

President's Column

By Devora Weinapple, MFT, ATR-BC, MA



Greetings, NorCATA members, old and new! As we focus our energies in this conference-planning year, the NorCATA board has coalesced and found its rhythm. The entire

board is now working with the Conference Committee to ensure that our [September West Coast Conference](#) in Berkeley comes off with few hitches.

With assistance from Evergreen Art Therapy Association (EATA) in Seattle, and Southern California Art Therapy Association (SoCalATA), we have expanded conference participation and attendance to include art therapists from these chapters and from graduate programs from five western states. We are offering special discounts to NDNU students, many of whom will be volunteering their time and energy; competently managed by our NDNU student liaison and event reviewer, Megan Thomas. Megan has brought great energy and outreach to the NDNU student demographic.

We'll start the Conference off with a special Friday night reception co-sponsored by NDNU, featuring honored guest Dr. Judy Rubin. This will be a great opportunity to mingle with other art therapists and to meet one of the pre-eminent leaders in our field. Saturday morning, our Keynote

speaker, Linda Chapman, MA, ATR-BC, another nationally recognized expert, will present on neurodevelopmental art therapy. Following this, there will be more than 30 excellent and practice-changing workshops and papers on topics including mentoring relationships, cultural issues, somatic art therapy, art therapy and social justice, adolescent trauma treatment, focusing-oriented art therapy and mindfulness, acceptance and commitment therapy, multimodal expressive arts interventions and 12-step recovery, art therapy and autism spectrum disorder, and much more.

In addition to workshops, the Conference has a lot of other great features: This year we are including exhibiting vendors and sponsors for the first time. We will also present a Silent Auction and an ongoing open studio.

For those energized and exhausted attendees looking for self-care options, there will be early morning yoga, time to walk along the harbor at the hotel, run or hike along the trails at the nearby shoreline parks, or discover the local color of Telegraph Avenue in downtown Berkeley.

Our conference brochure, sponsor prospectus, registration site, and workshop selections are all online, and brochures will also be printed for inclusion in the goody tote bag distributed at the conference. We have a total capacity of 130 attendees, and registration is already up to 100! We encourage you to register today if you want to attend!

Recapping recent events, our Winter Workshop in December featured Dr. Lucia Capacchione at the Child Parent Institute in Santa Rosa. In her presentation, Creative

Journal Method: 35 Years of Research and Application, many of us were introduced to her work and learned about the power of the non-dominant hand in solving problems, gaining insight, intuiting decisions, and more. In January, after our Annual Business Meeting, Lisa Mitchell, MFT, ATR-BC, LPCC presented "Therapy is an Art Form: Using the Creative Process as a Map to Create Artful Sessions"

In this dynamic workshop, participants explored their own creative blocks that arise in therapy sessions, and new paths toward creative flow.

Our April meeting was held at board member's home in Sea Cliff, adjacent to the picturesque Presidio of San Francisco. After the meeting at which we shared a great lunch, we walked the short distance to the Lands End trail on a postcard perfect day. Carrying our watercolor materials, perched on a cliff with views of the Golden Gate Bridge, we made our own bridge paintings. Some of us also walked the labyrinth on the beach.

Looking beyond the Conference, our President-Elect, Sari Pace, has a number of new initiatives and plans for outreach and connection in our art therapy community, and will preside over a board with returning as well as new members. Please contact me if you are interested in a leadership position on the board. We will have openings for two Programs Directors in January. If there are any rep positions that speak to you, please contact Sari. Retaining a Treasurer has been a particular challenge for us - until just recently when Joyce Chiang, NDNU PhD student and new chapter volunteer, offered to step into the role, in part to "get out of my comfort zone" and challenge herself as well as fulfill our high priority need. As with all who volunteer with the chapter, we look forward to a mutually enjoyable experience connecting with Joyce as we work towards a common goal.

In a partnership with NDNU this year, NorCATA is co-sponsoring some of the NDNU continuing education workshops; an upcoming workshop will feature a Red Cross Disaster Mental Health/Psychological First Aid Training. Stay tuned!



Finally, we congratulate the very first Art Therapy PhD cohort that graduated this month from a new doctoral program started in 2013 at Notre Dame de Namur University (NDNU) by Dr. Richard Carolan and others. Among the graduates are board member and conference presenter Amy Hill and conference presenters Lisa Manthe, Karrie Stafford and Erin Partridge. As mentioned above, Joyce Chiang, NorCATA's new Treasurer is among the cohort; member-at-Large, Deborah Sharpe, with a long history on the NorCATA board - including president - is among the third year cohort.

There are so many opportunities to connect personally and professionally with the growing art therapy community in the Bay Area. For those who want to enact change on a local level, taking a leadership position as a Board Director, Liaison or Representative are all excellent ways to connect, network, and shape our impact. If you are not yet a member, but want to get involved, we can use your help now in Conference planning for the big event in September! Check out our website, attend an event, or contact anyone on the board - we're all happy to get you started. Some of our volunteer jobs are ideal for students, and may mean a free one-year membership or a conference discount! For more information on volunteering.

