**FRIDAY MORNING PROGRAM**

**Times: 9.45am to 11.00am**  
**Art Therapy and a focus on Imagery and Relational Physiology.**

**Keynote Speaker: Dr Rodney Adeniyi-Jones MRCP(UK), Genesis Wellness**  
Our interpersonal experiences are intrinsically linked with our bodies and Dr Adeniyi-Jones will explore concepts involved in relational physiology such as cellular responses to stress. Advances in research support an integrated approach to health and wellbeing.  
**Val Huet, PhD & Neil Springham, PhD** will outline some implications for art therapy practice and research.

**11.00AM – 11.40/11.45 COFFEE BREAK**

**Times 11.40am to 13.10pm or 11.45am to 13.15pm (Times will be specified in the printed brochure)**  
**Presenters for Practice Innovation (PI) or Research (R) Papers**

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<tr>
<th>PI / R</th>
<th>Title &amp; Short Description</th>
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<td><strong>PI / R</strong></td>
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| **Aimee O’Neill**, Art Therapist, MA, BA, MIACAT, Trinity College Dublin / National Children’s Hospital, Dublin. | **R**  
Randomised Controlled Trial of Group Art Therapy for Children with Chronic Illness  
This paper outlines a randomised controlled trial to evaluate the efficacy of a group art therapy intervention developed for children with chronic illness across multi-diagnostic presentations. The art therapy protocol integrates aspects of narrative therapy, positive psychology, and mindfulness-based approaches to encourage expression, enhance coping skills and build peer support. |
| **Ashley Hartman**, Assistant Professor of Art Therapy, Marywood University | **R**  
Museum-Based Art Therapy for Adolescents with Autism Spectrum Disorders (ASD)  
This presentation will discuss how museum-based art therapy can serve as an all-inclusive approach to wellness with adolescents with High Functioning Autism (HFA). An overview of an arts-based, mixed-methods dissertation research study and its implications for clients with ASD will be discussed. Implications for future practice and research will be discussed. |
| **Miltiadis Soultanis**, Hellenic Association of Group Analysis and Psychotherapy (HAGAP) | **PI**  
Art Therapy in Therapeutic Community ‘Kypseli’  
The Therapeutic Community ‘Kypseli’ of the Hellenic Group-Analytic ‘Koinonia’ and Hellenic Association of Group Analysis and Psychotherapy, is a non-residential Democratic Community of Group-Analytic Type for adults, adolescents and... |
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<tr>
<td><strong>Patritsia Kouveli, MSc in Social Psychology, Art Psychotherapy student.</strong></td>
<td><strong>PI</strong></td>
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<td><strong>Liz Ashby, PhD Art Psychotherapy, Coventry &amp; Warwickshire Partnership NHS Trust</strong></td>
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<td><strong>Marilyn Miller, Marilyn Miller Consultancy</strong></td>
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<td><strong>Tami Gavron, PhD, Tel-Hai college, Haifa University, Israel.</strong></td>
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<td>Maria Gonzalez, Art therapist, Visual Artist, Instituto Teletón Chile</td>
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<td>Macarena Rivas, Coordinadora Nacional UTAC, Teletòn Chile</td>
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<tr>
<td>Deborah Elkis-Abuhoff, PhD, LCAT, ATR-BC, ATCS, Hofstra University and Northwell Health System: Feinstein Institute for Medical Research</td>
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<td>Morgan Gaydos, MA, ATR-BC, LCAT, Nassau University Medical Center</td>
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<td>Erin Poland, Hofstra University</td>
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<td>Veon Lim, MA (candidate), LASALLE College of the Arts, Singapore</td>
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<td><strong>Claire Flahavan,</strong> MA Art Therapy; MB BCh BAO LRCSI, Temple Street Children's University Hospital</td>
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<td>R</td>
<td>'I ain't looking for nothing in anyone's eyes': gaze &amp; mirroring in art therapy. Images/objects are a focus for the joint gaze of client/therapist in art therapy. For clients with histories of relational trauma, this can render ‘being in relationship’ more tolerable. This paper develops these concepts via theory, case material and works by Freud/Bourgeois, to illuminate processes around ‘being seen’ within therapy.</td>
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<td><strong>Caroline Essame,</strong> Masters in Education, Post Grad Diploma in Art Therapy, BSc in Occupational Therapy, CreateCATT</td>
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<td>PI</td>
<td>It all begins with messy play: The journey to symbols and meaning. A child’s art-making begins in mess, which is one of the sensory foundations of higher play. This presentation introduces the Essame mark-making stages which have grown out of work with differently abled children in India and Singapore, and which underpin the Developmental Play approach.</td>
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<td><strong>Trish Bedford,</strong> Art Psychotherapist, Naufar</td>
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<td>PI</td>
<td>Art Therapists’ Experiences of Establishing Services as English Speakers in an Arabic Country. This presentation will explore the development of art therapy in two diverse settings in Qatar. It will highlight advantages such as the freedom for creativity, opportunities for growth and challenges such as lack of understanding of the impact of art therapy, psycho-cultural factors, and lack of professional support.</td>
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<td><strong>Michelle Dixon,</strong> Masters of Art Therapy (Latrobe University) ANZACATA registered, Sidra Medicine.</td>
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<td>PI</td>
<td>The lone art therapist: The journey of self-identity. Relying on a mainly qualitative approach method, the study explores my identity in my journey towards attaining a graduate education in art therapy and the aftermath. I conclude and confirm Nikolajeva’s viewpoint that a sense of identity is crucial to my existence thus a need to couch a unique identity.</td>
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<td><strong>Mavis Osei,</strong> PhD, Kwame Nkrumah University of Science and Technology.</td>
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<tr>
<td>Presenters for Masterclasses</td>
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<td><strong>Angelica Ojeda</strong>  Ph.D. in Social Psychology, Universidad Iberoamericana, Mexico City.</td>
<td><strong>R</strong> Benefits of Art-Therapy to Community’s working: From mom to community promoter. This psychoeducational intervention was developed qualitatively with the action-research methodology and adapted with artistic therapy. The goal was to maintain parent-child communication. It was decided to approach it from the maternal role. The role that each one adopted in the group was the impact on their change.</td>
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<td><strong>Nataly Woollett</strong>, PhD, ATR, RPT-S, University of Witwatersrand, South Africa.  <strong>Hayley Berman</strong>, PhD, University of Hertfordshire.</td>
<td><strong>PI</strong> Art Therapy’s contribution to alleviating the HIV burden in South Africa. Recognizing the immense mental health skills shortage in South Africa and responding to the disease burden, two art therapists describe a case study capacitating HIV lay counsellors within the public health system. The counsellors engage in experiential learning using image making that increases sensitivity and meaningful engagement with HIV+ patients.</td>
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<td><strong>Ase Minde</strong>, Master of Art, Oslo university Hospital Norway</td>
<td><strong>Becoming me: Art psychotherapy with Eating Disorders Patients.</strong> Art speaks a language beyond the diagnostic and can give us a wider understanding of the creation of the self and the human ability to relate to the world. This master class will be based on my experiences in the field of Art Therapy, a long journey over the last 43 years. The first part will be about the value of art in our lives and the value of art in therapy. The second part will be about Art Psychotherapy in the treatment of Eating disorders. The theme of Becoming Me will focus on transformation of the self through the encounter with poetry and art. In the arts work we shape and transform in an ongoing quest to find the true self. In this transformation there is a merging between the inner and outer world. In the becoming of Me, there is a necessary need to shift from self-neglect to self-love.</td>
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## FRIDAY MORNING PROGRAM

