

GATAPHILE

Newsletter of the Georgia Art Therapy Association

Winter 2004

Affiliate
of the
American
Art
Therapy
Association

Atlanta in February!

By Kate Fetterolf

Inner Harbour Workshop

GATA presents two rich days of art therapy events in our own back yard -

No costly airline tickets!

No expensive hotels!

No eating in bad restaurants!

Inner Harbour February 20 Workshop

“Reconfiguring Families: Art Therapy in Action” with **Kay Stovall, ATR-BC**

Registration Information:

Fee: \$110.00 w/o CEU's, \$120.00 w/ CEU's. Make checks payable to:

Inner Harbour, Attn. Elaine Robinson, 4685 Dorsett Shoals Road, Douglasville, GA 30135. You may also register online at: www.innerharbour.org/6_workshops.htm

The workshop will be held from 8:30am to 4:00pm, continental breakfast and lunch provided. The workshop will be held at West Central Technical College Conference Center, 4600 Timber Ridge Dr., Douglasville. (directions available online) For additional information please call: (770) 942-2391.

We will hold a pot luck dinner Friday evening after the workshop at Maxine Hull's. Please bring a side dish or dessert, and call Maxine if you are planning on attending. (404) 351-8111.



Dates to Remember

Inner Harbour Art Therapy Workshop:

Friday, February 20 (Registration deadline is Wednesday, January 21)

Pot Luck Supper:

Friday, February 20, 7pm, at Maxine's

Master Supervision:

Saturday, February 21, 10am -12 pm at Maxine's

Business Meetings:

January 17, 10am-12pm at Maxine's

March 20, 10am-12pm at Maxine's

September 11, 10am-12pm at Maxine's

December 4, 10am-12pm Holiday Brunch



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On Saturday at 10:00am, Kay Stovall will hold a Masters supervision at Maxine Hull's. These supervisions have been wonderful (and rare) opportunities to discuss clients and their artwork in the company of other art therapists. Don't miss it!



GATA 2004 Nominees

- President - **Susanne Fincher**
- President Elect - **Diana Gregory**
- Secretary - **Mary Ann Dennis**
- Treasurer/Membership Chair - **Monica Dutke**
- Newsletter Editor - **Priscilla Omega**
- Web Management - **Jenny Welty-Green**
- Program Chair - **Kate Fetterolf**
- Ethics Chair - **Cyndie Westrich**



GATAPHILE Update

The **GATAPHILE** as a hard copy newsletter has been temporarily suspended. The main reason is budgetary, but please attend our next business meeting to learn about how we plan to make an interim online newsletter until the paper copy can be resurrected. Many Many Thanks go to **Priscilla Omega** for her countless hours on the **GATAPHILE** which has been a phenomenal piece of work!!

◆◆◆

Kudos Kolumn

Margaret Walden, a Psychotherapist and Art Therapist, has expanded her private practice to assist clients who may be grieving the loss of a pet or a service/therapy animal. She counsels and supports clients in situation where euthanization is necessary. She also works with Veterinary Care Professionals (police officers, animal control personnel, veterinary professionals, animal rescue groups) doing trauma debriefing, staff trainings on self-care techniques and assisting patients, and offers a support group for veterinary medical professionals. For more information call (770) 512-2945.



GATA "Babes" DEBUT A SMASH HIT IN CHICAGO!

by **Kate Fetterolf**

This past July GATA received the exciting news that our proposal for a performance piece, "Art therapists Witness/ Respond to Aging in our Culture: Babes in Croneland" had been accepted for the 2003 AATA conference to be held in Chicago in November. The news was made even more thrilling by the fact that the performance hadn't exactly been crafted yet, and was, in fact, barely a blip on our collective radar. The four GATA members who had written the proposal needed to embark on a major "mission possible" experience in order to be performance ready by mid-November. The members in question, who will be

Inner Harbour

Workshop

Description:

Reconfiguring Families: Art Therapy in Action

Attendees will review general principles of family systems theory and the family life cycle and learn to administer the Projective Imagery Family Evaluation (PIFE) in order to conceptualize family dynamics.

Case examples of families in transition will be used to demonstrate the application of art therapy processes and materials within the family system to effect positive changes in family functioning.

referred to as “the Babes,” were **Edna Bacon, Kate Fetterolf, Susanne Fincher, and Diana Gregory**. We proceeded to meet every Sunday afternoon from the beginning of August until two weeks before the performance.

What could have become a grind and a burden ended up taking us to places we didn’t even know existed in our imagination. Early on, we realized that we had collaborative chemistry going for us in the form of a shared sense of creative investment, energy, and enthusiasm, but we hadn’t a clue how to put a play together from a few good ideas. Fortunately, outside support was readily available. The Babes received much needed assistance from Sandra Bird, a kindred spirit and associate professor of Art Ed at KSU who used her extensive theater background to help shape our ideas into a dramatic format with dialogue, and coached us on our acting skills. Additionally, when we got ready to add music to the mix, Allen Welty Green came to our aid with his nifty computer programming and viola--a CD tailored just to us!