Join us, have some fun, and make a difference!

Navigating the Exam Process

By Sari Pace, ATR-BC, LMFT, PCC Intern



One month away from my 5th and final clinical exam, I reflect back on my "year of exams" and am humbled, exhausted, proud, and inspired.

As many art therapists in California, I have not only focused on obtaining my ATR-BC, but gained my LMFT and am one exam away from becoming a LPCC. The process of graduate school, gaining supervised clinical hours, and studying for the exams is one for the books.

Last June, I began the studying process for my MFT exams. I took the first one in November. I was overcome with anxiety and reached out for support to colleagues to help me through it. The weekend before my first exam I rented a "glamping" style tent at Costanoa on the coast and spent the weekend in nature on the beach hiking, studying, sitting at the beach, studying, and then some more studying. I allowed myself time to rest, broke up the day, and am so thankful a friend recommended getting out in nature to end the process.

When I returned home, anxiety rushed back and I created my anxiety playground. Many art therapists have shared their personal creations for getting through orals, exams, and major stress by reminding us that what we preach works for us too! I used to have good luck bird earrings, which have disappeared, so I bought a new pair of hummingbird earrings on my return from camping. They

came in a beautiful little bamboo box, which I used as my container for my anxiety playground. I kept it open all night before the exam and closed it up and bound it with twine in the parking lot of the exam before I got out. This was for the MFT exam. Four hours later, I see PASS on the computer screen, immediately burst into tears and feel my heart pounding. I think the proctors thought I failed!



"Anxiety Playground"

My ATR-BC exam was in North Beach in San Francisco, so I got a hotel near the exam venue and planned to have a nice walk on the way to get out my stress. I chose my own path to the building and thought I was lost at one point. I couldn't find the street I needed to go on, thinking I went a wrong way up a mountain. I later found out the street to the exam was down a beautiful staircase on Filbert Street that was intricately planted, steep, and had paths to many homes. When I reached the bottom of the mammoth staircase and turned back I realized I literally hiked up and down a mountain, and started to giggle. A few hours later, I would become a Board

Certified Art Therapist.

I am nearing the end of this examination year, with the National Clinical Mental Health Exam still ahead of me. My anxiety playground has made it to all events, my hummingbirds have kept my head up high, and I could not have done without the unconditional support of my family, friends, and colleagues. I realized this past year what self-care means to me: that it is fluid, environmental, and without it I could have been stopped in my tracks. I truly believe that we need to support each other in the process of becoming Board Certified Art Therapists in hopes of gaining licensure one day. I'm honored to join the crowd, thankful for everyone that supported me, and can't wait for a vacation of my lifetime in the near future!

Sundays are for Self-care and Community: Coastal Hike Meets Analytic Traditions

By Megan Thomas, NDNLU Student Liaison



It was an uncommonly sunny Sunday at the northern edge of San Francisco, where the Golden Gate Bridge's swooping lines decorate each backyard outlook.

The Northern California Art Therapy Association (NorCATA) met in a small white house for their monthly board meeting, focusing particular attention to the upcoming conference. With September quickly approaching, committees are busy organizing workshops, social events, silent auctions and volunteer placements.

Since this conference is open to art therapists up and down the west coast, the board is working hard to ensure a wonderful event. After focused discussion over homemade lentil soup and warm baguette sandwiches, the board members endeavored on a hike of Land's End. Self-care so often gets forgotten in favor of deadlines and accomplishments, so dedicating such a time to spend together, as a community, meant a great deal. We strolled and chatted; about the conference, our careers, families and lives. We shared the beautiful sun and the committed time with one another as we found our way to the Labyrinth.



Robin Valicenti, organizer and leader of the event, pulled water-colored paper disks and pencils from her backpack, and each member turned inward to create a bridge drawing. It was a fantastic Sunday, of both productive planning and relaxing exploration. Keep an eye out for future NorCATA events, and be sure to join this vibrant community at the September conference in Berkeley.



Daily Doodles for Self-Care

By Chanel Wittmershaus, ATR, MFT Intern



In graduate school my art therapy professors recommended we make art as part of our self-care routine.

I took the concept very seriously and created my own personalized self-care art program. I make artwork wherever and whenever I can. I make art during meetings at work and when I'm at home. My routine is inspired by what has worked for me in the past. I have been a chronic "doodler" for as long as I can remember. In high school the margins of my notebooks would be filled with elaborate lines and shapes. At the time I lacked insight as to why I had the urge to doodle. For some reason I needed to doodle all day and everyday. Sometimes my doodles would fill an entire page. They would amuse me because I would look at them and see hidden images within the doodles. It was akin to staring at the clouds and noticing animals or mythological creatures. It was delightful!



