



Summer 2017 Week-end Art Therapy Course

Florida State University Art Therapy Program
Department of Art Education

Topic One: Treatment of Trauma-Related Disorders in Art Therapy

Guest Lecturers: Linda Gantt, PhD, ATR-BC, LMFT, ATCS & Paula Howie, MA, ATR-BC, LPC, LCPAT, HLM

Date: June 9 - 10, 8:30 am -- 5:00 pm

The course 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. Participants will learn 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 symptoms and often disabling symptoms of flashbacks, nightmares, phobias, and mood disturbances.

Topic Two: Art Therapy for Trauma Treatment with Children and Families

Guest Lecturer: Tracy Councill, MA, ATR-BC, LCPAT

Date: June 24 - 25, 8:30 am -- 5:00 pm

The course covers the definition, sources and nature of trauma, and behavioral manifestations of trauma in children, their assessment and management. Linda Chapman's neuro-biologically informed trauma treatment model, and Savneet Talwar's bi-lateral art-making protocol are taught, in addition to case examples from the instructor's work in medical art therapy with children. The importance of creating community in trauma treatment, developing resilience and post-traumatic growth are emphasized. Art experientials are used throughout to help students synthesize course material and gain familiarity with possible art directives to use with clients.

Topic Three: Principles of Self-Care and Well-Being in Art Therapy

Guest Lecturer: Patricia Isis, Ph.D., LMHC, ATR

Date: July 21 - 22, 8:30 am---5:00 pm

In this third week-end course, participants will study specific principles of self-care and well-being through the approaches of positive psychology, mindfulness, self-compassion and art therapy as related to the treatment of traumatized and abused clients as well as individuals suffering from the effects of stress. The course content will be based on the most recent theory and research as well as the best practices of self-care, wellness, positivity and mindfulness interventions in the field today. Students will have several opportunities to experience formal and informal practices to the cultivation of non-judgmental moment to moment awareness which will be offered through didactic and experiential presentation with art making, movement, and writing exercises.



Biographies :

Linda Gantt, Ph. D., ATR-BC, LMFT, ATCS

Dr. Linda Gantt has been an art therapist for 40 years. She earned an MA in Art Therapy (the George Washington University) and a PhD in Interdisciplinary Studies (the University of Pittsburgh). Dr. Gantt has been active in art therapy teaching, writing, and research. She has held several offices in the American Art Therapy Association (AATA), including that of President and is an Honorary Life Member. Dr. Gantt is best known for developing the Formal Elements Art Therapy Scale. Her business interests include the ITR Training Institute and Intensive Trauma Therapy in Morgantown, West Virginia.

Paula Howie, MA, ATR-BC, LPC, LCPAT, HLM

Paula Howie directed the Art Therapy Service at Walter Reed Army Medical Center from 1979 to 2002. She was an Associate Professorial Lecturer in the Art Therapy Graduate Program at the George Washington University from 1980 to 2015. She currently lectures in the Art Therapy Graduate Programs at the School of the Visual Arts in New York and at Florida State University in Tallahassee. Paula is active in the American Art Therapy Association (AATA), holding numerous positions including past President. She attended and taught in the Advanced Psychotherapy (APTP) at the Washington School of Psychiatry. She maintains a private practice in Washington, DC, where she focuses on the treatment of trauma with children and adults. Along with Sangeeta Prasad and Jen Kristel, she co-edited a book on Art Therapy with Diverse Populations: Crossing cultures and abilities published by Jessica Kingsley in 2013. She is currently editing the manuscript for Art Therapy with Military and Veteran Populations: History, Innovations, and Applications which will be published in 2017 by Routledge. In addition to her writing, private practice, and teaching, Paula is an avid watercolor painter.

Tracy Councill, MA, ATR-BC

Tracy Councill earned her MA in Art Therapy from The George Washington University in 1988. She teaches Medical Art Therapy at the George Washington University and at Eastern Virginia Medical School. In 1991, She started an art therapy program for patients and families in pediatric hematology-oncology at Georgetown University Hospital's Lombardi Comprehensive Cancer Center in 1991, which evolved into the non-profit organization Tracy's Kids. She served as a Director of the American Art Therapy Association (AATA) from 2009-2011, and has chaired the AATA Membership Committee. Ms. Councill has published several articles on art therapy, including a chapter on Medical Art Therapy with Children (Ch. 16) in the Handbook of Art Therapy, 2nd ed., edited by Cathy Malchiodi (2011); Cultural Crossroads: Considerations in Medical Art Therapy (Ch. 17) in Using Art Therapy with Diverse Populations (2013), edited by Sangeeta Prasad and Paula Howie; and Art Therapy with Children (Ch. 24) in the Wiley Handbook of Art Therapy, edited by David Gussak and Marcia Rosal. She continues to show her own paintings and block prints at local venues, is an avid gardener and a member of St. Mark's Episcopal Church, Capitol Hill.

Patricia Isis, Ph. D., LMHC, ATR-BC, ATCS

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 and Registered Art Therapist. For over 35 years, Dr. Isis has practiced art psychotherapy in the public schools and in private practice. As a trained mindfulness-based stress reduction and mindful self-compassion instructor, Dr. Isis facilitates classes and mindfulness trainings. She is a certified art therapy and mental health counselor supervisor. As a passionate presenter, Dr. Isis provides workshops on art therapy and mindfulness locally, nationally, and internally. Her book, *The Mindful Doodle Book: 75 Creative Exercises to Help You Live in the Moment* was published in July, 2016.

For More Information, Please Contact:

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