

**Summer 2009**

**The Florida State University Art Education Department  
and Academic & Professional Program Services  
*present***

# *Art Therapy*

## **FOR THE TREATMENT OF TRAUMA & ABUSE**



**Three Weekends -  
June & July 2009**

A summer course for students and professionals who are interested in the use of art therapy as a treatment for trauma. The course is offered through Florida State University's nationally respected Art Therapy Program.



### **Who Should Attend?**

- Art Educators/Artists
- Art Therapists
- Special Education Professionals
- Social Workers
- Psychologists, Counselors and Therapy Professionals

# Art Therapy

## FOR THE TREATMENT OF TRAUMA & ABUSE

### *Weekend One:*

## **Art Therapy for the Treatment of Trauma-Related Disorders: A Theoretical & Practical Model**

**June 12 & 13, 2009**

This first weekend focuses on the treatment of trauma-related disorders, ranging from post-traumatic stress disorder to the dissociative disorders. The model relies heavily on the latest research in brain imaging and animal studies. Certain art therapy techniques make it possible for trauma survivors to process their traumas without in-depth psychotherapy.

Regardless of the severity or the specific type of trauma, adults and children can use art therapy techniques to address the troubling and often disabling symptoms of flashbacks, nightmares, phobias, and mood disturbances.

**Guest Instructor: Linda Gantt, Ph.D., ATR-BC, HLM of AATA**

As the Executive Director of the Trauma Recovery Institute in Morgantown, West Virginia, Dr. Linda Gantt has been an art therapist for over 30 years. She earned an M.A. from George Washington University and a Ph.D. from the University of Pittsburgh. Dr. Gantt has been active in art therapy teaching, writing and research; has held several offices in the American Art Therapy Association (AATA), including that of president; and is an Honorary Life Member of AATA. Dr. Gantt was recently appointed to the Advisory Committee for the Board of the Academy of Traumatology.

### *Weekend Two:*

## **Intervention for Families in Acute Crisis**

**June 26 & 27, 2009**

This second weekend focuses on interventions with families undergoing an acute crisis, be it a natural disaster, violent experience, or family event of an acute nature (such as the sudden death of a family member). We will focus on using family art therapy techniques integrated into the context of crisis family work. Indeed, using a family therapy theoretical approach works well even when treating an individual.

We will address both multigenerational and developmental factors. Family art therapy can serve as a support in a crisis and act as a bridge into other services (family or individual) once a crisis has abated. The course also addresses working in a variety of settings, including community-based services as well as more traditional clinical offices.

**Guest Instructor: Dr. Joan Phillips, Ph.D., LMFT, LPC, ATR-BC**

A native of Norman, Oklahoma, Joan Phillips holds graduate degrees from Duquesne University, Emporia State University, and the Union Institute and University. She has presented nationally and internationally on art therapy and is a published poet.

Dr. Phillips' most visible work was with the survivors of the Oklahoma City bombing. She has held several offices for the Art Therapy Credentials Board, including president, and is currently the president-elect of the American Art Therapy Association. A faculty member at the University of Oklahoma, Dr. Phillips also maintains a private practice in Norman.

### *Weekend Three:*

## **Best Practices for Self-Care, Wellness and Mindfulness for People Affected by Stress**

**July 10 & 11, 2009**

In this third weekend course, participants will study specific principles of self-care and wellness through the practice of mindfulness and art therapy as related to the treatment of traumatized and abused clients. We will also discuss individuals suffering from the effects of stress. The course content will be based on the most recent theory and research, including the best practices of self-care, wellness, and mindfulness in the field today.

Students will have several opportunities to experience both formal and informal approaches to the cultivation of moment-to-moment awareness in the context of self-awareness and acceptance. We will explore art making, movement, and writing exercises.

**Guest Instructor: Dr. Patricia Isis, Ph.D., LMHC, ATR-BC**

Patricia Isis holds a Ph.D. in the expressive therapies with an emphasis on art therapy. Additionally, she is a licensed mental health counselor in Florida and a board certified registered art therapist. For nearly thirty years, Dr. Isis has practiced art psychotherapy in the public schools and within her private practice.

As a mindfulness-based stress reduction instructor, Dr. Isis facilitates classes regularly at South Miami Hospital and provides various art therapy groups; she currently serves on the Arts and Healthcare Committee. Dr. Isis is a national and international presenter on art therapy and mindfulness.

## **Questions?**

For **additional program information**, contact course coordinator **Dr. Marcia L. Rosal, Ph.D., ATR-BC**, Professor of Art Education at FSU (e-mail: [mrosal@mail.fsu.edu](mailto:mrosal@mail.fsu.edu); phone, 850-644-2926). The Clinical Coordinator of FSU's Art Therapy Program, Dr. Rosal is a recent past president of the AATA. Holding degrees from Pennsylvania State University, the University

of Louisville, and the University of Queensland, she is a productive educator, researcher and clinician.

For **registration information**, contact **Kristin Muire**, Academic Program Specialist, FSU Academic & Professional Program Services. Ms. Muire may be reached at (850) 645-5639 or via e-mail ([kmuire@campus.fsu.edu](mailto:kmuire@campus.fsu.edu)).

The classes will meet in 303 Carothers Hall, FSU campus, Tallahassee, at the following times:

**Friday:**

8:30 am - 5:00 pm

**Saturday:**

8:30 am - 5:00 pm

# Art Therapy

FOR THE TREATMENT OF TRAUMA & ABUSE

Register online now at

<http://cpd.fsu.edu>

or complete the form below.