As an adult I continue to doodle with the same delight as when I was a teenager. During meetings I draw with gel pens and highlighters on sticky notes. Sometimes I use markers and doodle in large art journals. Over the years I have developed more insight about how doodling helps me with self-care. My process of creating doodles relieves stress and helps me to focus on the content of meetings. I am able to absorb information better when creating abstract artwork. It may appear as if I'm not paying attention. However, in reality I'm fully present when doodling away. It brings me joy to compile them because they are a visual record of the day's events in abstract form. I often laugh to myself when my artwork looks like a swelling brain, computer circuits, weary eyes or a creature from the depths of my imagination. The inner workings of my brain are an endless source of my amusement!

In conclusion I would like to thank my teenage self for developing my daily doodles for self-care routine. The process continues to be joyful and supportive.

Recent Works by Dr. Doris Arrington

at Twin Pines Art Center in Belmont, CA

Awakenings in Darkness in Light

An art exhibit on display at the Manor at Twin Pines located at 10 Twin Pines Lane. Fifty-four pieces from 30 artists in the group, Arts of the Covenant, are on display until June 30. We are a group of people interested in the intersection of Christian faith and visual arts. Emerging and professional artists, art teachers and art therapists who live throughout the greater San Francisco Bay Area gather monthly for intellectual stimulation, spiritual nourishment, artistic development and the opportunity to use art in ministry and community service.

www.artsofthecovenant.org.



Review: "Light, Camera, Take Action"

By Cynthia Wilson, MA, MFT Intern ATR-BC, Ph.D Candidate

NorCATA was invited to attend the "Light, Camera, Take Action" event on Sunday March 20th 2016 at PLACE For Sustainable Living in Oakland CA.

PLACE is a public-serving experiential community center that showcases and fosters sustainable living practices, urban homesteading, community resiliency and preparedness, social justice and artistic expression. PLACE hosts a monthly free community documentary and panel discussion series. On the evening of March 20th, the film was the second part of a PBS special titled "Arts and the Mind", where it largely talked about art as a form of therapy and as a powerful way to deal with trauma. Because the subject encompassed art and therapy, PLACE wanted an art therapist to be on the panel for discussion after viewing the PBS special. What a wonderful opportunity help educate others about art therapy and for NorCATA to have a broader community connection. Two NorCATA members, Cynthia Wilson MA, MFT Intern, ATR-BC, PhD candidate and Renae Johnson MPS, PCC Intern, volunteered to attend.

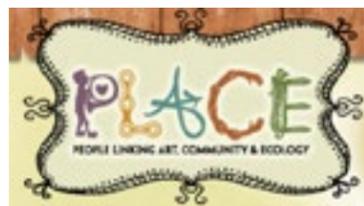
The emcee for the evening was Molly Hoffman, the Events Steward of PLACE. Molly arranges community events every month. Please see links below if you would like to learn more about PLACE or the events they host. The dinner and popcorn they provided were organic, and grown and cooked there at PLACE. They had tea, coffee and water to drink. The evening started at 6pm to allow for settling in with some of the delicious food. The PBS special started promptly at 7pm and panel discussion began at 8pm.

"Arts and the Mind" explores the vital role the arts play in human development during both youth and older age, and shares stories and cutting edge scientific research on how music, dance, painting, poetry and theater markedly improve well-being at both ends of life. The discussion was started with group introductions. The panel then fielded questions about their work, life experience, and what led them to this work. The group wanted to know how art and art therapy are relevant to larger issues we face in society, and what are some tools we can use as a community in our everyday lives. It was a great discussion about the arts - importance to the human mind, body and soul.

A local artist and teacher, Zachary Seth Greer, was also a panelist. After the discussion, he facilitated an interactive community art piece with everyone. He chose to focus on letting go and having no attachments to the things that we are drawn towards. He had the group pick magazine pictures and paste them on papers that were then passed around for group members to add their own images. The collages evolved in a fun and unique way as participants chose images that initially attracted them and then pasted them on the paper. They then passed their papers along for the next person to alter with their own images. It was a cozy evening with the PLACE community in Oakland!

[PLACE for Sustainable Living](#)

1121 64th Street
Oakland, CA 94608



NorCATA Board Seats Open in 2017

Getting involved with chapter leadership is a great way to boost your personal and professional development; and meet with kindred spirits working towards common goals. We welcome your outlook and ideas for our workshops, events and community outreach projects. Make your mark in promoting the field of art therapy on a local level! If interested, contact Devora Weinapple at president@norcata.org.

President-Elect Board Report

By Sari Pace, ATR-BC, LMFT, PCC Intern

This has been an exciting first half of the year in my position as President-Elect!



