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International Expressive Arts Therapy Association

## ***Presentation & performance descriptions***

**Friday, March 15, 2013**

**AM Sessions (1.5 hours)**

**Presenter: Fiona Chang and Soojin Lee**

**Presentation: Lost in the Mask, Found in the Mirror**

Room: Amador

Presentation Description:

In a metropolitan city like Hong Kong and Seoul, people are juggling balls of work, family, health, personal growth and social changes. To cope with these challenges, we are holding different masks to protect our physical, psychological, social and spiritual parts of self. As time goes by, our true self has been forgotten and ignored. In this mask-making and mirror exploration workshop, we infuse the Chinese concept of "Change" and "Whole-Person Listening" in the Person-centered Expressive Arts process. We are exploring our inhibitions and potentials for change through a collage of authentic expression, mindful witnessing and compassionate listening.

**Presenter: Kevin Nute, Jeffrey Stattler**

**Presentation: The Movements of the Weather as an Interactive Indoor Therapy**

Presentation Description:

The primary presentation is an illustrated talk based around video clips of the natural animation of indoor spaces using the live movements of the sun, wind and rain. While these animations are expressions of nature rather than culture, an accompanying interactive exhibit based on wind-animated digital foliage shadows demonstrates how building occupants can individually control how the wind affects a digital tree shadow projected on an indoor surface to create movement patterns that effectively integrate the natural and the personal, and which seem to have an even greater therapeutic effect than natural movement alone.

**Presenter: Angela Congdon, LaDonna Silva, Jennifer Crane**

**Presentation: Riding the winds of therapy: Going beyond technique**

Room: Mariposa

Presentation Description:

The energy generated in the therapeutic relationship is transformative. It shapes, the therapist's edges in a similarly to the way wind erodes, and molds the landscape. This workshop will explore therapist response to "client wind", a metaphor for the verbal and non-verbal affect clients brings to session. This variety of emotions can range from strong gale force winds to the soothing touch of a soft summer breeze. How to track the client's process in a variety of windy conditions and the edges it creates for the therapist



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will be the focus of the workshop. Drawn from process model concepts of “tracking” and “the edge,” this workshop will integrate didactic material with expressive art exercises.

Presenter: **Enda Miron-Wapner**

Presentation: **Expressive Kavannah- Adaptation to Change: Our Inner Voice**

Room: El Dorado

Presentation Description:

Culture and spirituality express themselves in music, art, dance, and poetry. The Expressive Kavannah workshop combines Expressive Arts Therapy with sensitivity for the spiritual quest. It sets a contemplative framework for participants to explore themselves resulting in a profound intermodal educational experience. Using meditation and self-expression combining the arts, the Expressive Kavannah experience provides a supportive atmosphere for developing growth and awareness. Participants need not be “artist”, just be open to the artistic process.

Presenter: **Annette Wagner**

Presentation: **Transformation and Possibility from the Intentional Creativity Movement**

Room: Berkeley

Presentation Description:

The Intentional Creativity movement, founded by Shiloh Sophia McCloud, uses intention to connect us to our creativity. The work combines many disciplines, and the spaces between the worlds of those disciplines. The modalities painting, poetry and healing span the circumference of the work, which becomes a holistic approach because when we in earnest take this work into our lives, our entire life is indeed transformed, never to return to its original shape again. In this experiential workshop we dive into the realm of intention and possibility while exploring the context of intentional creativity.

Presenter: **Irene Renzenbrink**

Presentation: **Answers Blowing in the Wind: Explorations of Loss and Change**

Room: California

Presentation Description:

Loss and change pervade our lives and we all need opportunities to make sense of challenging and fragmenting experiences. In this workshop participants will be invited to explore some of their own experiences of loss and change using various expressive arts methods. The healing power of metaphor and imagery, poetry, stories and art making will be demonstrated and a unique film and dance sequence inspired by Bob Dylan’s music and photographs of shredded plastic fluttering on barbed wire fences will be performed by doctoral students of the European Graduate School.

Presenter: **Emily Miller**

Presentation: **A Transdisciplinary Theory of Arts Practice and Wellbeing**



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Room: Treasure

Presentation Description:

This lecture will present a transdisciplinary theory of art/craft practice and wellbeing. I will review Art/Craft practice from the perspectives of behavioral biology and effort driven rewards in an exploration of the physiological benefits of art practice. I will explore the benefits of art practice from the perspective of positive psychology in an exploration of psychological capital via flow and gratification. Finally, I will explore the behavioral economics of art practice in an economic metanarrative which disincentivizes making things. This theory posits that art/craft practice has an evolutionary biological survival value, the absence of which results in crippling psychological impoverishment.

**Presenter: Haley Fox, Elizabeth David, Eileen Feldman, Kit Jenkins, Hari Kirin, Sara Tsutsumi**

**Presentation: "Squirming Ladies of the Floor": 6 Expressive Therapist Tell All**

Room: Belvedere

Presentation Description:

Twenty-five years ago six women, upon concluding their core training with Paolo Knill at Lesley University, initiated a peer supervision group that met monthly for eight years. Their respective careers evolved in diverse directions; however, the expressive arts left thumbprints on all their lives and the lives they touched. At their 25-Year Reunion in 2013, the group they had fondly dubbed "squirming ladies on the floor" (SLOF) shared the twists and turns of their respective lives and careers and reflected upon how the expressive arts had shaped their unfolding. Haley Fox shares observations and art that emerged from the gathering. [100 words]

**Presenter: Sue Wallingford, Meg Hamilton, Tracy Kirshner, Katie Hanczaryk**

**Presentation: Seeds Sown in the Killing Field: Tending to the Lotus Flower**

Room: Angel

Presentation Description:

This panel will discuss art therapy work in Cambodia and their partnership with Transitions, an organization that rehabilitates girls rescued from the sex trafficking industry, and other social justice NGOs. Discussion will focus on various aspects that include, 1.) Cultural Learning, 2.) Art Therapy Learning, 3.) Personal Growth, and 4.) Project Development.

**Presenter: Maria Luisa Diaz de Leon Zuloaga**

**Presentation: Aesthetics of sacrifice: Empowering the Feminine through the Body**

Room: La Jolla

Presentation Description:

A feminine consciousness, with its leitmotif of sacrifice, arises from the aesthetic experience and awakens us to the co-responsibility of shaping the emergent mythos. This experiential lecture highlights the reclamation of the voice of the body as vital in the



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process of empowering the feminine. The archetypal figure of Inanna models a mythosomatic initiation into a feminine consciousness: the coexistence of the processes of life and death and the ongoing demand for sacrifice. This presentation integrates insights from somatic and mythological studies, archetypal psychology, and movement-based expressive arts, and most importantly, from Latin American immigrant women's bodies.  
*Bilingual English/Spanish*

**Presenter: Suzanne Wilkins, Saphira Linden**

**Presentation: Finding my Way: Transpersonal Drama Therapy and Midlife Transformation**

Room: Santa Barbara

Presentation Description:

Finding My Way is a 30-minute, one-woman performance on the joys and challenges of being a woman in midlife. This performance was created through a Transformational Theater process. With poignancy and a healthy dose of humor, this one-act play speaks to the universal themes of identity, aging, disappointments of adulthood and the reclamation of formerly lost parts of self. The actor/playwright will engage in dialogue with the audience after the performance on the process of creating the performance and its impact on her and those around her.

**Friday, March 15, 2013**

**PM Sessions**

**3-Hour Workshops**

**Presenter: Nicki Koethner**

**Presentation: Earth Consciousness: Cultivating Inner Guidance with Ancestral Wisdom in times of change**

Room: Amador

Presentation Description:

In times of change, we need inner resources and creativity if we want to avoid habitual patterns, trauma, addictions, violence and other imbalances. Through ritual, movement, music, writing, drawing, sharing and altar building, we will access our inner guidance and connect to the wisdom of our ancestry to enrich our resources, manage our stress and touch those we encounter. Working with breath, meditation, energetic exercises, silence, sound and the four elements, we will mourn, play, connect with and locate ourselves in the larger context of the universe. A discussion about the application of these exercises in therapeutic contexts will follow.



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**Presenter: Shellee Davies, Mukti Khanna**

**Presentation: Person Centered Expressive Arts: Creating Community Medicine**

Room: Mariposa

Presentation Description:

The future of medicine and healthcare will be based on prevention and education. A fusion of Western and Eastern systems of healing is occurring in healthcare. Person Centered expressive arts explorations can provide a portal to bring the core conditions of empathy, congruence and positive regard to the cellular and body system level, in addition to promoting interpersonal and cultural understanding and resiliency. This experiential workshop will highlight practices from the integration of qigong, energy medicine, image theatre and person centered expressive arts to explore the power of integrative health practices in creating community medicine and celebrating health.

**Presenter: Denise Boston, Francisca Lizana, John Hanig, Shih-Chen Hsu**

**Presentation: In the Presence of Empathetic Voices: Improvising Across Cultures**

Room: El Dorado

Presentation Description:

This session defines improvisational theatre as a creative and critical activity, and challenges participants to risk living their art, to expose social narratives to the light of day, and to make deep and personal contact with social justice creators. Improvisation will form the underpinning of all the intuitive or informed choices, thoughts, ideas, and nurtures the passionate search for artistic truth on stages. Together, we will leap into the unknown and create an experience which cries out for peace, justice and community well-being. Our work will also bring to the forefront and understanding of the artist's role as change agents.

*Bilingual English/Spanish*

**Presenter: Linda Hammond**

**Presentation: Wind Said to me: Stories a Place and Inhabiting Earth**

Room: Yerba Buena

Presentation Description:

Through the ancient earth-based practice of the oral tradition, we will awaken our sensory awareness and our consciousness of the natural world to help us heal trauma, develop community and connection. We will come to understand how our being severed from an interdependent relationship with the natural world and our sensory experiencing affects our emotional health, our sense of diversity and community. We will explore the environs of the San Francisco Bay. From our experience of interacting with the wind, plants, water, animals and land, we will create our own place-based stories.

**Presenter: Suraya Susana Keating**

**Presentation: Theater as Transformation: The Power of Playmaking to Change Lives**

Room: Treasure



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**Presentation Description:**

This workshop will introduce participants to the power of playmaking to transform the lives of men in prison. Through video excerpts, discussion and an experiential journey in which participants will create short theatre pieces, we will explore three fundamental ways in which the process of creating theatre performances supports positive changes among prison inmates. These three fundamental agents of change, include self-reflection, community building and being witnessed, will also be incorporated into an experiential component of the workshop in which participants create and share short group and individual theatre pieces. Creative movement, creative writing and visual art will be woven into the tapestry of activities. Finally, the larger role of theatre and multi-media “performances” as change agents in society will be discussed.

