SOUTHEASTERN EXPRESSIVE THERAPIES CONFERENCE

GEORGIA COLLEGE
MILLEDGEVILLE, GA

MARCH 2-3, 2018

KEYNOTE SPEAKER
Michelle L. Dean, MA, ATR-BC, LPC, CGP, DVATA HLM
The Center for Psyche & the Arts, LLC
Lansdowne & Berwyn, PA

Adjunct Professor, Arcadia University
Adjunct Professor, Cedar Crest College
Adjunct Assistant Professor, Director of the Art Therapy Program, The University of the Arts
Author of award winning book: "Using Art Media in Psychotherapy"

Friday Night Keynote:
THE SHATTERED SELF: Symbolic Expression and the Treatment of Trauma

Saturday Course with Didactic, Interactive, and Experiential Components:
TRAUMA AND THE PSYCHE: Engaging the Arts and Symbolic Expression

Friday and Saturday Presentations:
By Professionals in the Creative Expressive Therapies: ART, DANCE, MUSIC and PLAY

11 CE Hours for ATRs from GATA • 11 CE Hours Approved by NBCC, NBCC Approval No. SP-2972

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AND GEORGIA STATE UNIVERSITY PLAY THERAPY TRAINING INSTITUTE
About the 2018 Southeastern Expressive Therapies Conference

Georgia Art Therapy Association Welcome

Thank you for your interest in the 2018 Southeastern Expressive Therapies Conference! The Georgia Art Therapy Association is excited to co-host this event along with the Department of Creative Arts Therapies of Georgia College, the Southern Chapter of the American Dance Therapy Association, and Georgia State University Play Therapy Training Institute. We hope not only to promote and educate about the benefit of expressive therapies, but also to strengthen and support the regional network of like-minded mental health professionals.

This conference will feature professionals from various expressive arts backgrounds who will present on the benefit of integrating creative modalities in trauma-focused therapy. We will also explore how these same modalities promote engagement, reduce stress, build connection, and facilitate communication and self-expression. This event will be of particular interest to therapists, teachers, artists, dancers, social workers, psychologists, and social service agency workers—however, all are welcome!

We hope you will join us for this exciting opportunity to learn, dialogue, create, and move forward together to promote healing through the arts. See you there!

Julie Day, MPS, LAPC
President
Georgia Art Therapy Association
2018 Southeastern Expressive Therapies Conference

Conference Mission Statement

Presenting innovative approaches to the management and treatment of trauma with expressive therapies, sharing ways to help those in need access expressive therapy services, developing a community of expressive therapist practitioners, and providing continuing education for professional counselors, art therapists, music therapists, dance/movement therapists, and play therapists.

Conference Registration: Policies and Procedures

Southeastern Expressive Therapies Conference approved for 11 CE Hours by NBCC Georgia Art Therapy Association, Inc., is solely responsible for all aspects of the program (NBCC Approval No. SP – 2972).

The Conference Committee of the 2018 Southeastern Expressive Therapies Conference maintains a policy of inclusiveness and non-discrimination with regard to race, creed, national origins, sexual orientation, religion, age, organizational membership, or any other basis prohibited by law.

Confidentiality of Information: Registration for the Conference is through a secure online website which protects the confidentiality and financial information of all users. The Conference Committee conducts all educational and business activities in a responsible, lawful, and ethical manner, including compliance with all applicable local, state, and federal legal requirements, as well as NBCC policies and procedures.

Continuing Education: Georgia Art Therapy Association (GATA) continuing education is defined as the number of actual clock hours spent in direct participation in a structured educational format as a learner. It is each attendee's responsibility to determine whether her or his licensing or credentialing body will accept the Georgia Art Therapy Association's continuing education. Continuing education is earned for contact clock hours at the conference. Keynote lecture and all workshops have been approved by NBCC for 11 NBCC CE Hours of credit. NBCC Approval No. SP – 2972. The ATCB accepts CE’s earned at GATA sponsored events in fulfillment of continuing education requirements to maintain ATR and ATR-BC credentials. Presenters, please note: GATA does not provide continuing education certificates for presenters and instructors. However, some credential and license bodies, such as the Art Therapy Credentials Board (ATCB), may award credit to presenters. Please check with your credential and/or license body for instructions on how to attain presenter continuing education.
Cancellation Policy: Desire to cancel Conference registration and request a refund should be communicated to the Conference Committee by email at georgiaarttherapy@gmail.com. Requests to cancel received by January 31, 2018, or before, will receive a full refund, less $50 for administrative costs. Refund requests received February 1 – 15, 2018, will receive half of registration fee, less $50 for administrative costs. Cancellation requests received on February 16, 2018, and after, will receive no refund.