My focus has been on building connections with regional reps, working closely with each board member to support their roles, working alongside Devora Weinapple to learn the ropes of keeping our chapter growing, and being part of the conference committee to help put on an amazing West Coast art therapy experience for members. I would like to give special thanks to Jane Vogel Riley, Cynthia Wilson, Roberta Wentzel-Walter, Marcia Weisbrot, Anat Morag Taylor, Sue Cirillo, Sharon Elkins, and Camille Henson for their great regional work this year building community and outreach in their areas. My next focus is to build up community connections, build the Mentor program, and to continue to grow in my work with the NorCATA team. I feel so lucky to be part of this chapter and hope to build stronger relationships with you all.

Programs Board Report

By Barbara Petterson, LMFT
and Isabel Lenssen, LMFT, ATR

We have been very busy recently in our roles as NorCATA's Program Co-Directors!



We are very pleased to report that after several months of diligent work, we are now a CAMFT-approved CEU provider! (Our BBS approval expires at the end of the September and the BBS is no longer approving CEU providers.) NorCATA has also been approved by the National Board of Certified Counselors (NBCC); this will allow us to provide CEUs to participants from outside of California.

In other news, we had planned a Disaster Response workshop co-sponsored by NDNU for this summer. Due to site issues at NDNU, the workshop has been postponed. Keep your eyes open for updates.



Finally, we are working on many details in preparation for the September West Coast Conference, including arranging art supplies and getting conference registrants signed up for

the workshops they want to attend. If you have registered for the Conference and have not yet signed up for your workshop preferences, please contact programs@norcata.org ASAP to let us know your 1st, 2nd and 3rd choices for each time slot.

We hope to see you at the Conference!

Secretary Board Report

By Chanel Wltmershaus, ATR, MFT Intern

As your Secretary I have travelled all over the Bay Area to attend and fulfill my primary duty of recording minutes for the NorCATA monthly board meetings.



I venture out of my country home in Petaluma one Sunday per month to meet with smart and talented art therapists. Each person contributes to the tradition of providing food to share for the meetings. Once we are all settled in (and adequately caffeinated) we begin the process of each person presenting their part of the meeting agenda. We cover topics such as the upcoming conference, workshops, public relations, community building, art therapy related legislation, the newsletter and more. The process of listening and recording the minutes is valuable because it helps me learn the process of planning and implementing local art therapy events. Another bonus is the opportunity for me to become more engaged and involved in the North Bay art therapy community.

In addition to my duties as Secretary I have been given the opportunity to work on the NorCATA newsletter. This month's newsletter will highlight the importance of self-care because the work we do as therapists can be stressful and challenging. Our work is important and the communities we serve need us to be healthy!

More about me: I work with adolescents as a school therapist at New Directions, a nonpublic school in Santa Rosa. The place is amazing for many reasons. First of all, I love working with the students. They inspire me every day and show me the true meaning of perseverance. The job also allows me the opportunity to give back to my community of Sonoma County. Another amazing aspect of my job is that I have the opportunity to fully utilize my art therapy training and skills. New Directions has an amazing art therapy program that I'm proud to be part of.

Art Therapist Profile: Erin Partridge

By Erin Partridge, MA, ATR, PhD

Erin Partridge is an artist and registered art therapist living on a ranch in the east Bay Area.

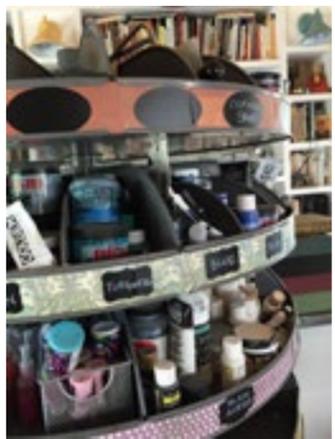


I found the profession of art therapy when I was halfway through my undergraduate degree; it felt like a light switching on and I shifted my focus from graphic design to studio art and added a minor in psychology. I graduated with a BFA, studying fine art, psychology and women's studies in at Cal Poly, San Luis Obispo. From there, I moved across

the country to New York, and got a MA in art therapy from New York University in 2008; my thesis was about my work with a young child with tactile defensiveness and Moebius syndrome - a nonprogressive craniofacial/neurological disorder that manifests itself primarily in facial paralysis. After working in New York for a while, I returned to California and recently completed my PhD in art therapy as part of the program's first cohort, at Notre Dame de Namur in 2016. My dissertation work investigated the communication experiences in the elder care setting through art-based and participatory inquiry.



space for elders to explore creativity through individual and group art therapy. We also work together to integrate creative expression throughout the community. I learn so much from the elders I work with--they are curious, generous, insightful and so strong. In addition to work in elder care communities, I have used art as a means to stimulate dialogue about aging; Redefining Age: A Square Foot Art Project was an intergenerational art show exhibited in San Francisco, Nashville, and Washington D.C. In the future, I hope to mobilize the implications from my dissertation work into increased support for art therapy in elder care.