**Presenter: Carrie Herbert**

**Presentation: Prayer Song - an intimate spiritual sound journey to navigate turbulent times**

**Room: Belvedere**

**Presentation Description:**

Come and experience an intimate journey of soul songs and sounds to navigate through our rapidly changing chaotic world. Songs that stretch a lifespan of experiences from birth to death will be woven together drawn from encounters with traumatized and suffering communities from around the world. In a devotional aesthetic response we will together explore the ancient and contemporary art of spiritual transformational singing. Together we will create new prayer songs as seed symbols to help us navigate our lives, those we care about and our world. Be prepared to be touched, inspired and more supported to face the complex reality of change.

**Presenter: Maria Gonzalez-Blue**

**Presentation: Express Arts- Seeking the Transpersonal/Spiritual moment that broadens Perspectives**

**Room: Angel**

**Presentation Description:**

In times of change our realities shift from concrete to abstract, old forms fall away and we are left in chaos. The arts can be a homeopathic remedy where like can “heal” like. Through exploratory creative processes, we can seek resolutions, discover resources, and experiment with new forms. Using person-centered approach and stress reduction techniques, this workshop offers an opportunity for spiritual vision and expanded perception through guided movement, self-reflection, writing, visual art and group ritual. In tapping the transpersonal and our oneness, we assist the collective in its evolution. Herein lies an opportunity to open to your greater potential.

**Presenter: Delfina Piretti, Jo Sopko**

**Presentation: Art and Impermanence**



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Room: La Jolla

Presentation Description:

What is so scary about change? We experience fear with welcomed change like the arrival of a new baby and we experience fear with unwelcomed change like a sudden loss. Both experiences involve impermanence and an encounter with the unknown. Accepting impermanence is one of the most powerful things you can do as a creator. Exercising our creative energy empowers us toward co-creating what is to come and to greater trust being with the unknown.

In this workshop we will explore and play with the experience of change and impermanence in various art mediums: visual art, movement, music, storytelling, enactment, and ritual.

### **Short Workshops A (1.5 hours)**

Presenter: **Rachel Jordana Horodezky**

Presentation: **Creative Dance Psychology: Using Movement as Therapy to Navigate Change**

Room: Berkeley

Presentation Description:

Creative Dance Psychology is a modality of expressive movement therapy that cultivates joy, connection and healing by teaching people to embody traditional psychological interventions through movement, verbal processing and the 7 layers of Creative Depth Psychology. In this practice, the main premise is for participants to experience a safe space so that over time, they can learn to become their own healers. In this experiential workshop, participants will be offered the in vivo experience of Creative Dance Psychology as it relates to the theories of change in order to learn techniques to use in both their personal and professional capacities.

Presenter: **Maria Regina A. Alfonso**

Presentation: **The Inner Compass: Creatively Navigating the Winds of Change**

Room: California

Presentation Description:

In this presentation, the author presents a framework that has greatly influenced the trajectory of her own work as an educator and therapist, wanting to respond responsibly to the changing needs of the times. The Inner Compass, developed by Margaret Silf, an internationally known speaker/retreat director for the Spiritual Exercises of St. Ignatius of Loyola, founder of the Society of Jesus, is a faith-based framework that offers a creative pathway towards the interior freedom necessary to make good life decisions. But while its value and relevance to clients in therapeutic work presupposes a belief in God, the author explores and presents how its universality may cut across most belief systems, how its fundamental principles tie in with the foundations of expressive art therapy, and how it can be relevant to work with most individuals, groups and communities, especially those who have experienced trauma.



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**Presenter: Lisa Herman, Mitchell Kossak**

**Presentation: Arts-Based Research: Exploring the Edges of the Unknown**

Room: Sacramento

Presentation Description:

Art-based research (ABR) is at the heart of what we all do as artists, arts educators and arts-based therapists. Arts-based research (ABR) can be defined as the use of artistic process, and the actual making of artistic expressions in all of the different forms of the arts, as a primary mode of understanding and examining experience by both researchers and research participants..

In this workshop, we will present examples from our own research and engage participants experientially to help plant seeds for future ABR in order to enhance and validate what we do. We will introduce basic ABR methods and consider challenges, common misperceptions and opportunities.

**Presenter: Laury Rappaport**

**Presentation: Focusing-Oriented Expressive Arts: A Mindfulness-Based Somatic Approach**

Room: Santa Barbara

Presentation Description:

Focusing-Oriented Expressive Arts Therapy (FOAT) is a mindfulness-based somatic approach based on Eugene Gendlin's Focusing that was developed out of research with Carl Rogers on what leads to change in psychotherapy. FOAT begins with bringing mindful awareness into the body's felt sense and being "friendly to what it there." In time, a symbol emerges as a word, phrase, image, gesture, or sound. It is natural to transfer this inner symbolization of the felt sense into expressive arts. You will learn the Focusing Attitude and FOAT basic steps. Gendlin's concept of "felt shift" or change will be demonstrated through client examples.

### **Short Workshops B (1.5 hours)**

**Presenter: Kate Donohue, Brenda Choi, Eve Wong, Pearl Tse**

**Presentation: Weaving the Wisdom of East and West**

Room: Berkeley

Presentation Description:

Weaving the wisdom of the east and the west in expressive arts therapy supervision has created an exciting and dynamic paradigm of supervision that could be a model for cross-cultural supervision in our field. Three of the six supervisees from Hong Kong and their supervisor from the United States will share their stories and this model through didactic and experiential processes in this three hour workshop Integrating spiritual, psychological and social justice ideas, this pan cultural experience has proven enriching. All





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participants are learning immensely from each other. The use of technology will also be explored with its' benefits and drawbacks.

**Presenter: Mary Kohut**

**Presentation: Art Centered Healing Approach to the Pediatric Medical Hospital Setting**

Room: California

Presentation Description:

This presentation will identify the benefits of using the expressive arts within a pediatric medical setting which offers the region's only center dedicated to holistic healing through the arts. Goals, interventions, and outcomes of art therapy with children coping with illness will be addressed through diverse case studies. Bedside interventions, family therapy sessions, group sessions, and bereavement support will be included. Presentation participants will learn about benefits and challenges of incorporating an expressive arts program into a large pediatric provider. Artist-in-residences and community events as supplemental programming will be covered.

**Presenter: Shoshana Simons, Danielle Burnette**

**Presentation: Navigating the Winds of Change through Narrative Expressive Arts Therapy**

Room: Sacramento

Presentation Description:

Narrative therapy is deeply rooted in understanding our personal narratives within larger sociocultural contexts. As such, it is a particularly useful approach to draw from as we navigate our lives through these powerful winds of change. We will introduce participants to the foundations of narrative therapy through expressive arts lenses. We will explore ways to work collaboratively with clients to deconstruct "problem-saturated" self-narratives, co-producing empowering, multidimensional strengths-based alternative stories through multimodal expressive arts, integrating playful ways to make meaning out of serious life challenges. We will introduce participants to simple yet powerful arts-based witnessing and joining practices that can easily be incorporated into your work in therapeutic, educational or organizational settings.

**Presenter: Barbara Fish**

**Presentation: Harm's Touch: The Gift and Cost of What We Witness**

Room: Santa Barbara

Presentation Description:

Harm's touch describes how we are affected by what we witness. As therapists we are intentional witnesses. We are also exposed to the experiences of others outside of therapy, with or without our consent. Harm's touch is an original term that recognizes the potential value as well as the cost of these experiences. Unlike vicarious trauma and burn



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out, harm's touch does not look at the experience through a clinical lens. This workshop offers the opportunity to use response art to manage and learn from harm's touch.

**Saturday, March 16, 2013**

**AM Sessions**

**3-Hour Workshops**

Presenter: **Kyoko Ono, Midori Mizuma**

Presentation: **Person Centered Expressive Arts Therapy through Japanese Culture**

Room: Amador

Presentation Description:

In safe and free environment of person centered approach we will introduce you into Japanese cultural art like sumie drawing, paper cutting etc. We will explore our most quiet place as well as deep passion in ourselves in the workshop.

Presenter: **Bonnie Bernstein**

Presentation: **Arts-Empowerment-Activism: Healing Psychosocial Trauma in Kolkata, India.**

Room: Mariposa

Presentation Description:

The expressive arts provide unique resources for social activism and healing trauma in the global community. Creative expression can become songs of empowerment, dances of courage, paintings of inner strengths, dramatic transformation of memories and rehearsals for generating change in life circumstances. This experiential and didactic workshop will introduce an empowerment-focused expressive arts approach I have developed since 2008 through yearly month-long workshops designed for sex trafficking survivors in Kolkata, India. Through experiential exercises and discussion participants will discover clinical interventions that are applicable to working with psychosocial trauma while strengthening their personal creative process for working with vulnerable populations.

Presenter: **Karen Arthur, Loretta Pickford, Erin Rice, Callie Whitney**

Presentation: **Re-Imaging the World Through Breaths of Change**

Room: El Dorado

Presentation Description:

Experience the power of healing breath, the emotionally stimulating and artful nature of the media, and the hidden potency of our own ability to influence the world. Be introduced to the Six Healing Breaths from Chinese medical tradition, a practice used to encourage harmony in the body. Play with your own breath, sounds, and movement to unearth new ways to bring healing breath into images found in the media. Transform images from the media through collage.



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**Presenter: Gloria Mahin**

**Presentation: Dance Orientations for RE-Wilding the Self and the World**

Room: Yerba Buena

Presentation Description:

Human beings' estrangement from the natural world underlies the parallel crises of rampant degradation of the environment and the prevalence of social inequality and mental illness in our society. Focused intentions in movement practices can restore and renew our conscious participation in the 'dream of the Earth.' We will discuss and move through nine dance orientations that celebrate the broad range of qualities that characterize the wild and noble human animal. Embodied listening and creative witnessing will be incorporated to awaken our capacity to move, think, and feel ecocentrically. Please come prepared to be outside in cold or rainy weather.

**Presenter: Melusina-Gina Gomez**

**Presentation: Serendipity: The Clown's Relationship to Change and Role in Healing**

Room: Treasure

Presentation Description:

Motivated by appetites, unable to learn from experience, taking emotions to ridiculous extremes, who better than the clown to show us our most unseemly, unreasonable, and unyielding qualities! Clowns don't change, learn, or grow. Yet by acting out the impulses and attitudes we most disapprove of in ourselves, they provide a shamanic service. Clowning brings our inner poison to the surface as caricature, allowing us to laugh at hardship, and creating the possibility for new imagination. This is the precursor to change. This performance, lecture, and workshop will examine theatrical clowning, its historic relationship to healing, and its therapeutic applications.