The Power Threat Meaning Framework offers a new, hopeful approach to understanding emotional distress as an alternative to dominance of functional psychiatric diagnosis. This session will offer an introduction to the theory and practice of the Framework for Art Therapists with reflective discussion, presented by service user consultant to the Framework and ‘dual identity’ Art Therapist Amy Sanderson.  
The Power Threat Meaning Framework is increasingly being taught as part of social work and mental health nursing training in the UK and being embedded in mental health services and peer support groups. The approach naturally lends itself Art Psychotherapy practice in offering a non-diagnostic stance and valuing non-verbal, embodied responses to understand experience.  
This workshop will offer an overview of PTM Framework theory and its relevance to Art Therapy practice and contexts. It will also explore the application of the PTM Framework to Art therapy practice and offer space for facilitated reflective discussion. |
|---|---|
| Michelle Dean, MA, ATR-BC, LPC, CGP, The Center for Psyche & the Arts, LLC. | Working With Patients with Eating Disorders.  
The master class invites clinicians to bring case examples and artwork as well as clinician’s responses. Special attention is given to the symbolic behaviors of the clients, the therapeutic alliance, and the emotional response of the clinician; creating a voice where there are no, or minimal, words.  
This Master Class explores the emergence of eating disordered symptoms from a symbolic, imagistic, and Jungian perspective as it pertains to the successes and challenges of working in a clinical environment with this population. Special attention is given to the destructive behaviors of the clients, the clinical setting, container for the therapeutic alliance, and the emotional response of the clinician as such concerns are transmuted into images; creating a voice where there are no, or minimal, words. And thus, a dialog with the image and the various aspects of self may emerge. This master class utilizes a supervision on |
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<td><strong>Rami Eckhaus</strong>, M.A. DMT, Lesley University</td>
<td><strong>The Dynamics of the shadows in Parent-Child Relationships.</strong> Can expressive therapies assist in revealing the dynamics of the shadows that come to play in parent-child relationships? In this workshop participants will experience ways to reveal the underlying forces manifested in child-parent relationships by exploring intermodal expressive therapy techniques including active imagination, movement, art, and play. This workshop is designed to provide therapists with a deeper therapeutic insight regarding the impact of creative interventions in child therapy and dyadic treatment. Using such creative therapeutic experiences assists in creating a potential space (Winnicott, 1971) in which connection and healing occurs (Rogers, 1993). By exploring intermodal expressive therapy techniques, participants will experience ways to unfold the forces that come to play in children-parents relationships. The training workshop will incorporate mixed modalities that will include active imagination, movement, art, and play. Through an artistic self-exploration process with oneself and other we will address the topic of holding space for the tension between the narratives and internal shadows, as well as potential gateways to recognize the underlying themes within the child-parent dyad.</td>
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<td><strong>Anat Wolf</strong>, MA Art therapist, Academic College of Arts</td>
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<td><strong>Dawn Freeman</strong>, MA, Cleveland Clinic Foundation</td>
<td><strong>Transformations, Honoring The Cancer Journey.</strong> This workshop will provide attendees with the history of an Ohio collaborative art therapy cancer intervention. Attendees will use an actual cancer medical device to creatively transform into an art piece that reflects their thoughts on cancer. This workshop will allow participants to explore their thoughts, feelings, and perspectives on their own personal cancer journey. The participants will</td>
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<td><strong>Maureen Moses</strong>, MAAT, ATR-BC</td>
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<td><strong>Lisa C. Shea</strong>, ATR-BC, Cleveland Clinic - Taussig Cancer Institute</td>
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<td><strong>Barbara DiScenna</strong>, MA, ATR-BC, LSW, LPC, AATA</td>
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transform an actual sanitized radiation mask into a personal statement about cancer. The participants will then have an opportunity to decide whether they would like their final piece included in the traveling exhibit. Each participant will leave with the knowledge needed to offer this intervention at their own place of employment.