A very important part of my identity as an art therapist is an ongoing commitment to my own art process. I work in what I describe as "heavy-mixed media" using a wide range of materials to create texture, depth, and metaphoric content. Though I enjoy working in a wide range of materials, I am most connected to book art; I have kept art journals consecutively since 1998. I have exhibited my artwork nationwide, my work has been published in several mixed-media publications and I have an ongoing interest in collaborative art projects.

Outside of my clinical work, I enjoy presenting at conferences and guest-lecturing in learning and continuing education contexts. I consider myself a lifelong learner and find fulfillment from both the

teacher and student roles. I am excited to open my studio as a site for collaborative learning and co-creation of knowledge.

About the studio: Wings To Fly Art Therapy studio offers art and art therapy experiences for enrichment, exploration, and continuing education. With bird song outside and

My clinical experience includes work in community, pediatric, forensic, and geriatric settings. I have been working with older adults since 2010. I enjoy creating

parrot "song" inside, the rural setting allows for a true sense of retreat. The studio and offerings are designed to support those who provide care for others as well as to encourage increased creativity and resilience.

[Please contact Erin for workshop schedule and more information.](#)

With this newsletter, we begin a practice of inviting clinicians from related fields to share their work. The following article was contributed by Angela Sherman, Ph.D., Licensed Clinical Psychologist, practicing Equine Assisted Psychotherapy in Petaluma, CA.

Of Art and Horses

By Angela Sherman
PhD, Licensed Clinical Psychologist

Equine Assisted Psychotherapy (EAP) and Equine Assisted Learning (EAL) are based on an experiential model that incorporates horses into the therapeutic and/or learning process.

The approach is not about teaching horseback riding or learning horsemanship skills, but about what individuals can learn about themselves through interactions with horses. The premise is that people operate in session (communicate, handle emotions, problem solve, relate to others) in a similar way to how they are in day-to-day life. Clients are provided with activities based on their individualized goals and encouraged to utilize the information that they gather in the arena to draw parallels and make life changes.



Why horses? Since horses are flight animals they are continuously reading nonverbal cues, have a keen awareness of their surroundings, and are masters at living in the moment. These sentient beings have strong social connections and approach life in a non-judgmental and grounded manner, responding to what happens in the present. During sessions, the horses are loose in the space and free to choose with whom and

how to interact. Through the sessions, the horses become metaphorical representations of people, relationships, and situations for the client. The client is then given the opportunity to try out and experience what different approaches or relationships might be like. The populations and settings where this model can be applied are really only limited by our own creativity: residential treatment, outpatient populations, school groups, corporate training, therapist professional growth and development - to name a few.

A quote from an art therapist illustrates this: "Earlier this year, I attended a workshop on Equine Assisted Psychotherapy (EAP) led by Dr. Angela Sherman. I was first drawn to EAP because, at first glance, it seemed to offer clients a safe space to explore complex issues such as fear, anxieties, and deeply ingrained patterns of relating to others and the world. As an art therapist who works primarily with adolescents who have experienced complex trauma, I found that EAP has many parallels with art therapy. I was apprehensive at the start of the workshop since I don't have any experience with horses, not unlike clients who are nervous about art therapy because they lack any artistic training. But I found that the novel and strength-based model of EAP gave participants in our workshop the opportunity to notice how we interact with others based on how we attempted to interact with the horses. EAP is a wonderful model of treatment and method of self-care, and I hope there will be opportunities in the future for collaboration between art therapists and EAP providers." - Amy, ATR

Equine assisted learning can also provide an important experiential process for increasing self-awareness in professional development for therapists. Coursework designed to incorporate the horses as hypothetical



patients includes questions such as - how do we read nonverbal behavior, build rapport, get our clients to engage in

treatment with us? Perhaps most important, what might the horses tell us that our clients won't? These sorts of questions give us invaluable feedback for our approach as therapists. Incorporating wellness workshops with horses into self-care for therapists can be an amazing reminder of how to slow down, be grounded and present in the moment and react to what is. With the demands

of daily life, as humans and professionals in the helping field, we often lose sight of these abilities.

At a recent workshop aimed at self-care and life balance, the group participated in activities with the horses including grounding, life balance reflection, and reviewing personal values. After these activities, the group completed an art piece as a self-reflection of their experience in the workshop that day. The quote below is taken from one person's reflections:

"There are strong parallels between art therapy and equine assisted psychotherapy. Both mediums help

the participant feel and then express emotions that they may not have been able to access through verbal therapy alone. Being in the arena with horses and other therapeutic props gave me a feeling of standing in a live sand tray. It's an amazing and powerful field that I have been happy to take part in - as a workshop participant as well as a facilitator by helping participants process their experience through an art therapy reflection piece". - Melissa, ATR

To learn more:

Visit [Change Your Lead](#) in Petaluma, CA. [EAGALA, the Equine Assisted Growth and Learning Association](#) - provides a framework and certification for this process.