**Presenter: Jacob Kaminker**

**Presentation: Filling the sails of creativity: Internal Imagery and Art**

Room: Angel

Presentation Description:

Where does art come from? How does the muse shape inspiration into form? All creativity begins with internal imagery, even if this imagery is unconscious and occurring only an instant before expression. Mystical traditions that use mental imagery to deepen the connection with the divine have honed their practices for millennia. These practices can be rich starting points for engagement with the arts. This workshop aims at developing awareness of the creation of mental imagery, harnessing these powers for the arts, and developing the use of guided imagery in group process.

**Presenter: Stella Bay**

**Presentation: Clarifying Goals and Moving Through Obstacles**

Room: La Jolla



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**Presentation Description:**

When you know where you are going you can navigate a course and use the winds of change power your sails! In this workshop we will use expressive arts to explore aesthetically and write about our life goals. Speak your vision and share the steps you are taking to manifest your dreams with a supportive group. Experience a somatic and imaginative exercise of overcoming anything that could prevent you from successfully achieving your goals.

**Presenter: Jeffrey Jamerson**

**Presentation: Expressive Remix Workshop: Using Digital Media Art and Therapy**

Room: Santa Barbara

**Presentation Description:**

Digital media technology permeates a vast range of today's American life. This is probably greatest with our current generation of children that have been born and reared in a true digital age. In this workshop you will explore how to use digital media art as a therapeutic intervention with children and adolescents. This workshop also provides you with a variety of online digital resources that can be used with children and adolescents in individual and group counseling sessions.

**Short Workshops A (1.5 hours)**

**Presenter: Irina Darun, Andrea Puchi-Kaimas**

**Presentation: Habitat Primal and Social Inclusion**

Room: Berkeley

**Presentation Description:**

One of the composers will welcome the attendants and invite them to walk into the room of the rhythm of the drum plaid by the other composer, both being symbolically characterized by nature's beings. The room will be featuring the four elements and there will be masks of animals associated to these. The participants will choose one of the masks to characterize. Once in the room the participants will be guided to explore the place by means of movements, accompanied by the sounds of instruments. They must meet and join as a family to create their habitat using plastic materials. The four habitats will generate the eco-system which we all take part of. At the end we all will be sitting around the eco-system to meditate about the metaphor worked upon.

*Bilingual English/Spanish*

**Presenter: Miwa Yuko**

**Presentation: On the Winds of Creativity**

Room: California

**Presentation Description:**

This work would be applied to children, young students, adults and old people. Use few newspaper, crayons, and scotch tape. It's very simple, as easy as pie, use your finger and body, touch, tear, and feel one's own. We don't need artistic skills. Please try to enjoy



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creating something and feeling these processes. If you want to take physical action, you can move your body as you like. When you'll move, you may feel winds on your mind, and share them each other. These are no judgment and assessment. We'll be able to connect with creativity.

**Presenter: Jena Leake**

**Presentation: Re-Imagining Life Through Art: Studio Practice in Research and Therapy**

Room: Sacramento

Presentation Description:

How can we bring the arts to the center of research and practice? This presentation introduces a studio-based approach to expressive arts therapy and arts-based research, which emphasizes art-making in community. Paintings, poetry and storytelling from women involved in an arts-based doctoral research project will provide insight into how the expressive arts support healing and transformation. The presenter will also share how she investigated her practice of studio expressive arts therapy while integrating her contiguous roles as artist/researcher/teacher/therapist. Artistic inquiry becomes the medium for re-imagining one's life, research and expressive arts practice.

**Presenter: Rosario Sammartino**

**Presentation: Isolation: A Life/Art Study**

Room: Belvedere

Presentation Description:

A multi-modal lecture will introduce participants to an Expressive Art-based research project based on the condition of Isolation in the Jail system. One primary question will be explored –If isolation had a voice, a shape, a movement, and an image, what would it be? The presentation will culminate with a live performance followed by aesthetic responses in movement, drawing and poetry from the audience, inviting them to become active participants and co-researchers of this life/art study.

*Bilingual English/Spanish*

### **Short Workshops B (1.5 hours)**

**Presenter: Rose Marie Prins, Dayna Woods**

**Presentation: "Reaching" on the Winds of Change - The Arts in Healthcare Settings**

Room: Berkeley

Presentation Description:

Reaching, the fastest way to travel on a sailboat, takes advantage of the direction of the wind. How do we, as healthcare practitioners, learn to “reach” on the gusty winds of change? The arts, transformative by nature, can assist in addressing this question. In this experimental expressive arts session participants will explore, using color theory, how they interact with change. Discussion, modeled on appreciative inquiry, will follow



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focussing on how these lessons apply in the workplace. Findings from an arts in healthcare program, Creative Care, will provide an example of how the arts are altering the hospital culture.

Presenter: **Maria-Luise Oberem**

Presentation: **Embodied Inquiry-Breath of Change and Sighs of Hope**

Room: California

Presentation Description:

Breathing with the winds of change, new research methods are quietly emerging from the living, sensing and moving body.

Listening to the voice of the body has become a lost art. Dance/movement therapists know about the intricate connection between body and psyche. Engaging and valuing the body's voice contributes to the development of self-authority, authenticity and well-being. When the body is considered a vessel for inner transformation, researching the living body can be compared to an alchemical process.

Blending a multi-modal approach in studying the phenomenology of direct somatic experience, various forms of embodied inquiry will be presented, discussed, and explored.

Presenter: **Karen Palamos**

Presentation: **Ecopsychology and EXA, A Nondual Approach to Nature Within**

Room: Sacramento

Presentation Description:

This workshop will focus on Ecopsychology and EXA in an experiential session exploring our fundamental oneness with nature as non-separateness. Using a multi-modal approach including guided meditation, collage, writing, singing and movement, participants will clarify aspects of their personal responses to natural and urban environments. You will be asked to take a mindful approach to your body throughout the workshop, paying attention to breath, bodily sensations and intuitive sensing, and will leave with an accountability buddy to help actualize your ideas.

For psychotherapists who are interested in integrating Ecopsychology into their work, this can be a springboard for client work.

Presenter: **Kathleen Horne, Victoria Domenichello-Anderson**

Presentation: **Imagination.... Reshaping the World**

Room: Belvedere

Presentation Description:

At this time in history, we are being called upon to navigate our inner and outer worlds with skills that require imagination, deep self-inquiry and authentic social action. The scope of Expressive Arts provides a framework for building these skills. This experiential workshop guides participants through a brief yet powerful process of



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exploration on the continuum of intra-personal -- interpersonal -- community building -- social change. An ongoing collaborative art project will provide the structure for the experience and a demonstration of a "real-life" application which consciously invokes the imagination as an agent of change.

**Saturday March 16, 2013**

**PM Sessions**

**3-Hour Workshops**

Presenter: **Gong Shu, Wang ErDong**

Presentation: **Yi Shu: Chinese Medicine and the Expressive Arts Therapy**

Room: Amador

Presentation Description:

This workshop bridges the therapeutic procedures of Eastern and Western cultures. It integrates art therapy, psychodrama, traditional Chinese medicine, meditation, and dance/movements. It fuses these diverse healing processes into a unified experience that releases energy blockages, assisting participants to reach their highest creative potential.

Presenter: **Adriana Marchione**

Presentation: **The Body as Ever-Changing Landscape: A life/Art Approach to Resiliency**

Room: Mariposa

Presentation Description:

How do we move through change? How can our bodies support us to make smooth transitions? When our lives change or splinter, our bodies can offer balance and stability and help shape our next stage of growth. Using the Tamalpa Life/Art Process with a specific focus on the body part mythology method, we will use dance, visual art and poetry to uncover resources in the face of challenges. Drawing on the presenter's work with eating disorders, addiction, and loss, this workshop will offer testimony to the body's resilience.

*Bilingual English/Spanish*

Presenter **Camille Smith**

Presentation: **The Changer and the Changed: Group process, Individual change**

Room: El Dorado

Presentation Description:

Just as a flowing river carves its own path and is thereby changed by its own action, the creative process asks us to be change agents and from those actions we are thus changed. Using group process, mural making and haiku, participants will explore how each of us individually impacts the collective experience in relationship with creativity as the agent of change.



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**Presenter: Maude Davis, Lisa Parkins**

**Presentation: Inanna's Decent: Changing the Myth**

Room: Yerba Buena

Presentation Description:

Myths can be viewed as maps of the psyche. In this workshop we will use performance modalities -- movement, voice, and character to explore the ancient Sumerian myth, Inanna's Descent. Experientially we enter the mythological world of the goddess Inanna. Here, we develop a felt sense of the story's motifs: the Descent into the underworld; a fatal encounter with dark yet fertile forces; the importance of empathy; and the miraculous effects of water, wisdom and creativity. By becoming aware of corresponding psychological dynamics at work in our own lives, when the Winds of Change blow, we intuitively rise to meet the challenge.

**Presenter: Phil Weglarz**

**Presentation: Harnessing the Winds of Change**

Room: Treasure

Presentation Description:

As wind turbines capture valuable energy from the environment, "Harnessing the Winds of Change" uses community art-making to capture multi-generational perspectives on change from three distinct groups (1) the elderly who practice expressive arts in day treatment and residential settings; (2) current expressive arts professionals, students, and other IEATA conference attendees; & (3) children who are involved in expressive arts programs. The resulting installation, inspired by wind farms, provides us all an opportunity to harvest memories of past changes, reflections on current trends, and dreams of the future.

**Presenter: Dorit Netzer, Ryan Rominger, Nancy Rowe**

**Presentation: Transforming Through Creative Expression: Mindfulness, Discernment, Compassion, Appreciation of Differences**

Room: Belvedere

Presentation Description:

In this workshop, we seek to engage in creative expression as a vehicle for the cultivation of four core transpersonal qualities. Participants will activate their imagination, creativity, embodied awareness, and relational receptivity to gain experiential understanding of how mindfulness, discernment, compassion, and appreciation of differences facilitate transformation on personal and social levels. In guiding this creative process, the presenters will draw on their experiences as educators and facilitators, inspiring and supporting students' transpersonal development and social action. Together we will discover ways to weave creative exploration of transpersonal values into individual and group activities as instrumental for social change.





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**Presenter: Doreen Maller, Leane Gentsler**

**Presentation: Walking New Roads: Facilitating Change with Art, Mindfulness, Neuroplasticity**

**Room: Angel**

**Presentation Description:**

Current research indicates that, contrary to earlier scientific thought, the adult brain retains much of the plasticity of the developing brain. Modern Neuroscience teaches that the brain is constantly adapting, and that the actions we take can expand or contract different regions of the brain. Buddhism teaches that there is no intrinsic nature to the mind. Intention sparks experience and experience activates neurons. This didactic and experiential workshop introduces concepts of neuroplasticity, mindfulness and arts-based visualization to conceptualize the design of new neural-pathways to “make new roads” in thought and behavior.