## Registration Procedure

**Step 1.** Complete this form. If you have questions, please call (850) 645-5639 or email [kmuire@campus.fsu.edu](mailto:kmuire@campus.fsu.edu).

**Step 2.** Fax this form to (850) 644-3803 or Mail a copy of this form with your payment to:

FSU Academic & Professional Program Services  
Attn: Registrar  
296 Champions Way  
PO Box 3062550  
Tallahassee, FL 32306-2550

## Registration

A completed registration form is required from each participant. Registrations will be taken on a space available basis. **Since space is limited, early registration is encouraged.**

I would like to register for:

- Academic Credit - I am a current FSU student (academic credit course during Fall 2008 or Spring 2009 terms).
- I am not a current student, but would like to receive Academic Credit. Please send me a Special Student (non-degree seeking) application.
- Non-credit, Continuing Education Units (CEUs) only.

## Special Students:

**Do not send payment with this registration form. You will receive information to complete registration and payment with your Special Student Packet.**

Please register me for the following courses:

- All Three Weekends** - Art Therapy for the Treatment of Trauma & Abuse (see dates below) - ARE 5934/02, CRN 05424
  - \$ 862.25 for Florida residents (3 s.h.)
  - \$ 2,756.45 for non-Florida residents (3 s.h.)
  - \$ 170.06 with FL Intern Participation Certificate (3 s.h.)
  - \$ 814.05 for continuing education units (4.5 CEUs; PC 10407)
- Weekend One** - Art Therapy for the Treatment of Trauma-Related Disorders  
June 12-13, 2009 (ARE 5934/03, CRN 05425; PC 10408)
- Weekend Two** - Families in Acute Crisis  
June 26-27, 2009 (ARE 5934/04, CRN 05426; PC 10410)
- Weekend Three** - Best Practices for Self-Care, Wellness and Mindfulness  
July 10-11, 2009 (ARE 5934/05, CRN 05427; PC 10411)

Individual weekend registrations and fees:

- \$ 300.75 per weekend for Florida residents (1 s.h. of graduate credit each)
- \$ 932.15 per weekend for non-Florida residents (1 s.h. of graduate credit each)
- \$ 70.02 per weekend with FL Intern Participation Certificate (1 s.h. of graduate credit each)
- \$ 271.35 per weekend for continuing education units (1.5 CEUs each)

## Payment Information:

Enclosed is my registration fee of \$ \_\_\_\_\_.

Full payment is required to complete your registration. Payment may be made by check or money order (payable to FSU/APPS), credit card, or purchase order.

*Current FSU students and those seeking CEUs should include payment with this registration form. Special Student applicants should not send payment until registered.*

Name \_\_\_\_\_

SSN (Required for CEU record keeping/tax information) \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State/Country \_\_\_\_\_ Zip Code \_\_\_\_\_

Daytime Telephone \_\_\_\_\_ Fax \_\_\_\_\_

E-mail Address \_\_\_\_\_

### Please indicate method of payment:

- Check # \_\_\_\_\_  
Please make checks payable to **FSU/APPS**.
- Purchase Order # \_\_\_\_\_  
Should you require it, our FEID# is 59-1961248.
- Credit Card: please circle one (*AmEx, Discover, MC, Visa*) Please note a \$5 convenience fee is assessed for all credit card transactions.

Card Number \_\_\_\_\_ Expiration Date: \_\_\_\_\_

Name as it Appears on Card \_\_\_\_\_

- Invoice Third Party - Please invoice the following person/organization.  
Organization \_\_\_\_\_  
Division/Branch \_\_\_\_\_ FEID# \_\_\_\_\_  
Address (please include mail station) \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_  
Telephone \_\_\_\_\_ Fax \_\_\_\_\_  
E-mail \_\_\_\_\_

### Signature and Date (Required):

*I understand and agree to the terms and conditions of the application*

### Cancellation Fee and Refunds:

You may cancel in writing prior to the start date of the selected class and not be liable for fees. If your cancellation is received after the class begins, or if you fail to give official notice, you will be liable for the fee. You may e-mail, fax or mail your request to cancel. **Because there is generally a waiting list for each weekend, please notify us at once if you must cancel.**

Office Use Only:		
Date Registered: _____	Initials: _____	FY: _____



**The Florida State University**  
Academic & Professional Program Services  
Tallahassee, FL 32306-2550

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## **Art Therapy** **FOR THE TREATMENT OF TRAUMA & ABUSE**

**Three Weekends**  
**June & July 2009**



**FOR THE TREATMENT OF TRAUMA & ABUSE**

presented by:

**The Florida State University**  
**Art Education Department**  
**and Academic & Professional Program Services**

**J**oin us for this innovative summer course that will explore the use of art therapy for the treatment of trauma and abuse. During the first weekend, a variety of topics will be discussed, including techniques for dealing with flashbacks, nightmares, phobias, and mood disturbances. Subsequent weekends focus on working with families undergoing acute crisis, as well as best practices of self-care, wellness, and mindfulness. The three 15-hour weekend sessions will be held during June and July.



The course has been specially designed to provide professional development opportunities for the continuing education of all mental health professionals, particularly those who are involved in the creative arts therapies. The seminars meet the guidelines of continuing education set by the Art Therapy Credentials Board.

The course may be taken for FSU academic credit or for non-credit. Students may register for one, two, or all three weekend sessions. Each 15-hour segment will offer 1 semester hour of graduate credit or 1.5 Continuing Education Units (CEUs). All three weekends total 3 credit hours or 4.5 CEUs.