Unique Imaging: Art Therapy Transformations

Review of the three traveling transformative art therapy shows

By Cynthia Wilson, MA, MFT Intern ATR-BC, Ph.D Candidate

“Unique Imaging: Art Therapy Transformations” was a traveling art show that exhibited at three locations throughout Northern CA.

The show depicted the process of art therapy through the art work of five anonymous individuals who've used art therapy to process and heal from life traumas and changes. This was a show designed to discover aspects of the viewers self that they haven't been aware of or to rediscover their place in the world. Viewers were invited to witness to the artists experience through this transformative art show.

The three main goals of the art show were to:

- 1) De-stigmatize mental health within the various communities where the show took place.
- 2) Provide the viewer with a secondary subjective experience of what it is like to go through art therapy services for mental health treatment.
- 3) Connect the community through the exhibition, viewing and creation of the therapeutic art therapy works.

The artist's bios are very powerful in their vulnerability and expression of where they stood in the beginning of art therapy and where they now stand after having had art therapy. As you entered the show you would see the bios just after seeing a warning sign that informed the viewers the show was not intended for young children and there may be triggering images depicted as the artists are sharing their personal art therapy process. After reading the bios, you move down a hallway like setting that drew you through the

images on the right side. The lack of distractions allowed you to attune with the artist. You would follow artists 1-5 in mixed groupings that represented the various stages they had all gone through from the beginning of their art therapy trauma processing to their current place. As you wound your way through the show you are swirled around to the final grouping of images where the five artists displayed their culmination pieces. The artists' works were set in groupings to provide a connected community feel even though they each processed through their traumas individually. The artist bios were not numbered so as to increase anonymity for the artists as well as keep a bit of mystery for the viewer. This was found to have caused a mix of excitement and frustration in the viewers. The art was all numbered 1-5 to depict which piece went with another and to allow the viewer to go through the show more than once; then following each artist individually versus as a collective that would happen naturally in the first viewing. After some of the viewers got over their frustrations of not knowing whose bios went with what pieces they chose to go through again and try to see if they could guess whose was whose or to follow one artist through that they were initially drawn towards.

Viewers exited the show in a slow moving, inwards and distant daze. It was as if they were still processing the images in their minds eye as the energy from the images flowed through their bodies. One viewer said "The mix of dimensions was interesting and jarring. "Flat" images made 3D suggested moving beyond what was depicted

and brought attention to what was invisible...in the space between." Others reported feeling they had seen something they were not supposed to, that it was very private. "Some art gave me chills" one person wrote. Another wrote, "I could feel someone else's pain and/or process." On the surveys there were several comments that the viewers wanted more art and "didn't want it to end". One viewer was inspired and with a scared enthusiasm wrote, "For the first time I wondered what my 'real' story would be like." Another viewer made a similar comment, "I feel I can let go of my fear of people seeing my own self-expression and let others experience my work." Overall the majority of responses of the viewers was that they had a better empathetic understanding to mental health and felt they not only gained a self-awareness but had a shared experience with the artists. "Made me realize how much art therapy can help people heal!"



The artists were told to provide at least 5 art pieces that showed their art therapy journey. One artist shared art that was done solely at home during the process of art therapy, another shared art that was all done at home specifically for the show, while others shared art that was done in art therapy sessions or a mixture of at home and in therapy settings. All five individuals have very different and unique stories that they framed and were displayed well in their choice of art pieces.

Due to the potential triggering and emotional upheaval the art in the show may have produced, the viewers had the option to complete a cookie cutter person for expression of body sensations, thoughts and feelings around the entire body in line shape and color. This was also provided as an interactive therapeutic art technique that mirrors the few art therapy cookie cutter images that the viewers had seen included in the show. There was a handful of viewers at each show who chose to do this activity and felt it added to the experience of the show and the awareness of art therapy. The pre-drawn cookie cutter person and the packet of markers were provided. It was then up to the viewer to discuss the image with the art therapist who put on the show, include the image with the voluntary survey or keep it for themselves.

The survey was included for voluntary participants to fill out after taking a walk through the trauma healing of the five individuals. The goal of the survey was to determine if the multicultural aspects of the various ages, ethnicities, genders and communities played a role in the de-stigmatization of mental health healing and understanding of art therapy's role in the mental health field. The surveys have not been fully tallied, but as it is observed so far, there was an over increased awareness and understanding of art therapy as well as the de-stigmatization of mental health. A full break down of the findings and comments can be reported at a later date. However, among the totality of the comments one stood out as specifically moving. The comment

in reply to the question "How did the art influence you directly?" was simply and strongly, "Saved my life."

Call for Fall Newsletter Submissions

We want to hear from our art therapy community!