**Presenter: Mateusz Wiszniewski**

**Presentation: Dancing with Change**

**Room: La Jolla**

**Presentation Description:**

Dancing with Change-intermodal expressive art workshop will focus on showing how we can use different form of dance as well as sound and drawing together with visualization to learn how to cope better and open for change. The exercises presented in the workshop include

different ways of moving as a way learn different strategies to meet the change; sound practice and healing dance theater as an approach to work with resistance to change; and drawing practice as an invitation to invite change and make best use of it for our growth.

**Presenter: Gary Raucher**

**Presentation: Steady in the Wind: Mindful Boundaries in Working with Trauma**

**Room: Santa Barbara**

**Presentation Description:**

Increasingly, Expressive Arts Therapists find themselves working in crisis settings or with clients grappling with complex trauma. How do therapists balance emotional availability to their clients with safeguarding their own wellness and balance? How do they avoid vicarious trauma? Clients and therapists can leave profound energetic imprints upon each other during their work, for good or for ill. How do we promote the good and helpful in this equation? Drawing on mindfulness, somatic practices, the arts, Core Energetics, and studies of the interpersonal energy field, this session offers both didactic and experiential means to address this dilemma.

**Short Workshops A (1.5 hours)**

**Presenter: Bonnie Nish, Bess Eirman**



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**Presentation: Playing with Shadow: The Poetics of Movement in the Learning to Uncover Self**

Room: Berkeley

Presentation Description:

When you change the shapes within, there is a ripple effect which suddenly changes the world around us in profound ways. When we move we are able to clear our thoughts and gain clarity. This workshop will take us on a journey to shape life's experiences into clear and meaningful works of art through poetry and movement. As we play with words and movement we will learn to shape our thoughts, color our imagination, and splash our way through the puddles of our shadows. Gain the inner resources to let your creative shadow take shape through poetry and movement.

**Presenter: Mukti Khanna, Yuko Igarashi, Septhanie Jamieson, Aleilah Lawson, MoLee Omeh, Kailan Tyler-Babkirk**

**Presentation: Transdisciplinary Expressive Arts Education: Creating Community Harmony for Seven Generations**

Room: California

Presentation Description:

This symposium and workshop will highlight expressive arts work from Evergreen College students and recent alumni who have integrated expressive arts in interdisciplinary inquiries on Mind- Body Medicine, Multicultural Counseling and Self Directed Learning projects in Japan, South America and community settings in the United States. Our educational systems have the opportunity to become societal portals for navigating systemic change and crafting creative solutions to our major social issues that are grounded in environmental sustainability, social justice and spirituality.

Come and dialogue with the next generation of expressive arts practitioners about their work and to celebrate intermodal expressive arts learning!

*Bilingual English/Spanish*

**Presenter: Lori Krein**

**Presentation: Embracing Change Together: Expressive Arts Case Study and Experiential Workshop**

Room: Sacramento

Presentation Description:

Through story-telling and video, presenter will share observations from her Expressive Arts Workshops, where participants embraced the winds of change in their lives by creating in a group environment. Since presenter is an artist, not a therapist, this spiritual and personal growth took place outside of a traditional therapy environment. In addition to collage materials, presenter provided guided meditation, encouragement, support, and a safe space for personal exploration. Participants worked through various issues including grief, life transition, job loss, relocation, creative blocks, and social issues. Being creative in a group setting enhanced the healing and growth process.



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During the second half of this presentation, participants will experience the process first hand.

**Short Workshops B (1.5 hours)**

Presenter: **Brook Lin, Anin Utigaard**

Presentation: **A Time for Change: Person-Centered Expressive Arts with Adolescents**

Room: Berkeley

Presentation Description:

Through stories, examples, artwork and experiential process the two presenters will share their combined 30 years' experience working with adolescents using the person-centered expressive arts approach. Participants will gain an understanding of why the PC approach with EXA works so well with adolescents and how it can be a powerful tool for connection and change for them and those involved in their lives. A free workbook with a sampling of suggested EXA processes to use with this age group will be provided to attendees; a small preview and sharing of their future book collaboration.

Presenter: **Alexandra Joy Sideroff**

Presentation: **Integrating Plant Spirit Healing with Creative Arts for Holistic Transformation**

Room: California

Presentation Description:

Participants will be introduced to the modality of *Plant Spirit Healing*, a vehicle where personal and professional transformation is constellated through connection with natural realms.

Participants will be led through a shamanic drum journey to deepen states of consciousness and increase access to the wisdom within. Participants will be guided in a process of developing relationships with an inner wise person and a plant spirit ally.

These resources will become embodied and available for ongoing support.

Participants will take their experience into the visual realm through engagement with creative arts. Personal sharing, practice implications and environmental impact will be discussed.

Presenter: **Wendy Miller**

Presentation: **Sky Above Clouds: Creativity, Aging and Illness**

Room: Sacramento

Presentation Description:

This reading shares a personal joint narrative of well-known husband and wife team. He: physician, gerontologist and researcher, international spokesman on creativity and aging. She: artist, expressive arts therapist, and national spokeswoman on creativity and healing. The story details work, family and love in the crucible of illness, cancer and death, putting their years of theory and clinical practice to the ultimate test, shaped their



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family's life in profound ways. The story of that struggle, the challenges met and insights gained, is not just their story, but the story of creativity as catalyst for growth, hope, love, and healing at every age.

**Sunday March 17, 2013**

**AM Sessions (1.5 hours)**

Presenter: **Juztino M. Panella**

Presentation: **EXA Buddhist Psychology: Exploring Creative Power of the Observing Self**

Room: Amador

Presentation Description:

Buddhist psychology empowers us to become compassionate observers of our thoughts, emotions and sensations. With loving-kindness we can see the content of what pains us as leaves floating in a stream of consciousness so that we may transform our suffering into awareness and creative expression. This workshop invites participants to use guided imagery, drawing and movement to engage with the practice of mindfulness. Using Buddhist techniques we will come into contact with our felt-sense of the complex world within and explore what arises through metaphor and imagery.

*Bilingual English/Spanish*

Presenter: **Claudia Hartke**

Presentation: **Shards of Glass - Germans Engage the Holocaust Through Expressive Arts**

Room:

Presentation Description:

Feelings such as guilt and shame as a reaction to the Holocaust and Nazi era are common among Germans. In a case study, third generation Germans engaged in a process of collective shadow work using expressive arts to explore their feelings. The presentation reflects on the journey through this group process through *Shards of Glass*, an assemblage of participants' artwork and words, created by the presenter through an arts-based inquiry approach. The arts were essential in engaging difficult feelings, and thus taking responsibility for collective shadow - a step pivotal to change our world to a more peaceful, habitable place.

Presenter: **Rosa Granadillo-Schwendtker**

Presentation: **Arts/Rituals to Process Change/Integration of Cultural Identity in Latino Communities**

Room: Mariposa

Presentation Description:

Participants explore how rituals in the expressive arts are used to process change or integration in the journey to access and express their unique diverse voice and identity as



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in the Latino community. Movement, visual arts, music, and props along with art materials like feathers, stones, pieces of fabric and crayons are used. The goal is to create a safe, sacred container that promotes change where participants can delve into and voice their cultural identity resulting in the building of community and validation of the self. Final discussion includes substantiation of the use of rituals expressive arts with Latino/a populations.

**Presenter: Cherith Pedersen**

**Presentation: Inviting Teen Discourse on HIV and Sex Using Playback Theater**

Room: Berkeley

Presentation Description:

This project was funded by the National HIV commission of Barbados and set out to explore the sexual norms, behaviours and attitudes of our teenagers (10-19 y/o). The use of Playback theatre was seen as the best approach, based on emerging support for entertainment-education, participatory education and response driven- participation to reduce HIV mis-information. Arts based programs are generally found to significantly improve HIV related knowledge, attitudes and behaviour among an at-risk population( *Boneh & Jaganath, 2011*). The main objective of this intervention was to facilitate a forum for understanding risky behaviour, as well as encourage healthier romantic and sexual life choices.

**Presenter: Vivian Chavez**

**Presentation: The Politics and Poetics of Cultural Humility in Training Health Professionals**

Room: California

Presentation Description:

Our hearts must grow bigger as the world grows smaller and the dynamic winds of change gust. At this time it is important to revitalizing public health training and professional development to address personal and community transformation with cultural humility. A set of principles to guide the thinking, behavior and actions of individuals and institutions influencing interpersonal relationships as well as systems change will be exchanged. Cultivating self-care while raising our awareness of health disparities requires examining the politics and poetics of cultural humility. Excerpts from a documentary film will show stories of successes and challenges, and the road in between, when it comes to developing mutual respect, self-reflection & partnership.

**Presenter: Doreen Maller, Jacob Kaminker, Denise Boston**

**Presentation: Envisioning Change - IEATA, Expressive Arts and the Future**

Room: Yerba Buena

Presentation Description:

We need your help to shape the future of IEATA! Come join this arts-based exploration of our community, its mission, and its future.



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**Presenter: Varvara V. Sidorova**

**Presentation: Development of EXA in Russia: Growing Changes**

Room: Angel

Presentation Description:

In this presentation I am going to tell to EXA-specialists from different country how the professional field of EXA is growing up in Russia. I will show video- and photographic materials concerning the educational EXAT program housed by Moscow State University, the 1 Exa Festival in Russia (Moscow, July2013) and the works of Russian EXA- specialist in various settings. Also I will explain which is the EXA situation in the contemporary Russian social and cultural context.

**Presenter: Maria Mattioli, Mira Michelle, Ronda Wiley, Leyla Eraslan**

**Presentation: Cultivating the Seeds of Resilience Through Expressive Arts**

Room: Sacramento

Presentation Description:

This workshop will explore a strength-based approach for withstanding the winds of change. How do we, as individuals and as a community, continue to stand tall, dig deep and remain spirited in times of change? This workshop will use a multi-modal expressive arts approach to support participants in examining their own strengths and shared resources. We will use the metaphor of the garden as the basis for this exploration. What seeds do you plant for growth and what choking weeds inhibit that growth? Together we will create a metaphorical community garden of wellness and resilience.