Transferring Ticket: In the event you wish to transfer your ticket to another person, please notify GATA by email at georgiaarttherapyassociation@gmail.com.

Complaints: Complaints regarding programs, facilities, or other perceived inadequacies of the Southeastern Expressive Therapies Conference, may be filed with the Conference Committee by email at: georgiaarttherapy@gmail.com. All complaints must include the full legal name and contact information of the complainant. A Committee member or designee will contact complainant to review the complaint and suggest an appropriate remedy. If remedy cannot be determined, the matter will be referred to the Conference Committee as a whole for further review and mitigation. The Conference Committee will maintain a written record of the complaint and resolution process in a secure file, and will present copies of these records in a report to NBCC within 60 days of receipt of complaint.
### Conference Schedule

**FRIDAY, MARCH 2, 2018**

<table>
<thead>
<tr>
<th>TIME</th>
<th>PRESENTATIONS AND WORKSHOPS (one workshop choice per registrant)</th>
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</table>
| 10:30 – 11:00 AM | Registration/Welcome  
GCSU Faculty Member Carrie Elder, LPC, ATR-BC |
| 11:00 – 12:30 PM | Workshop A: An Integration of Dance/Movement Therapy and Internal Family Systems Therapy: An Embodied Approach to Treating Trauma  
Amy Jacques, MS, MA, R-DMT  
Workshop B: Multicultural Social Justice Counseling Competencies: Creative Approaches to Incorporating the New MSJCC into Clinical Practice and/or Supervision  
Mary Huffstead, M.Ed., and Ashley Tolleson, MS, APC, NCC |
| 12:30 – 2:00 PM  | LUNCH BREAK |
| 2:00 – 3:30 PM   | Workshop A: Healing Trauma and Strengthening Attachment Through Play: Applying Theraplay Model  
Lucinda Grapenthin, PhD, NCSP  
Workshop B: Neuropsychological Art Therapy: Traditional and Digital Approaches to Traumatic Brain Injury Rehabilitation  
Rick Garner, PhD |
| 3:30 – 4:00 PM   | BREAK |
| 4:00 – 5:30 PM   | Workshop A: Integrating Music and Imagery into a Counseling Practice  
Marilyn Clark, MS, NCC, LCPC  
Workshop B: Moral Injury as a Silent Symptom of Trauma: Art Therapy Treatment Options  
Carrie Elder, MS, LPC  
Workshop C: Why Adult Coloring Books and Yoga: What Nervous System Science Can Tell Us about the Role of Small Movements in Treating Trauma  
Dee Wagner, MS, LPC, R-DMT |
| 5:30 – 7:00 PM   | DINNER/FREE TIME  
Keynote Lecture  
The Shattered Self: Symbolic Expression and the Treatment of Trauma  
Michelle L. Dean, MA, ATR-BC, LPC, CGP, HLM (DVATA) |

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## 2018 Southeastern Expressive Therapies Conference