- Are you speaking at the NorCATA conference in September? Summarize your presentation! Or write a review of a presentation you attended.
- Do you have a research project and are you looking for participants?
- Promote your research! You worked hard on it - send us your abstract and comments about your work!
- Are you involved in an exciting or inspiring art therapy project or program in the Bay Area? Share it with the community!
- Are there any upcoming workshops, retreats, news, events, documentaries, or books you would like to write about?
- What are your go-to, sure-fire methods of self-care?

Send your submissions to: [Public Relations](#)

Create Space for Your Soul: Introduce Micro-Self-care into your Healing Practice

By Jen Berlingo, MA, LPCC, ATR

Self-care has become a buzzword lately — and that’s a good thing because the occupational hazards of helping professionals can take on career-threatening forms such as vicarious trauma, compassion fatigue, isolation, self-doubt, and burnout.

However, most mental health practitioners I know agree: We don’t have enough time, energy, or money to engage in what we consider a satisfying self-care routine. We don’t always make it to yoga or even get a chance to pull out the mat. We can’t invest in long, languid retreats on a regular basis (or ever!) We love the idea of a creative outlet, but haven’t found one that’s sustainable.



Spa retreats, social outings, and vacations are wonderful to look forward to, but simply living a life where we’re counting down the days until they occur isn’t self-caring at all. Here’s where the self-care paradigm needs to shift away from a work-hard/play-hard mentality to a focus on practicing micro-self-care. I define micro-self-care as rituals that are simple enough to slip effortlessly into your realistic schedule, budget, and current energy level. (Yep, that one.) This practice is about establishing a rhythm that includes coming back home to yourself intentionally as part of your everyday activities. Micro-self-care encompasses the simple tasks we can do to nurture, protect, rejuvenate, and heal ourselves throughout the day.

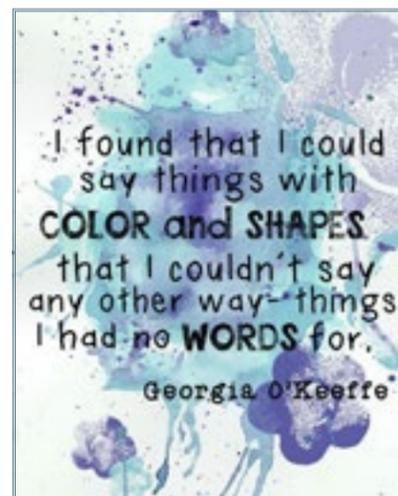
It is in this spirit that I invite you to my SoulSpace Series — a simple, supportive, deeply soulful, refreshingly playful, online program to help you develop sustainable self-care practices that recharge and nurture your therapist-self at various points throughout your daily routine. It’s a go-at-your-pace program that reacquaints you with your creative, compassionate, authentic inner healer and weaves a

practice of rhythmic, micro-self-care rituals unobtrusively into your everyday life. In the series, I will guide you, and a tribe of colleagues participating alongside you online, in developing your own plan to rejuvenate your therapist-self in ways that take just a moment. You’ll come away from the program with your own, go-to SoulSpace strategies you can use right away.

As a helping professional, you are your own most valuable instrument. When you’re burnt out, distracted, or uninspired, you aren’t capable of being the most aligned and compassionate therapist you can be. In this way, self-care is an ethical imperative; it’s a survival tool for all healing practitioners.

To find out more about the SoulSpace Series, please visit [Jen Berlingo](#).

Jen Berlingo is a licensed counselor (LPCC 393) transpersonal art therapist, and Reiki master practicing in Los Altos, CA. She supports helping and healing practitioners in trusting their creative voices and developing mindfulness and self-care practices. Jen creates something each day with her hands as a way to make meaning and magic in the ordinary. She’s a mother, beachcomber, stargazer, and salted caramel aficionado.



The Rhythm of Art

By Jen Mank, MFT, ATR-BC, MS

Art therapy and drumming seem to be two very different therapeutic approaches that do not have much in common.



However, both art and drumming have long histories of enhancement of the human experience that augment and lift the ordinary to the realm of the extraordinary especially when combined with ritual and ceremony. Art and drumming serve as forms of communication that are nonverbal and have the capacity to connect different cultures. Drumming is based in

rhythm and art often has a rhythm within the form or image. Drumming has been used with a variety of populations to help heal, transform and offer therapeutic growth with positive results just as art therapy has been utilized for therapeutic growth and change.

Through drum making, Object Relations Theory along with Attachment Theory can be utilized for therapeutic purposes. The client and therapist make a drum together. The client then creates a symbol representing self and attaches it to the drum. The drum becomes a voice for the client especially if the client is unable to express their emotions verbally, or has a communication impairment. The drum can also become a transitional object that gives comfort to the client in times of stress or at termination. If the drum remains with the therapist, it becomes a symbol of the client and continues to have a voice even after the client has left therapy. If the client is able to take the drum at termination, the drum is a symbol of successful graduation from the therapeutic experience. In both cases the drum continues to be the client’s symbol of self, the client’s voice and a source of comfort.

