

THE GEORGIA ART THERAPY ASSOCIATION (GATA) PRESENTS

FRIDAY, APRIL 5 & SATURDAY, APRIL 6, 2013

**Embracing the Mind, Body, & Spirit:
Integrating Art Therapy & Yoga Therapy
With Dr. Ellen Horovitz, ATR-BC, LCAT, E-RYT**

Located at The Link Counseling Center's The House Next Door
348B Mount Vernon Hwy NE, Sandy Springs, GA 30328



Ellen G. Horovitz is Professor / Director of Graduate Art Therapy at Nazareth College of Rochester. She has had over thirty years of experience with myriad patient populations. She is the author of numerous articles, book chapters and 6 books most notably The Art Therapists' Primer: A Clinical Guide to Writing Assessments, Diagnosis and Treatment and her latest book is Digital Image Transfer: Creating Art with Your Photography. She is currently co-editing a book on Yoga Therapy. Dr. Horovitz is past President Elect of the American Art Therapy Association (AATA) and served as a board director for over 12 years. In addition to her training as an art therapist, she is a registered yoga teacher (RYT- through the Yoga Alliance) as well as a member of IAYT (International Association of Yoga Therapy), completed Level I Phoenix Rising Yoga Therapy training and is currently working on completing LifeForce Practitioner Yoga Training under the renowned Amy Weintraub. Dr. Horovitz is also a Reiki Certified Level II Practitioner and offers Art Therapy and Yoga Therapy through the Creative Arts Therapy Clinic.

GOALS/OBJECTIVES:

Through slide presentation, lecture, discussion, & experientials, participants will:

- 1) Understand how to integrate yoga therapy & art therapy in therapy sessions with clients, as well as in personal/self-care practices.
- 2) Practice yoga therapy techniques & art therapy directives (via breath work, movement, & creation) that will instill increased self-awareness and enhance contemplation & self-discovery.
- 3) Apply learned skills and techniques in personal growth & self-care practices.

PARTICIPANTS CAN ATTEND ANY &/OR ALL OF THE FOLLOWING:

- I. Fri., April 5, 7-9PM* (2 CEUs**) – Lecture with Dr. Horovitz
 - Includes background, research, & case studies on the integration of yoga therapy & art therapy
- II. Sat., April 6, Registration: 8:30-9AM
Workshop: 9AM-12PM (2.5 CEUs) – Self-Care Experiential – Yoga & Art
 - Meditation, Breath Work, Hatha Yoga & Art Making
- III. Sat., April 6, 1-4PM (2.5 CEUs) – Self-Care Experiential – Yoga & Art
 - Meditation, Mudras, Yoga Nidra, Restorative/Gentle Yoga & Art Making

PLEASE NOTE:

Yoga mats & towels will not be provided. Please bring your own & dress comfortably. Please bring personal art materials. Minimal art materials will be provided.

REGISTRATION & PAYMENT INFORMATION:

- Please make checks payable to GATA and mail it with the registration section below to: Georgia Art Therapy Association, ATTN: Programs, P.O. Box 1803 Decatur, GA 30031
- E-mail questions to the GATA program co-chairs: Miranda at mssmith84@gmail.com or Paige at paigescheinberg@gmail.com
- For additional info & to RSVP online, visit: facebook.com/events/322161744571157/

To learn more about GATA, please visit www.georgiaarttherapy.org.

Name: _____ Phone: _____ E-mail: _____

Address: _____

If CEU's needed, list license number: _____ Are you a member of GATA? Yes No If not, would you like to be? Yes No

I am signing up and paying for the following (Please check below): **Amount enclosed:** _____ Please circle: Cash Check

_____ Fri., April 5, 7-9pm* – Lecture only (2 CEUs**): \$15 GATA Members / \$25 Non-members

_____ Sat., April 6, 9am-12pm **OR** 1-4pm (Please circle time) – Self-Care Experiential (2.5 CEUs): \$60 GATA Members / \$75 Non-members

_____ Sat., April 6, 9am-12pm **AND** 1-4pm (Lunch provided) – Self-Care Experientials (5 CEUs): \$110 GATA Members / \$135 Non-members

_____ Fri., April 5 Lecture **AND** Sat., April 6, Experientials (Lunch provided) (7 CEUs): \$120 GATA Members / \$150 Non-members

Limited scholarships available, please e-mail for more information and/or to apply!

**All times pending **7 CE (Core) applied for through the Licensed Professional Counselors Association of Georgia, LPCA; LCSW CEUs applied for*