Pinki Feinstein, MD Psychiatrist, KALUT center

Implementing Intuitive Painting Techniques in Art Therapy.
Dr Pinki Feinstein, a psychiatrist and the head of Intuitive Painting leadership school will present through a workshop basic techniques of Intuitive Painting to be implemented through Art Therapy and will explain how accessibility to intuition can be facilitated significantly. Despite its worldwide growth and expansion in the previous two decades, as a tool to creatively liberate unconscious conflictual emotional content and its closeness to Art Therapy, Intuitive Painting has not yet reached academic or scientific recognition. Reviewing the literature reveals that the importance of spontaneous painting for Art Therapy is not questioned and that intuition use in psychotherapy is useful and is usually associated also with the counselor's creativity and with improving ability to get to new insights during sessions. This idea, of implementing Intuitive Painting in Art Therapy is associated with the understanding that combining intuition-based approaches with empirical ones may result in improving therapeutic skills and results. During the years, some Art Therapists have acquired Dr. Feinstein’s method and added it to their tools.

Jun Lee Jun Shan, MA Art Therapy, AThR, na

Saryna Ong, Principal Medical Social Worker/Art Therapist, National Cancer Centre Singapore

Using Marbling Art in Oncology Setting.
The art of marbling is a technique of swirling colours on an aqueous surface. In this workshop, the facilitators will share how marbling art can be modified and simplified for use in oncology setting. Participants will get to experience its benefits through the experiential activity. The objective for our marbling art workshop is to introduce a simplified and affordable method of marbling technique to use in art therapy with cancer patients. Marbling art is chosen for cancer patients as the process of marbling is in some ways similar to cancer patients’ journey where the
results and outcome are filled with uncertainty. In this workshop, we will also explore with the participants on the art of facilitation and the benefits of using marbling art to help the patients express their unspoken fears and to learn strategies to cope with their illness. Marbling art with use of shaving foam and watercolour has been used in our local hospitals in Singapore.

Deborah Green, PhD; MAAT(Clinical); MEd; AThR ANZACATA, Whitecliffe College of Arts & Design

**ABR+A: The arts of making sense.**

Arts-Based Research through Autoethnography (ABR+A) makes sense of arts therapy by inviting heart+head+body+soul+context+theory into creative conversations. I story-tell ABR+A journeys as we use playful ABR+Aesque processes to explore pre-journey jitters+joys, traverse topographic highs+lows, and gaze back upon emergent map/s visible only at journey’s end.

In this proposed training workshop, I lean into arts-based processes and cast myself as a weaver of stories, a montage assembler (Yardley, 2008), stitching together storied accounts of ABR+A that contain both factual and fictional re-craftings (Leavy, 2013) alongside artworks and photographic images. Following this, participants will be invited to use creative and playful ABR+A processes to express and explore their own lived experiences of research. By using a “both show and tell” approach (Vaughan, 2009, p. 15) that ‘surrounds’ a problem rather than ‘solving’ it (Sullivan, 2006), we will layer and invite our creations to both enhance and challenge each other’s meanings (Yardley, 2008). This process acknowledges that research inquiries may not yield definite single answers, but rather, through collections of ideas and images, may suggest possibilities for further engagement.

Through this – like Denzin (2013) – “We seek a new paradigm, one which doubles back on its self and wanders in spaces that have not yet been named” (p. 354). This paradigm embraces ABR+A as simultaneously a practice, process and product, an ‘aesthetic way of knowing’ (Greenwood, 2012) that “champions the idea that knowledge of the world cannot and should not be reduced to words and numbers alone” (O’Connor & Anderson, 2015, p. 23).
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