Drumming and art can also be combined through the act of drumming, individually or within a circle of drummers, and then creating art based on the experience. Processing the art may lead to a greater understanding of the experience of drumming and the role it plays in the therapeutic process of healing. The drum circle has the potential to be a therapeutic milieu that offers opportunity for creative expression

through drumming, movement and song. Creating art while establishing a therapeutic milieu that includes the drum music is another method to incorporate drumming and art therapy that allows for transcendence and connection through art, rhythm and music.

An individual is able to express emotions and overall experience through rhythm, volume and tone much the same way an individual can use line, color and shape to express emotions. Combining both forms allows for rich experiences based in a therapeutic expression of emotion. Connection through image and rhythm within the drum circle has the capacity to lead to an expanded sense of self and offer new roles as artist, drummer and drum maker to people who do not hold roles in society.

Art and drumming have long been integral to humans’ existence and continue to offer forms of expression and communication. When used together, the individual activates visual, tactile and auditory senses that help to intensify the experience. Through art and drumming an individual may find a new sense of self through the acquisition of roles and acceptance within the art, drumming and greater community. Art and drumming have a long and interwoven history that allows for emotional expression and communication elevating the human condition leading to the possibility for growth and change.

Jen Mank, M.S., ATR-BC, LMFT, is a registered and board certified art therapist and is a licensed marriage and family therapist. She attended Mount Mary University in Milwaukee, WI and received a Master’s Degree in Art Therapy in 2007. Since that time, Jen has worked with a variety of populations with the purpose of achieving therapeutic growth and healing. In 2010, Jen began making drums with clients and leading intergenerational drum circles for the purpose of role development, sublimation, connection within the greater community and healing. Jen has received training in drum circle facilitation and drumming with an emphasis on drum rhythms since 2010 from music therapists, drum circle facilitators and drummers. Jen is currently a member of the 2015 Ph.D. cohort at Notre Dame de Namur University in Belmont, CA. and plans to research the benefits of art therapy in combination with drum making and drumming. She is in process of writing a book on art therapy, drum making, object relations, and drum circle facilitation in conjunction with Jessica Kingsley Publishers. Jen Mank is employed as a Clinician at Momentum for Mental Health in San Jose, and can be reached at 608-695-3397 or jmank@tds.net.

UPDATE! Saturday Evening Reception



Join us for an evening of heart-centered drumming to transform the mind, body and spirit. No experience is necessary and GlobalDrumCircles brings the drums! They will also provide shakers, rainsticks, and a flute player! Drumming is an exciting way to play, meditate and reduce stress in a friendly environment that cuts across all barriers. [Watch a short video!](#)

Paint your own drum symbol and make your own shaker in our open Art Studio with guidance by NDNU PhD student Jen Mank. Jen is writing a book on Art Therapy and Drumming, and her article appears in this issue of our eNewsletter!

FULL Registration includes the Friday and Saturday Evening receptions
Each reception is only \$15 with the **ECONOMY Registration**. Drums are limited. Beyond 80 drummers, participants may sit or stand and observe, or do response art. Exact time TBD. Online sign-up will be available shortly.



NorCATA 2016 Conference
September 16-18, 2016
Professional Headshots
Conference Special

\$40 session fee
\$10 each image

Sessions are 15 minutes long and take place during the conference. Longer sessions available at the regular rate on a different date. Contact chelseabulik@gmail.com to book your session and mention NorCATA. Offer expires 9/30/16.

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Soundembrace

What is a Sound Bath?



Benefits of a Sound Bath:

Besides creating a soothing sound experience, the goal of a sound bath is to create the environment for your body to go into the Relaxation Response.

Some of the benefits are as follows:

- Better sleep
- Decrease Stress in the body and mind
- Increase in chemicals related to immunity
- Helps reduce pain
- Aids in clarity and concentration
- Emotional healing or release
- Spiritual connection, integration and wholeness (to name a few)

About the experience:

Lay down, relax, and take in the healing tones of the Crystal Bowls, Chimes, and Gong. As you are washed in a virtual "bath" of healing sounds, the tones build and evolve, producing a sea of sound that is both timeless and alive. The sounds interact powerfully with our bodies, rejuvenating us. Blocks and tensions are washed away, leaving you centered, refreshed, energized, and fully present and connected with the world around you.

Please bring a yoga mat and anything else that will help you to be more comfortable laying down on the floor. *(Details about conference scheduling to follow)*

PLEASE NOTE: If you have history of seizures, or currently have thrombosis, you will not be permitted without a doctors note with their permission to participate. Sound Baths are not recommend for women in their first to 8 weeks of pregnancy.



Updates coming to the NorCATA Membership Directory:

Email us a brief listing of the services you offer, and the population you serve; we'll add it to your member profile!

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