program under the Handouts section of the online program.**



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WITH TRAUMA, ANXIETY, ADHD AND MORE!**

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