Characters were fleshed out based on artwork that came from our original initiative in January, 2001. That year, GATA members met in a series of monthly experientials to create art together about their own aging process and responses to cultural messages. This in turn led to the wonderful GATA show, “Coming Attractions,” at Agnes Scott College in October, 2001. As we brought our images from two dimensions to three, the Babes threw all their artistic talents into costume design and crafting, then into figuring out how to design props that could be hauled to Chicago in an airplane, and hand-carried to our hotel.

Babe Diana meticulously combined images of artwork from the 2001 exhibit featuring numerous GATA artists as well as work from a group of elderly clients together with sleek magazine ads into a terrific slide show to accompany the performance.

Almost before we knew it, show time had arrived in Chicago! In a prescient move, Babe Suzanne snagged a huge room at the conference for our performance, trading out the tiny 30-seater assigned to us for a grand ballroom. To prime themselves, several Babes went to a marvelously dreamlike play by the Lookingglass Theater the night before our debut. The next morning we declared ourselves ready, donned our make-up and costumes, and opened the doors to the ballroom. It was 12:15 on Saturday, Nov. 22, and the Babes simultaneously endured a moment of panic, wondering if anyone would actually come. To our amazement, crowds poured in, bringing their lunch boxes and drinks with them and settling in with friends. Babe Edna stationed herself at the door to hand out “old bags” (get it ??) with program notes and other goodies. Our efficient sound and slide technician, Rick Gardner, began his magic, and we were off and running. Right from the beginning, the debut of “Babes in Croneland” was met with cheers, knowing nods, and peals of laughter. Almost before we knew it we were taking our bows to wild applause and even wilder dancing. We were a hit! We were a BIG hit! After months of planning, designing, and rehearsing, the Babes appeared to have gladdened the hearts of well over 100 appreciative art therapists. It could have been a dazzling end to our theatrical career, but wait – there’s more...

All along, our vision for this performance has been to use it as a vehicle to open up dialogues within the community, so to that end, stay tuned for “**Babes in Croneland**” coming to a theater near you!

The workshop format will be enhanced by role play, exploration of families of origin, and visual illustrations of family work.

Kay Stovall, M.A., ATR-BC, MFCC, is a registered, board-certified art therapist.

She received a B.A. in Art History from the University of Pennsylvania and obtained her Master of Arts in Clinical Art Therapy from Loyola Marymount University in Los Angeles, California.

The Babes hope to have their first Atlanta performance in early 2004, and are considering several sites and offers. Keep your eye out for further information coming to you on our listserv. And congratulations, you Babes!



An Interview with Art Robbins by Priscilla Omega

Q: *What has been most exciting and challenging for you as an Art Therapist and teacher of Art Therapy?*

A: Teaching by modeling - because people learn not through their heads but through their guts. Experiential engagement and a cognitive framework come out of that experience.

Q: *Any advice for beginning AT's?*

A: Learn how to be confused, and to tolerate confusion. Learn how to understand human reactions from your feelings, not your intellect.

Q: *Where do you see Art Therapy heading in the next 5-10 years?*

A: The future of art therapy will rest very much relying on neurobiology and what supports art therapy and what doesn't. Every AT graduate program should offer a course in neurobiology.

There is an entire area of the brain that deals with primary process. When the inhibiting force of this part of the brain is impaired you become more psychotic. Art therapy is no longer a metaphorical conviction but also neurological and biological.

What do we mean by the relationship between the verbal and non-verbal? How do we develop self-esteem by doing non-verbal work? People have to know *how* psychology and biology come together. Neurological integration equals emotional integration. Certain parts of the brain grow with therapy. Art therapy promotes internalization. It is no longer a metaphorical conviction but neurological and biological that make sense.

Q: *As Art Therapists, what can we do to support and promote community?*

A: Integrate other disciplines into the art therapy circle - dance therapy, polarity therapy, massage therapy, yoga, etc. The more rigidly defined is a profession, the more provincial it becomes. It doesn't have a chance to break down and regenerate in a new form. It loses its relevance when it's not broken down and reformed. I'd like to see cross disciplines coming together, combining all expressive therapies - art, music, dance, drama, etc. I see a tremendous excitement of how Eastern and Western medicine come together.

Q: *In your opinion, what changes may improve how AT is approached today?*

A: There has been an over-romanticizing of the non-verbal. You need a concept. Get rid of the 'touchy-feely' stuff and get down to the hard facts of what we're doing and why we're doing it. We don't yet understand subtle energies; for example, *why* praying circles for people who don't even know that they're being prayed for get better faster.

She is the director of the Graduate Art Therapy Program and an Associate Professor in the Department of Psychiatry and Behavioral Sciences.

Prior to coming to EVMS, Ms. Stovall was Associate Professor and Coordinator of Internships at Vermont College of Norwich University.