**SATURDAY, MARCH 3, 2018**

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<tr>
<th>TIME</th>
<th>PRESENTATIONS AND WORKSHOPS (one workshop choice per registrant)</th>
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| 09:00 – 10:30 PM      | Workshop A: Multicultural Social Justice Counseling Competencies: Creative Approaches to Incorporating the New MSJCC into Clinical Practice and/or Supervision  
                       | Mary Huffstead, M.Ed. and Ashley Tolleson, MS, APC, NCC                                           |
|                       | Workshop B: Understanding How Play and Art Can Help to Heal the Traumatized Child  
                       | Tiffany B. McNary, Ph.D., LPC, NCC, CPCS, RPT-S                                                     |
|                       | Keynote Workshop*: Trauma and the Psyche: Engaging in the Arts and Symbolic Expression  
                       | Michelle L. Dean, MA, ATR-BC, LPC, CGP, HLM (DVATA)                                               |
|                       | *This option will be an all day workshop (09:00-3:30 PM).                                           |
| 10:30 – 11:00 AM      | BREAK                                                                                              |
| 11:00 – 12:30 PM      | Workshop A: Integrating Music and Imagery into a Counseling Practice  
                       | Marilyn Clark, MS, NCC, LCPC                                                                       |
|                       | Workshop B: An Integration of Dance/Movement Therapy and Internal Family Systems Therapy: An Embodied Approach to Treating Trauma  
                       | Amy Jacques, MS, MA, R-DMT                                                                        |
|                       | Keynote Workshop (continued)*: Trauma and the Psyche: Engaging in the Arts and Symbolic Expression  
                       | Michelle L. Dean, MA, ATR-BC, LPC, CGP, HLM (DVATA)                                               |
|                       | *This option will be an all day workshop (09:00-3:30 PM).                                           |
| 12:30 – 2:00 PM       | LUNCH BREAK                                                                                       |
| 2:00 – 3:30 PM        | Workshop A: Healing Trauma and Strengthening Attachment Through Play: Applying Theraplay Model  
                       | Lucinda Grapenthin, PhD, NCSP                                                                      |
|                       | Workshop B: Why Adult Coloring Books and Yoga: What Nervous System Science Can Tell Us about the Role of Small Movements in Treating Trauma  
                       | Dee Wagner, MS, LPC, R-DMT                                                                       |
|                       | Keynote Workshop (continued)*: Trauma and the Psyche: Engaging in the Arts and Symbolic Expression  
                       | Michelle L. Dean, MA, ATR-BC, LPC, CGP, HLM (DVATA)                                               |
|                       | *This option will be an all day workshop (09:00-3:30 PM).                                           |
| 3:30 – 4:00 PM        | CLOSING/WRAP UP                                                                                   |

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### 2018 Southeastern Expressive Therapies Conference

