

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 Participation: Technique to express, face and destroy fears

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

- Execute skills and understanding of how to effectively combine art and traditional talk therapy in both group and individual counseling sessions.
- Demonstrate how the art techniques can help our clients learn to tolerate frustration, sit with uncomfortable feelings, and stop those catastrophizing thoughts.
- Practice, first hand, how art can provide a sense of calm, mindfulness, and gratitude for life.
- Build 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)
- Integrate art interventions with classic CBT skills and change the thought process to transform the lives of our clients.
- Determine the science behind the changes that occur in our brains when engaged in creative activities.

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 Webinar Schedule (Times listed in Central)

9:00 Program begins

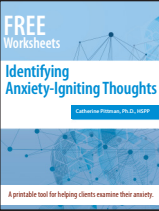
12:50-2:00 Lunch Break

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 Interventions for Anxiety, Chronic Pain and Addictions

LIVE Interactive Webinar

Tuesday, March 9, 2021

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

Join us online, for this live training!

Art Therapy Interventions for Anxiety, Chronic Pain and Addictions

Over 3 Dozen Art Therapy Techniques to Help Clients:

- Tolerate frustration and sit with uncomfortable feelings
- Let go of perfectionism
- Stop catastrophizing
- Gain acceptance
- Change automatic negative responses
- Distract from & push through chronic pain

Live Interactive Webinar

Tuesday, March 9, 2021

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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.

Art Supplies to Have on Hand:

- Colored pencils, crayons or markers
- White paper and some colored paper
- Glue and scissors (optional)

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



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Meet Your 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 Disclosure:

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.

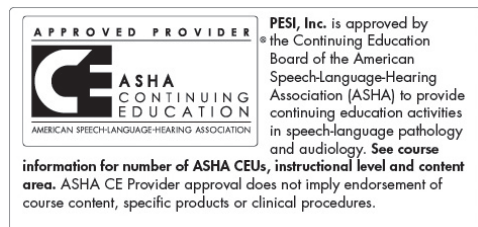
CE CREDITS AVAILABLE FOR LIVE WEBINAR

This continuing education activity is designed to meet state board requirements for the following professionals: **Marriage and Family Therapists, Counselors, Social Workers, Psychologists, Psychiatrists, Nurses, Substance Abuse Counselors, Guidance Counselors, Educators, Occupational Therapists, Speech-Language Pathologists**

For specific credit approvals and details, visit pesi.com/webcast/84585

National CE Credit Approvals For Live Webinar

Credits listed are for full attendance at the live webcast only. The CE certificate can be downloaded/printed after completing the webcast and passing the online post-test evaluation (80% passing score). Please see schedule for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.



This course is offered for 6 ASHA CEUs (Intermediate level, Related 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.



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.

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March 9, 2021 [PWZ84584]

\$219.99 tuition

9am Central time

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Recommended Reading:

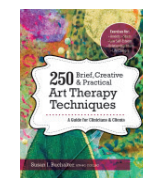


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*If mailing/faxing registration, find form at www.pesi.com/form or call 800-844-8260

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Taxes and shipping apply where applicable, see website for details