She has served on several committees of the American Art Therapy Association and as a Director and Standards Chair for the Art Therapy Credentials Board.

Metaphors have to be words with a *grounded* connection, with no right between science and subjectivity.

Consciousness is paying attention and being alert to one's total process.

Unconsciousness is all the things that happen that we don't know exist. You cannot separate visual from body language, you cannot separate body language from affect, and you cannot separate relationships from art.

Q: *As one of the pioneers in the Art Therapy movement in this country, do you have any foresight or advice?*

A: Formal organizations want requirements that look good on paper but don't reflect what's *really* going on, and consequently go to that disorganized place. My hope for future art therapists is for much more of a place in formal organizations for *uniqueness*.

Arthur Robbins, EdD is Professor of Art Therapy at the Pratt Institute, and a Founding Director of the Institute of Expressive Analysis. He is on the board of directors of the National Psychological Association for Psychoanalysis and has been on the faculty for over thirty years. He is also a New York State licensed psychologist and a graduate certified psychoanalyst. His books include *A Multi-Modal Approach to Creative Art Therapy* and *Therapeutic Presence: Bridging Expression and Form*.



GATA MEMBERSHIP

The Georgia Art Therapy Association (GATA) began in the 70' s and has been a small but proud organization since! Because there are not any Master' s level university programs in art therapy in Georgia, our presence as art therapists in Georgia has been limited. Most students have to find a way to creatively get their education and then to apply that same creativity to develop a job! One of the key factors that GATA provides us is a sense of community among a limited number of creative therapists and many networking resources. We also promote art therapists in private practice and soon as a member of GATA your practice information including workshops you are leading, classes you are teaching and supervision you are offering can all be posted on our web page. We also offer free peer consultation where you can bring in art work or issues with your clients and utilize the experience and expertise of other art therapists to enhance your professional work with others. Membership in GATA also provides discounts on workshops and supervision, a fabulous retreat experience once a year, a quarterly newsletter, and access to our listserv where you can send information to the entire GATA membership and participate in discussions.

As a member we also invite you to hold a board or committee position. We meet quarterly and the duties of the positions are minimal. Your support of GATA is important to us as it helps us strengthen the small but mighty presence of art therapy in Georgia. To all of our loyal members we thank you for your support through your annual dues as well as for your commitment of time and energy. If you have not yet joined GATA, please contact our Membership Chair, Joan Hawkins at (404) 687-8994 or johawk@bellsouth.net for a membership application. She will also keep you posted as to when you can join GATA on our web site at

\$30 Credentialed Professional Members hold an ATR or ATR-BC (AATA Member)

\$30 Professional Members hold a graduate degree in Art Therapy (AATA Member)

\$30 Associate Members have an interest in the therapeutic use of art (AATA Member)

\$30 Student Members are taking coursework in art therapy/related field (AATA Member)

\$30 Friends of GATA (non-AATA Members)

Please note that Friends of GATA, Associate Members and Students do not have GATA voting privileges, per the Bylaws. All of the categories of membership except for Friends of GATA must pay their GATA dues when you mail in your AATA dues. They in turn send the dues back to us. **Do not send your GATA dues directly to our Membership Chair unless you are a Friend of GATA.**

She has presented at **universities and national conferences** on topics including art therapy supervision, multiple family groups, and professional development.

In addition to her administrative duties, she coordinates practicum placements, teaches the family art therapy courses, and supervises students assigned to adult practicum placements.

Ms. Stovall has recently been elected to a second term on the Board of Directors of the American Art Therapy Association.

Odds and Ends

GATA would like to extend their best wishes to **Diana Gregory** for her mother's health. We are holding you and your family in our thoughts.



Upcoming for 2004:

INNER HARBOUR ART THERAPY WORKSHOP scheduled for Friday, February 20, 2004.



In the Spotlight

Pam Lowe Preston, Certified Expressive Therapist and **Dot Ogden Brown**, Art Educator had a showing of some of their paintings at Piedmont College in Demorest, Georgia, presented by the Piedmont College Art Department from November 4th to December 2nd at the

Piedmont College Gallery. The show, "Two Artists Dialogue The Open Circle," was the culmination of a years long conversation between two friends who are also artists, and revealed their unique experiences using the open circle as an element within their designs. Using oils, watercolor, pastel and collage, the resulting paintings were both exciting and interesting as well as insight oriented.

Pam is an associate member of AATA, GATA, as well as a certified member of The National Expressive Therapy Association. She has worked in mental health settings since 1986 and has been a professional artist for 39 years. Dot has a MFA in Painting from Georgia State University and has been an art educator and an artist for 35 years.



Got news? SHARE it with us! Email pwomega@mindspring.com attn: GATAPHILE!

If one is
master of one
thing and
understands
one thing well,
one has at the
same time,
insight into
and
understanding
of many
things.

~Vincent
Van Gogh