#### Conference Workshops

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<table>
<thead>
<tr>
<th>Presenter (Credentials)</th>
<th>Title of Workshop</th>
<th>Workshop Overview</th>
<th>Learning Objectives</th>
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</table>
| **Marilyn F. Clark**    | Integrating Music and Imagery into a Counseling Practice | Through lecture and directed experiences, participants will be introduced to music imaging in counseling. Case material from counseling will be used to show how music and imagination can deepen and expand the therapeutic counseling milieu. | - Describe the use of music as an active presence in the counseling setting  
- Verbalize your experience of an inner response to music such as visual imagery or emotion  
- Describe ethical boundaries in introducing expressive catalysts into the counseling setting |
| **Michelle L. Dean**    | (Lecture) The Shattered Self: Symbolic Expression and the Treatment of Trauma | This keynote is designed to educate therapists who work with clients who have experienced trauma. It addresses the symptoms of trauma from a mind, body, spirit perspective and discusses how arts-based interventions may be used as an effective treatment. | - Describe the importance of symbolic function in psychological processes in both symptom formation and its treatment  
- Name at least 3 factors impacting individuals who experience trauma  
- Identify the importance of imagination, play, and the arts in recovery from trauma |
|                         | (Workshop) Trauma and the Psyche: Engaging in the Arts and Symbolic Expression | This full-day course is designed to educate therapists who work with clients who have experienced trauma. This course addresses the symptoms of trauma from a mind, body, spirit perspective and discusses how creative arts interventions within a therapeutic context may be used as an effective treatment for individuals, couples, and families. | - Be able to articulate 3 strengths the creative arts offer over verbal articulation alone to clients who have experienced trauma  
- Identify at least 3 co-occurring disorders often seen with clients who have experienced trauma, such as depression, anxiety, substance abuse, and eating disorders  
- Identify at least 1 example of how the natural process of individuation and inner development may be thwarted by current cultural ideals and/or psychological trauma in clients |
| Carrie Elder | Moral Injury as a Silent Symptom of Trauma: Art Therapy Treatment Options | This workshop will provide attendees with an overview of symptoms of PTSD, according to the DSM V; review neurological processes that lead to symptomatology; and present the concept of Moral Injury as an effect of trauma experiences. Methods to screen for Moral Injury will be explained; and participants will practice at least one method of treatment based on this concept to utilize in the counseling relationship. | - Verbalize 3 symptoms of PTSD according to the DSM V  
- Explain the concept of Moral Injury and its significance in the treatment of traumatized children  
- Describe screening methods to assess for Moral Injury in traumatized clients in counseling |
| Rick Garner, Ph.D. | Neuropsychological Art Therapy: Traditional and Digital Approaches to Traumatic Brain Injury Rehabilitation | This presentation will introduce the theoretical underpinnings of the Neuropsychological Art Therapy Model, illustrate with case studies of individuals with traumatic brain injury (TBI), and discuss use of art and digital media as means to address needs of individuals with TBI in counseling. | - Attendees will be able to describe the NAT model for addressing the needs of individuals with TBI  
- Describe 2 ways that digital media address the needs of TBI individuals in counseling  
- Demonstrate one application on a personal digital device for use in supporting TBI individuals in counseling |
| Lucinda Grapenthin, Ph.D. | Healing Trauma and Strengthening Attachment Through Play | Theraplay, an attachment-based form of family counseling, will be highlighted. Through hands-on activities attendees will discover simple, yet powerful, interventions to enrich their counseling practice. Teaching parents/caregivers this approach can help them regulate their child’s behavior and communicate love, joy, and safety to the child. | - Describe the Theraplay model and current research on attachment that supports its efficacy  
- Name 2 of the essential qualities found in positive child/caregiver relationships  
- Describe 2 techniques that help regulate a child’s behavior while communicating love, joy, and safety |
| Mary Huffstead, NCC | Multicultural Social Justice Counseling Competencies | This presentation explores the use of creative techniques for implementing the Multicultural Social Justice Counseling Competencies (MSJCC). Art and play therapy interventions are effective for teaching multicultural and social justice awareness, especially for counselors addressing needs of clients from marginalized backgrounds. | - Describe the latest version of the MSJCC  
- Verbalize an art intervention that teaches an aspect of the MSJCC  
- Name 2 ways that creative techniques are effective addressing the needs of clients from marginalized backgrounds |
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<th>Summary</th>
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| **Amy Jacques**<br>Registered Dance/Movement Therapist | Counseling for Trauma Using Dance/Movement with Internal Family Systems             | This workshop will explore using dance/movement therapy in counseling to treat trauma from an Internal Family Systems (IFS) perspective. IFS focuses on accessing the undamaged core strength, or Self, of the individual that is used to heal traumatized parts of the individual that have taken extreme roles. | - Verbalize 2 advantages of integrating an embodied approach into counseling for the treatment of trauma  
- Describe Internal Family Systems Therapy (IFS) and how IFS can be used in counseling for treatment of trauma  
- Describe 2 techniques for combining dance/movement therapy with IFS in counseling traumatized individuals |
| **Tiffany McNary, Ph.D.**<br>Licensed Professional Counselor Registered Play Therapist Supervisor | Understanding How Play and Art Can Help to Heal the Traumatized Child              | This presentation will focus on the importance of play and expressive arts in understanding and helping children in counseling recover from the impact of trauma. Participants will be guided through case studies illustrated with the artwork of traumatized children taking part in play therapy during counseling. | - Describe the benefits of art and play in counseling children with trauma  
- Describe 2 characteristics of the artwork of the traumatized children in the case studies presented  
- Verbalize 2 ways that a child’s play reveals the impact of trauma |
| **Ashley Tolleson, NCC**<br>Associate Professional Counselor                          | Multicultural Social Justice Counseling Competencies                               | This presentation explores the use of creative techniques for implementing the Multicultural Social Justice Counseling Competencies (MSJCC). Art and play therapy interventions are effective for teaching multicultural and social justice awareness, especially for counselors addressing needs of clients from marginalized backgrounds. | - Describe the latest version of the MSJCC  
- Verbalize an art intervention that teaches an aspect of the MSJCC  
- Name 2 ways that creative techniques are effective addressing the needs of clients from marginalized backgrounds |
| **Dee Wagner**<br>Licensed Professional Counselor Board Certified Dance/Movement Therapist | Why Adult Coloring Books and Yoga: What Nervous System Science Can Tell Us About the Role of Small Movements in Treating Trauma | This workshop looks at new, more nuanced understanding of nervous system functioning that explains interest in small movements within confined spaces, and relates this interest to the effectiveness of expressive arts in counseling. This awareness will help counselors offering expressive healing modalities to those craving small movements. | - Name the 3 major responses of nervous system functioning  
- Explain 2 nervous system paths—one during trauma and one during trauma treatment  
- Design 3 expressive arts treatment modalities for counseling that consider small and large movement options |
We would like to recognize the supporters who have helped make our 2018 Southeastern Expressive Therapies Conference possible:

DEPARTMENT OF CREATIVE ARTS THERAPIES

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Department of Counseling and Psychological Services

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