**Presenter: Izabella Klein**

**Presentation: Expressive Arts Therapy in Hungary- Preliminary Study on Medical Student Groups**

Room: La Jolla

Presentation Description:

I went back to my old University, the Semmelweis Medical School in Budapest, Hungary to do expressive arts therapy (a relatively new method in Hungary) with medical students with the aim of teaching self care early in their career. I also set up a study employing a battery of quantitative and qualitative tools to validate my work and to increase acceptance and respect of expressive arts therapy in Hungary. The results show that a 3 months long expressive arts therapy group can effectively change self-satisfaction, psychological well-being, uncertainty enduring and burnout to provide medical students a more pleasant life.

**Presenter: Jessica Byerly**

**Presentation: "Reel Therapy": Use of Digital Filmmaking for Pediatric Oncology Patients**

Room: Santa Barbara



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**Presentation Description:**

This lecture will explore previous literature and past uses of digital filmmaking as a medium for art therapy interventions, as well as current beliefs as to why digital filmmaking is a viable medium for art therapists, especially when working with a pediatric oncology population. Pros and cons of digital filmmaking in relation to counseling will be discussed as well as the benefits of digital filmmaking in a hospital environment. Various digital filmmaking tools will be discussed including cameras and computer editing software.

***Presenter bios***

**Friday, March 15, 2013**

**AM Sessions**

**Presenter: Fiona Chang and Soojin Lee**

**Presentation: Lost in the Mask, Found in the Mirror**

**Bio:** *Fiona Chang, M Soc Sc, REAT, RSW* is the founder of the Three-year Person-centered Expressive Arts Therapy Training Program at the University of Hong Kong. She is the Vice-chairperson of “Art in Hospital”, the President of the Expressive Arts Therapy Association of Hong Kong and the Co-Chair of the Regional Committee of the IEATA.



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She is interested in the blending of Chinese metaphors in the Western model of expressive arts therapy.

*Soojin Lee, PhD, Art Therapist* is a lecturer of Kyungpook National University in South Korea for 10 years. She became accomplished at Person-centered Expressive Arts Approach with the founder Dr. Natalie Rogers at Saybrook University. She has practiced art therapy and Expressive arts therapy for nearly 14 years in clinical settings. She is the Vice-director in Daegu Art Therapy Institute in Korea.

Presenter: **Kevin Nute, Jeffrey Stattler**

Presentation: **The Movements of the Weather as an Interactive Indoor Therapy**

Room: Sacramento

Bio: *Kevin Nute* is a professor of architecture and *Jeff Stattler* a graduate student at the University of Oregon. Their research concerns the animation of indoor environments using the movements of the weather as a means of reducing stress and maintaining alertness.

Presenter: **Angela Congdon, LaDonna Silva, Jennifer Crane**

Presentation: **Riding the winds of therapy: Going beyond technique**

Bio: *LaDonna, Angela and Jennifer* are all adjunct faculty at JFK University and Certified Process Therapists and Process Therapy Instructors. In addition, they all maintain thriving private practices in the Southbay.

Presenter: **Edna Miron-Wapner**

Presentation: **Expressive Kavannah- Adaptation to Change: Our Inner Voice**

Bio: *Edna Miron-Wapner* is an Artist and Expressive Arts Therapist/Educator living in Israel. She exhibits her work in museums and galleries worldwide. She is the founder of Studio Spiral: a Children's Creativity Center and Studio Indigo: an Adult Expressive Arts Center. She teaches Expressive Kavannah at Institutes and communities in Israel and the U.S.

Presenter: **Annette Wagner**

Presentation: **Transformation and Possibility from the Intentional Creativity Movement**

Bio: *Annette Wagner* is an artist and creativity coach. Creativity is her passion. She facilitates the creative process by developing and delivering intentional creativity workshops. Annette is a trained instructor of the Color of Woman Method developed by Shiloh Soph.

Presenter: **Irene Renzenbrink**

Presentation: **Answers Blowing in the Wind: Explorations of Loss and Change**





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Bio: *Irene Renzenbrink* is an Australian social worker and Canadian trained art therapist currently enrolled in the European Graduate School doctoral program. She has over 40 years experience in the field of hospice and palliative care, loss and bereavement counseling and has conducted workshops throughout the world.

Presenter: **Emily Miller**

Presentation: **A Transdisciplinary Theory of Arts Practice and Wellbeing**

Bio: *Emily Miller* is a doctoral student at Appalachian State University. Emily's long tenure with the Appalachian Expressive Arts Therapy Program guides her dissertation research entitled "Craftonomics: Homo Aestheticus, Homo Economicus, and Poiesis," which explores the intersection of art/craft practice and wellbeing within the often disruptive economic metanarrative of market economies.

Presenter: **Haley Fox, Elizabeth David, Eileen Feldman, Kit Jenkins, Hari Kirin, Sara Tsutsumi**

Presentation: **"Squirring Ladies of the Floor": 6 Expressive Therapist Tell All**

Bio: 25 years ago 6 women, upon completing their degrees, began a peer supervision group in expressive arts therapy that met monthly for 8 years. Reuniting in 2013, the women reminisced and reviewed the arcs of their careers, with special attention to the influence of their training in expressive arts therapy.

Presenter: **Sue Wallingford, Meg Hamilton, Tracy Kirshner, Katie Hanczaryk**

Presentation: **Seeds Sown in the Killing Field: Tending to the Lotus Flower**

Bio: *Sue Wallingford*, Professor Naropa University's Art Therapy Program. In 2011 she along with a handful of students spearheaded the creation of Naropa Community Art Studio- International, a sustainable service-learning project that brings art into international populations working toward social justice. Most recently that work has been with Cambodian girls rescued from the sex trafficking industry.

*Katharine Hanczaryk* received her BFA from the Nova Scotia College of Art and Design, and her Masters at Naropa University in Transpersonal Psychology/Art Therapy. She is currently researching the value of inter-modal art therapy with dementia clients, at a residential facility in Colorado.

*Tracey Kirschner* earned her MA in Transpersonal Counseling Psychology and Art Therapy at Naropa University. For the past 3 years, she has served as the art director for the Halo Foundation, where she facilitated art groups for at-risk youth to enhance self-awareness and empowerment through creative expression

*Meg Hamilton* graduated from Naropa University in May 2013 with a masters degree in Transpersonal Counseling and Art Therapy. She began her pursuit of a graduate degree in art therapy with a strong interest in international work and a deep commitment to the issue of sex trafficking.



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Presenter: **Maria Luisa Diaz, Leon Zuloaga**

Presentation: **Aesthetics of sacrifice: Empowering the Feminine through the Body**

Bio: *Maria Luisa Diaz de León Z., M.A., RSMT/RSME*, obtained her degree on Psychology in Mexico and earned her MA in Engaged Humanities at Pacifica Graduate Institute. Certified Halprin Practitioner through Tamalpa Institute where she acts as the Program Director of the training program. Co-developer of Tamalpa Bodying classes. English/Spanish bilingual

Presenter: **Suzanne Wilkins, Saphira Linden**

Presentation: **Finding my Way: Transpersonal Drama Therapy and Midlife Transformation**

Bio: *Suzanne Wilkins* is a coach, consultant, actress and playwright. In her coaching and consulting practice she focuses on leadership development and adult transformation. She is currently expanding her one-act play into a full length performance.

*Saphira Linden* is Director of The Omega Transpersonal Drama Therapy Certificate Program in Boston where she has trained hundreds of professionals. A pioneer in Drama Therapy, a Registered Drama Therapist and Board Certified Trainer, Linden has worked as a Transpersonal Psychotherapist, a Sufi meditation teacher and guide, since 1971.

**Friday, March 15, 2013**

**PM Sessions**

Presenter: **Nicki Koethner**

Presentation: **Earth Consciousness: Cultivating Inner Guidance with Ancestral Wisdom in times of change**

Bio: *Nicki Koethner, MA, MFT* is a Multimedia Artist and licensed Expressive Arts Psychotherapist. Her work is influenced by Expressive Arts, Authentic Movement, Body Tales, Yoga, Meditation, Psychodrama, Dramatherapy, Shamanism and Somatic inquiry. She works as a MFT in Private Practice, is an organizer for NCDC dance events and as a priestess at Terra's Temple in the SF BayArea. She has given Expressive Arts workshops, trainings, rituals, presentations and performances in the USA and in Germany.

Presenter: **Shellee Davies, Mukti Khanna**

Presentation: **Person Centered Expressive Arts: Creating Community Medicine**

Bio: *Shellee Davis, MA, REAT* was co-director and faculty at the Person-Centered Expressive Therapy Institute for 18 years. She taught the Saybrook University Expressive Arts Certificate program for 8 years and teaches it in Japan, South Korea and Sofia University. She is also Adjunct Faculty at California Institute of Integral Studies.

*Mukti Khanna, Ph.D.* is a person centered expressive arts therapist, clinical psychologist and educator. She has facilitated expressive arts community workshops and dialogues in



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the U.S. and Russia on nonviolence, sustainability and cultural awareness. She is a Professor of Psychology and Mind - Body Medicine at the Evergreen State College.

**Presenter: Denise Boston, Francisca Lizana, John Hanig, Shih-Chen Hsu**

**Presentation: In the Presence of Empathetic Voices: Improvising Across Cultures**

**Bio:** *Denise Boston:* Core Faculty, Expressive Arts Therapy, California Institute of Integral Studies and youth development facilitator and researcher.

*Francisca Lizana:* Chilean/American with a Fine Arts background, trained in the therapeutic use of the arts (IATE London). In California she has worked clinically in diverse community settings offering strength-based, culturally competent EXA approaches in Spanish/English. She holds an MA in Expressive Arts Therapy from CIIS and has been working & presenting her work internationally.

*John Hanig, and Shih-Chen Hsu,* students at CIIS.

**Presenter: Linda Hammond**

**Presentation: Wind Said to me: Stories a Place and Inhabiting Earth**

**Bio:** *Linda Hammond LMFT REAT RDT* has a private EXA/SandPlay practice in San Francisco and Berkeley, where she specializes in child adolescent and trauma therapy. She has been on the faculty of the EXA program at CIIS and adjunct faculty at Sophia University. She has taught workshops and presented at conferences.

**Presenter: Suraya Susana Keating**

**Presentation: Theater as Transformation: The Power of Playmaking to Change Lives**

**Bio:** *Suraya Susana Keating, MFT, RDT, RYT,* graduated from the CIIS Expressive Arts Therapy program in 1999. She is a Registered Drama Therapist, actress, theater director, yoga teacher, and adjunct professor at Santa Rosa Junior College, and had worked extensively with children, adults, youth with special needs, and prison inmates.

**Presenter: Carrie Herbert**

**Presentation: Prayer Song - an intimate spiritual sound journey to navigate turbulent times**

**Bio:** Co-Director of Arts Therapy Services for Ragamuffin International, Arts Psychotherapist, Trainer and Supervisor. Carrie has extensive experience in the following areas: asylum seekers and refugees, mental health, trauma and abuse, post conflict work, therapeutic training and supervision. Currently based in Cambodia, Carrie manages Ragamuffin's Creative Arts Therapy Centre and INGO.

**Presenter: Maria Gonzalez-Blue**

**Presentation: Express Arts- Seeking the Transpernal/Spiritual moment that broadens Perspectives**

**Bio:** *Maria Gonzalez-Blue, MA, REAT, REACE* is an Expressive Arts Therapist and Educator facilitating personal and spiritual growth. She teaches Person-Centered

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Expressive Arts Therapy at California Institute for Integral Studies in San Francisco and taught in Mexico, Argentina and Guatemala. The strength of her work is supported by a 25-year relationship with Huichol Shamans from Mexico.

**Presenter: Delfina Piretti, Jo Sopko**

**Presentation: Art and Impermanence**

**Bio:** *Delfina Piretti MA MFT REAT* is a body/mind psychotherapist who is an all time believer in the power of the arts. In her work as a visual artist she does oil painting and interactive installations. Delfina's art directly relates to her work as an expressive arts therapist, her interest in shamanism, Zen Buddhism and her Italian cultural roots *Jo Sopko, MFT (MFC 38054)*, and Drama Therapist. She teaches at CIIS in the EXA program, and directs Self-Revelatory student performances in Drama Therapy. She specializes in trauma, and uses art, mindfulness practice and meditation in her work. She has a private practice in Marin and San Francisco.

**Presenter: Rachel Jordana Horodezky**

**Presentation: Creative Dance Psychology: Using Movement as Therapy to Navigate Change**

**Bio:** *Dr. Rachel Jordana Horodezky*, is a licensed clinical psychologist and the founder of Creative Dance Psychology. She is passionate about promoting dance as a catalyst for healing and joy. In her private practice Rachel Jordana offers individual sessions, group therapy, nationwide workshops and facilitator trainings.

**Presenter: Maria Regina A. Alfonso**

**Presentation: The Inner Compass: Creatively Navigating the Winds of Change**

**Bio:** *Gina A. Alfonso M.S.Ed., ATR-BC*, is doing her doctoral studies in Expressive Arts in Therapy, Education, Consulting and Social Change at the EGS. She was born and raised in the Philippines where she managed a school, and started a small non-profit focusing on education for ethnic minorities. She attended Fordham and Lesley Universities, is a Board Certified Art Therapist (in private practice for the past six years), and is currently transitioning to work in the field of international development.

**Presenter: Lisa Herman, Mitchell Kossak**

**Presentation: Arts-Based Research: Exploring the Edges of the Unknown**

**Bio:** *Lisa Herman, Ph.D. MFT, REAT* is Director Creative Expression at Sofia University (formerly Institute of Transpersonal Psychology) in Palo Alto, CA, core faculty at Meridian University and guest lecturer at ISIS-Canada. She has worked as a psychotherapist since the 1970's. She is the Co-Chair of the Governance Committee of IEATA.

*Mitchell Kossak Ph.D., LMHC, REAT* is the Division Director for Expressive Therapies at Lesley University, Cambridge, Massachusetts. He has worked as an expressive arts therapist since 1983 and has been a licensed clinical counselor, since 1994. He is the



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Executive Co-Chair for IEATA and the Associate Editor of The Journal of Applied Arts and Health.

Presenter: **Laury Rappaport**

Presentation: **Focusing-Oriented Expressive Arts: A Mindfulness-Based Somatic Approach**

Bio: *Laury Rappaport, Ph.D., ATR-BC, REAT*, Founder/Lead Trainer and Certifying Focusing Coordinator, pioneered and developed the creation of Focusing-Oriented Art Therapy (FOAT) and Focusing-Oriented Expressive Arts Therapy (FOET)—based on 30 years of clinical work. Laury is the author of *Focusing-Oriented Art Therapy: Accessing the Body's Wisdom and Creative Intelligence*, published by Jessica Kingsley, 2009 and numerous articles.

Presenter: **Kate Donohue, Brenda Choi, Eve Wong, Pearl Tse**

Presentation: **Weaving the Wisdom of East and West**

Bio: *Kate Donohue, Ph.D., REAT*, a licensed psychologist for thirty five years and has trained and supervisor internationally. *Brenda Choi MCoun*, a psychological counselor from HK. *Eve Wong MSW, CST, PsyD* candidate, a clinical social worker from HK. Pearl Tse, MSocSci (Behavioral Health), BPhil(Ed), Life-&-Death education workshop instructor.

Presenter: **Mary Kohut**

Presentation: **Art Centered Healing Approach to the Pediatric Medical Hospital Setting**

Bio: Graduated from Miami University in Oxford, OH with a BS in Art Education, I received a MA in Art Therapy and Counseling from Ursuline College in Pepper Pike, OH. Through my position of Art Therapy Coordinator at Akron Children's Hospital, I facilitate individual, group, and family sessions within the hospital.

Presenter: **Shoshana Simons, Danielle Burnette**

Presentation: **Navigating the Winds of Change through Narrative Expressive Arts Therapy**

Bio: *Shoshana Simons* chairs the MA Program in Expressive Arts Therapy at CIIS where she teaches Narrative Expressive Arts Therapy, Theories & Practices of Psychotherapy and Therapeutic Communication. Shoshana has been involved with narrative therapy since the early 1990's and developed a narrative therapy-informed approach to systems change change for her doctoral research.

*Danielle Burnette, MA/MFTI* is a graduate of the Expressive Arts Therapy program at CIIS, and currently working as an Adjunct/Assistant Professor in the program. She has eight years experience directing programs for transition age youth in Oakland, CA and is currently pursuing a PhD in Clinical Psychology from Fielding Graduate University.



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Presenter: **Barbara Fish**

Presentation: **Harm's Touch: The Gift and Cost of What We Witness**

Bio: *Barbara Fish, PhD, ATR-BC, LCPC* is on the faculty of the University of Illinois at Chicago and the Art Institute of Chicago's Art Therapy Program. She works primarily with youth affected by trauma and specializes in art-based supervision. Barbara uses response art personally, in supervision, and in her activist work.

**Saturday, March 16, 2013**

**AM Sessions**

Presenter: **Kyoko Ono, Midori Mizuma**

Presentation: **Person Centered Expressive Arts Therapy through Japanese Culture**

Bio: *Kyoko Ono* has been giving person centered expressive arts therapy workshops over 20 years and gives training course in Japan. She is the founder of Expressive Arts Therapy Institute and NPO Artwork Japan in Tokyo. *Midori Mizuma* graduated person centered expressive arts therapy training in Japan and has been giving workshops in Kyoto. Both are registered clinical psychologists in Japan.

Presenter: **Bonnie Bernstein**

Presentation: **Arts-Empowerment-Activism: Healing Psychosocial Trauma in Kolkata, India.**

Bio: *Bonnie Bernstein, M.Ed., MFT, BC-DMT, REAT*, mentored by pioneer dance therapist, Blanche Evan 1970-1982; private practice since 1975; adjunct faculty, JFK University and Sofia University; Education Director, Center for Movement Education and Research; author, EXA therapy for sexual trauma survivors; researcher of indigenous dance; 2008-present facilitates month-long workshops for sex trafficking survivors in Kolkata, India.

Presenter: **Karen Arthur, Loretta Pickford, Erin Rice, Callie Whitney**

Presentation: **Re-Imaging the World Through Breaths of Change**

Bio: *Karen Arthur* is a second year student in the Clinical Mental Health Counseling program at Appalachian State University in Boone, NC. She is passionate about the arts, riding motorcycles, and engaging the beauty in the world every day.

*Erin Rice* is a Clinical Mental Health Counseling student at Appalachian State University. Her studies have been focused on Body-Centered Therapy, Expressive Arts Therapy and Addictions Counseling. She's an avid backpacker, gardener, at-home chef, dancer, reader and writer who is grateful for a single field which encompasses this all!

*Loretta Pickford* is a Clinical Mental Health Counseling student at Appalachian State University. Her passion is expressive art therapy using authentic movement, collage, clay and writing. Loretta brings many years of corporate and professional coaching experience to her work as an expressive arts therapist.

*Callie Whitney* is a Clinical Mental Health Counseling student at Appalachian State University with a Bachelor of Arts degree in Interdisciplinary Studies and a minor in

Music. Working in the camping profession for 5 years and being a life-long musician at heart and practice, Callie brings her fun and playful energy to the expressive arts.

Presenter: **Gloria Mahin**

Presentation: **Dance Orientations for RE-Wilding the Self and the World**

Bio: *Gloria Mahin, MA, LPC*, is an expressive arts therapist specializing in crisis management with children and adolescents. Her knowledge is rooted in fifteen years of dedicated study of traditional world dances and heartfelt wanderings in wild nature. She currently lives among the manatees, alligators, and mosquitoes in central Florida.

Presenter: **Melusina-Gina Gomez**

Presentation: **Serendipity: The Clown's Relationship to Change and Role in Healing**

Bio: *Melusina Gomez* is an educator, writer and performer in San Francisco. She holds an MFA in Creative Writing (USF), an MFA in Interdisciplinary Arts (CIIS), and an MA in Performance (New College). She is Edgewood Center's Arts Coordinator, developing therapeutic programming and events in art, poetry, theatre, yoga and mindfulness.

Presenter: **Jacob Kaminker**

Presentation: **Filling the sails of creativity: Internal Imagry and Art**

Bio: *Jacob Kaminker, PhD* is Core Faculty in the Holistic Counseling Program at John F. Kennedy University, in the Expressive Arts Specialization. He serves on the IEATA Board of Directors, where he is currently serving as co-chair of the 2013 Conference.

Presenter: **Stella Bay**

Presentation: **Clarifying Goals and Moving Through Obstacles**

Bio: *Stella Bay MA, MFT*, has been committed to using Expressive Arts Therapy to create healing and positive change in her own life and the world since 1997. An alumni of PCETI and CIIS, Stella works at Progress Sonoma providing counseling and social rehabilitation as a alternative to hospitalization for clients referred by Sonoma County Psychiatric Emergency Services.

Presenter: **Jeffrey Jamerson**

Presentation: **Expressive Remix Workshop: Using Digital Media Art and Therapy**

Bio: *Jeffrey Jamerson, MA* in counseling psychology, PhD candidate at CIIS, has worked with foster youth for 18 years. His early work as a filmmaker, DJ, and break-dancer showed him the power of story and self-expression. Jeff is developing a novel approach to working with children called remix therapy which uses digital media art in counseling sessions.

Presenter: **Irina Darun, Andrea Puchi-Kaimas**

Presentation: **Habitat Primal and Social Inclusion**



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Bio: *Irina Duran Martinez* Creator of spaces that allow the development of the creative process therapeutic. Director School of Art and Sound Therapy Sacred Space. Facilitates art therapy courses, Mandalas and Sacred Geometry for groups and individuals. Psychologist (F), Diploma of Art Therapy; Metaphor - Barcelona, Graduate of Architecture, Body Therapy studies.

*Andrea Puchi-Kaimas* is a transpersonal artist/therapist. Born in Chile, set aside toys, dolls and buckets of crayons, and chalks plasticinas. After studying Engineering Commercial and Advertising graduate, entered deeply into his personal quest, had entered his life concerns about inroads into the human soul, the spirit and the manifestation of the feelings through artistic creation.

English/Spanish bilingual

Presenter: **Miwa Yuko**

Presentation: **On the Winds of Creativity**

Bio: Studied art , graduated PCA Expressive Arts Therapy Training Program, Having some groups as facilitator, painter, potter, Instructor of YWCA- Tokyo, and staff of Expressive Art Therapy Institute in Tokyo

Presenter: **Jena Leake**

Presentation: **Re-Imagining Life Through Art: Studio Practice in Research and Therapy**

Bio: *Jena Leake, Ph.D., R.E.A.T.* is an assistant professor and Program Coordinator for Expressive Arts Therapy at Appalachian State University. She specializes in expressive arts work with women and was formerly the founder/director of The Art Life Studio in Charlottesville, VA. She is forever re-imagining her life through art.

Presenter: **Rosario Sammartino**

Presentation: **Isolation: A Life/Art Study**

Bio: *Rosario Sammartino M.A* currently pursuing a PhD. in Somatic Psychology. She is the co-founder of Tamalpa Latin America and the International Director at Tamalpa Institute, CA. Rosario is presently conducting community projects and offers classes and workshops in the Tamalpa life/art process in California and Buenos Aires where she is originally from.

Presenter: **Rose Marie Prins, Dayna Woods**

Presentation: **"Reaching" on the Winds of Change - The Arts in Healthcare Settings**

Bio *Rose Marie Prins* has a Ph.D. in Studio Art and Arts Administration. She has taught art in

numerous institutions in Florida including Eckerd College, Ringling College of Art and Design, Hillsborough Community College, Gulf Coast Museum, Morean Arts Center and two hospitals: her paintings and sculpture have been exhibited extensively





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Dayna Wood, Ed.S., NCC, LMHC, REAT is a registered expressive arts therapist and licensed mental health counselor. Ms. Wood's focus is to employ the healing power of the arts with children and families. She is the current Creative Care Coordinator and Founder/Practitioner at Integrative Counsel PLLC.

**Presenter: Maria-Luise Oberem**

**Presentation: Embodied Inquiry-Breath of Change and Sighs of Hope**

Bio: *Maria Oberem, Ph.D., MA, MA*, Cross-cultural psychologist, intercultural communication trainer and senior dance/movement therapist (ADTA). Many years of psychiatric work. Former co-leader of a postgraduate training program in Expressive Arts Therapy, Vienna, Austria. Currently teaching somatic research methods in a MA program: Dance & Somatic Well-Being at the University of Central Lancashire, UK.

**Presenter: Karen Palamos**

**Presentation: Ecopsychology and EXA, A Nondual Approach to Nature Within**

Bio: *Karen Palamos, BFA, MFT* uses, promotes, supervises and teaches EXA modalities in her Bay Area psychotherapy practice. She serves on the board of Holos Institute, an educational/counseling center for Ecopsychology, and is passionate about how EXA can help us strengthen our awareness of the natural environment.

**Presenter: Kathleen Horne, Victoria Domenichello-Anderson**

**Presentation: Imagination...Reshaping our World**

Bio: *Kathleen Horne, MA, LMHC REACE* is a co-founder and Core Faculty of Expressive Arts Florida Institute and a Creative Partner, Expressive Arts Florida. She is an IEATA member and Board member. Her teaching and facilitating experience is extensive, with both a clinical and consultant-educator focus.

Trauma recovery, creative self-renewal and mandalas are specialties.

*Victoria Domenichello-Anderson, MA, REACE* is co-founder and Core Faculty of Expressive Arts

Florida Institute and Partner of Expressive Arts Florida. She is an IEATA member on the Consultant- Educator review committee. Victoria is an experienced teacher and consultant who specializes in facilitating creativity as a tool for self-inquiry.

**Saturday March 16, 2013**

**PM Sessions**

**Presenter: Gong Shu, Wang ErDong**

**Presentation: Yi Shu: Chinese Medicine and the Expressive Arts Therapy**

Bio: *Gong, Shu, Ph.D. ATR, TEP, LCSW*. Dr. Gong is a winner of the Hannah Weiner award of the ASGPP, and the outstanding achievement award in Traditional Medicine. She is best known for her integrative work in Chinese medicine and the expressive arts therapy. She does regular training workshops in Asian countries.



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*ErDong Wang*, is a National second level psychological consultant, Registered psychologist of the Chinese Psychological Society, Psychological expert for the Shandong TV program “Healing the Wounded Heart”, Secretary of Youth League Committee in Soochow University, Deputy Director of the Centre for Research on Mental Health Education for College Students.

**Presenter: Adriana Marchione**

**Presentation: The Body as Ever-Changing Landscape: A life/Art Approach to Resiliency**

Bio: *Adriana Marchione, MA, REAT, RSMT* has been involved in the arts as an exhibiting artist, dancer, arts curator, and healing artist for over twenty years. She is on core faculty at Tamalpa Institute and has an expressive arts therapy practice in the Bay Area.

Marchione also works at La Ventana Eating Disorder Program in San Francisco, utilizing her expertise in addiction and trauma.

**Presenter Camille Smith**

**Presentation: The Changer and the Changed: Group process, Individual change**

Bio *Camille Smith, MA, LPC, ATR-BC* is a licensed professional counselor (AZ), Board Certified, Registered Art Therapist and former Clinical Director of PSA/Art Awakenings. Teaching since 1997, she is currently Associate Faculty and Director of the Prescott College Expressive Art Therapy program and Expressive Art Therapy Summer Institute.

**Presenter: Maude Davis, Lisa Parkins**

**Presentation: Inanna's Decent: Changing the Myth**

Bio: *Maude Davis, MA.*, is an actor, singer-songwriter, teacher and Jungian oriented therapist. She graduated from the East 15 Acting School, a three year training program in London and trained at the CG Jung Institute in Zurich. Presently, Maude is enrolled in the Expressive Arts Doctoral Program at European Graduate School.

*Lisa Parkins*, a performance artist, composer, and director, has presented work in the U.S. and Europe. She has conducted workshops and staged original music-theatre works with youth and culturally isolated adults. Currently a Visiting Assistant Professor at SUNY/Empire State College in NYC, Parkins holds an M.F.A. in Theatre and a Ph.D. in Performance Studies.

**Presenter: Phil Weglarz**

**Presentation: Harnessing the Winds of Change**

Bio: *Phil Weglarz, MFT, REAT* is an artist, educator and therapist. In Fall 2013, he served as a temporary core faculty in the Expressive Arts Therapy program at CIIS, and continues to operate a program for boys in Oakland, consult with agencies, and see families and individuals in private practice.



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**Presenter: Dorit Netzer, Ryan Rominger, Nancy Rowe**

**Presentation: Transforming Through Creative Expression: Mindfulness, Discernment, Compassion, Appreciation of Differences**

*Bio: Dorit Netzer, PhD, ATR-BC, LCAT*, is an art therapist, who works with individuals and families in a private practice in Huntington, NY. She is an associate core faculty at Sofia University (formerly ITP) Global PhD program in Transpersonal Psychology, and an adjunct assistant professor at Hofstra University (CAT Master's program).

*Ryan Rominger, PhD*, is an Assistant Professor at Sofia University (formerly ITP), has certificates in spiritual direction, expressive arts, and group dream work, and he is a board member for ACISTE. Ryan's research foci include Spiritually Transformative Experiences, and he currently teaches expressive arts and research related courses.

*Nancy Mangano Rowe, PhD*, is an Associate Professor at Sofia University (formerly ITP) and Chair of the Global Master's Program. She teaches, develops programs and curriculum in spirituality, creativity, eco-spirituality, ways of knowing, intuition and dreaming. Nancy has facilitated spiritual retreats, seminars, workshops, and pilgrimages across the United States and in Greece.

**Presenter: Doreen Maller, Leane Gentsler**

**Presentation: Walking New Roads: Facilitating Change with Art, Mindfulness, Neuroplasticity**

*Bio: Doreen Maller MFT, PhD* is the academic director of John F Kennedy University's Holistic and Expressive Arts Counseling Department and a therapist in private practice. She is the series editor of *The Praegar Handbook of Community Mental Health*, has presented nationally and internationally, is an IEATA board member and a co-chair of this conference.

*Leane Genstler, MA, MBA* is an MFT Intern and graduate of John F. Kennedy University's Holistic Psychology Department. She completed her practicum at Catholic Charities, facilitates domestic violence support groups for the Monterey County YWCA, interns at Process Therapy Institute in Los Gatos, CA and Drake House in Monterey, CA.

**Presenter: Mateusz Wiszniewski**

**Presentation: Dancing with Change**

*Bio: Mateusz Wiszniewski* has graduated sociology of culture in Poland and completed PHD on dance sociology in 2006. Since 1994 he was working first as instructor of relaxation and visualization exercises form of stress management and prophylactic exercises and since 2000 he is leading regularly workshops and week long programs in Expressive Arts and relaxation exercises –intermodal approach in Poland. He graduated first polish art therapy training in 1999 and than continued his education through many workshops in Poland and abroad. He is author of one year Personal Development Though Art Training that has already 10 editions in Poland. He is author of 5 books about self development. As massage and chi kung instructor he incorporates in his workshops many elements of different systems of bodywork.



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**Presenter: Gary Raucher**

**Presentation: Steady in the Wind: Mindful Boundaries in Working with Trauma**

*Bio: Gary Raucher, MA, LMFT, RDT-BCT*, is a Bay Area drama therapist and core faculty with the CIIS Drama Therapy Program. He is Secretary of the NADTA and maintains a private practice in San Francisco. His interests include exploring the synergies between contemplative practices (e.g., mindfulness) and action techniques.

**Presenter: Bonnie Nish, Bess Eirman**

**Presentation: Playing with Shadow: The Poetics of Movement in the Learning to Uncover Self**

*Bio: Bonnie Nish* is an IEATA member, A CAA member, as well as a PhD student at the European Graduate in Doctoral Program in Expressive Arts: Therapy, Coaching, Consulting & Education, Conflict Transformation & Peacebuilding. She is also currently enrolled at the Vancouver Expressive Arts School and is Director of Pandora's Collective a charitable organization in the literary arts which promotes literacy, healing and self-expression through the literary arts. She has worked extensively with people in the disabilities community, through schools and institutes, as well as privately.

*Bess Eiermann* is an IEATA member, a registered Dance / Movement Therapist and a member of the Board of Directors of the California Chapter of the American Dance Therapy Association (CCADTA). She is the Co-Director of Embodied Art & Soul which offers workshops using the expressive arts as a vehicle for creativity and change, and is a PhD student at the European Graduate in Doctoral Program in Expressive Arts. She has worked extensively in the field of chemical dependency as well as HIV/AIDS, and currently works with college-going disabled students.

**Presenter: Mukti Khanna Yuko Igarashi, Septhanie Jamieson, Aleilah Lawson, MoLee Omeh, Kailan Tyler-Babkirk**

**Presentation: Transdisciplinary Expressive Arts Education: Creating Community Harmony for Seven Generations**

*Bio: Mukti Khanna, Ph.D.* is a person centered expressive arts therapist, clinical psychologist and educator. She has facilitated expressive arts community workshops and dialogues in the U.S. and Russia on nonviolence, sustainability and cultural awareness. She is a Professor of Psychology and Mind - Body Medicine at the Evergreen State College.

*Yuko Igarashi* is a senior student at the Evergreen State College, researching a way to be a Visual Catalyst. Her interests are to promote a constructive lifestyle, and to develop individuality by applying intermodal expressive arts. Her future vision is to lead communities to the path of transuniversal pedagogy.

*Stephanie Jamieson* is a recent graduate from The Evergreen State College. She studied expressive arts therapy, multicultural counseling, mind-body medicine, and neuroscience



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in psychotherapy. On her life's path towards evoking health and wellness through art, Stephanie looks to the brain and neuroplasticity as a frame work for future studies. *Aleilah P. Lawson* spends her time exploring the heart-centered life. Her interests span from interpersonal neurobiology to traditional foods to ecstatic dance. Her current focus is weaving the rhythms of nature together to create multicultural approaches to generational healing, integrative pain management, and community wellness. *MoLee Omeh* is a multi-modal artist dedicated to creative healing. Themes of immigration, cross-cultural challenges, and uprootedness have transformed deep wounds to her greatest strengths and artistic inspiration. Mo currently lives in Buenos Aires, Argentina where she is working on a performance and workshop project called "A Self-Portrait of Home." Expressive artist and Evergreen State College graduate, *Kailan Tyler-Babkirk* is currently exploring intermodal creativity, bridging ecstatic dance, art and poetry into a cohesive, personal healing practice. Initiated into the arts through formal training, Kailan is now un-learning

**Presenter: Lori Krein**

**Presentation: Embracing Change Together: Expressive Arts Case Study and Experiential Workshop**

**Bio:** *Lori Krein* has been facilitating Expressive Art Workshops in her San Jose, CA studio for over six years. Her background in adult learning and corporate training, combined with her life-long experience as a collage artist, enables her to guide her students through self-exploration through collage in a group setting.

**Presenter: Brook Lin, Anin Utigaard**

**Presentation: A Time for Change: Person-Centered Expressive Arts with Adolescents**

**Bio:** *Brooke Linn, MA* is an expressive arts educator in Portland, Oregon. As the director of Create Balance Northwest, she currently facilitates individuals and groups in the expressive arts therapy process. Ms. Linn is also currently enrolled at Saybrook Graduate School in the clinical psychology doctoral program.

*Nina "Anin" Utigaard, MFT, REAT* is one of the four founding co-chairs for IEATA and was a faculty member with the Person-Centered Expressive Therapy Institute for over 10 years. She combines arts and psychotherapy to address challenging issues with clients of all ages and views creativity as a catalyst for global change.

**Presenter: Alexandra Joy Sideroff**

**Presentation: Integrating Plant Spirit Healing with Creative Arts for Holistic Transformation**

**Bio:** *AliJoy Sideroff* has worked in social services over the last ten years. She works with individuals, families, and couples of diverse ages and backgrounds in the Bay Area. She incorporates mindfulness, expressive arts and narrative therapy within transpersonal realms.



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Presenter: **Wendy Miller**

Presentation: **Sky Above Clouds: Creativity, Aging and Illness**

Bio: *Wendy Miller*, IEATA founding and Advisory Council, is an arts-based psychotherapist/trainer at Create Therapy Institute in Maryland. Miller will be reading from the writing she and her late husband, founding father of the Creativity and Aging movement, Gene D. Cohen, did together -*Sky Above Clouds: Creativity, Aging and Illness Time*.

**Sunday March 17, 2013**

**AM Sessions**

Presenter: **Juztino M. Panella**

Presentation: **EXA Buddhist Psychology: Exploring Creative Power of the Observing Self**

Bio: *Juztino M. Panella* has a Masters in Expressive Arts Therapy and practices Buddhist, Somatic, and EXA psychotherapy. Naturally engaging in English, Spanish, and Italian, he facilitates workshops internationally. He leads meditation, yoga and EXA groups with diverse populations ranging from incarcerated men to young adults emerging through rites-of-passage.

Presenter: **Claudia Hartke**

Presentation: **Shards of Glass - Germans Engage the Holocaust Through Expressive Arts**

Bio: *Claudia Hartke, Ph.D.* psychology, received the Expressive Arts Certificate from Dr. Natalie Rogers' program at Saybrook University and is a graduate of Tamalpa Institute. She is a dancer and visual artist. Currently, she is interning at La Ventana San Jose, where she works with people affected by eating disorders.

Presenter: **Rosa Granadillo-Schwendtner**

Presentation: **Arts/Rituals to Process Change/Integration of Cultural Identity in Latino Communities**

Bio: *Dr Rosa Granadillo-Schwendtner* was born and raised in Venezuela. A Dance and Expressive Arts Therapist, is adjunct faculty for Sofia University and directs the Transpersonal Integrated Energy Therapies. Rosa has worked in the mental health/community, education, and organizational areas for over 30-years and has taught in Europe, Asia, North/South America.  
English/Spanish Bilingual

Presenter: **Lourdes Brache-Tabar**

Presentation: **Braving the Calm After the Storm: Using Ritual for Bereavement in College Counseling**



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Bio: *Lourdes Brache-Tabar* holds an MA in depth psychology from Pacifica Graduate Institute and a PhD in Expressive Arts Therapies from Lesley University. She has taught at Lesley and is currently a therapist at Ithaca College Counseling Center.  
English/Spanish Bilingual

Presenter: **Cherith Pedersen**

Presentation: **Inviting Teen Discourse on HIV and Sex Using Playback Theater**

Bio: Lesley University graduate (2011) with an MA in Expressive Therapies and Mental Health Counseling. She owns and runs a Counseling Agency in Barbados. She is an Adjunct Substance Abuse Counselor, Community development trainer, and volunteer Play & Family therapist. She pioneers Playback theatre in Barbados & writes for the Parenting Today magazine.

Presenter: **Vivian Chavez**

Presentation: **The Politics and Poetics of Cultural Humility in Training Health Professionals**

Bio: *Vivian Chávez* is an Associate Professor of Health Education at San Francisco State University. Her background is in youth violence, expressive arts, yoga and community organizing. Her current research focuses on the concept *Cultural Humility* as a key ingredient in diversity training, particularly as a tool to re-imagine the health workforce.

Presenter: **Doreen Maller, Jacob Kaminker, Denise Boston**

Presentation: **Envisioning Change - IEATA, Expressive Arts and the Future**

Bio: *Doreen Maller MFT, PhD* is the academic director of John F Kennedy University's Holistic and Expressive Arts Counseling Department and a therapist in private practice. She is the series editor of *The Praegar Handbook of Community Mental Health*, has presented nationally and internationally, is an IEATA board member and a co-chair of this conference.

*Jacob Kaminker, PhD* is Core Faculty in the Holistic Counseling Program at John F. Kennedy University, in the Expressive Arts Specialization. He serves on the IEATA Board of Directors, where he is currently serving as co-chair of the 2013 Conference.

*Denise Boston, PhD* is Core Faculty, Expressive Arts Therapy, California Institute of Integral Studies and youth development facilitator and researcher.

Presenter: **Varvara V. Sidorova**

Presentation: **Development of EXA in Russia: Growing Changes**

Bio: *Varvara V. Sidorova, PhD, REAT*, Head of 1 year Continuing Education Program for Psychologists and Psychotherapists (Expressive arts therapy) on the base of Moscow City University of Psychology and Pedagogy, director of Moscow Center of Arts-Therapy.

Presenter: **Maria Mattioli, Mira Michelle, Ronda Wiley, Leyla Eraslan**



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**Presentation: Cultivating the Seeds of Resilience Through Expressive Arts**

Bio: *Maria* is an adjunct faculty member at John F. Kennedy University where she has taught since 1999. Maria is a teacher of Process Painting. She has been leading workshops using this method for 11 years. She is approved by the State of California Board of Behavioral Sciences as a Continuing Education provider.

*Mira Michelle* is artist and arts educator who has taught visual art for the last twelve years. She has worked internationally in India and Nepal. She holds a BA degree in Art and Community Studies from UCSC. She currently is getting her Masters in Expressive Art therapy from JFKU.

*Ronda Wiley* has been a massage therapist and energy healer for ten years. She is currently in the JFKU Expressive Arts in Counseling Masters program. Ronda graduated from San Jose State with a BA in Psychology and a minor in Studio Art. Her interests include ceramics, painting, dance, music and horses.

*Leyla Eraslan* is a recent East Coast transplant, attending John F. Kennedy University's Holistic Psychology Master's program with a focus in Expressive Arts Therapy. She has enjoyed working at the intersection of art and positive change, and has been active as a storyteller and theater artist.

**Presenter: Izabella Klein**

**Presentation: Expressive Arts Therapy in Hungary- Preliminary Study on Medical Student Groups**

Bio: Work At Present in Budapest Student Counseling Service, Semmelweis Medical School, groups with medical students Kheiron Center for Transpersonal Psychology with adults.

**Presenter: Jessica Byerly**

**Presentation: "Reel Therapy": Use of Digital Filmmaking for Pediatric Oncology Patients**

Bio: *Jessica Byerly* is a recent graduate of Lesley University's Masters of Expressive Therapies: Art Therapy program. She received her undergraduate degree in Psychology with a minor in Art at Appalachian State University. Jessica is interested in continuing to bridge digital technology with the healing powers of art therapy.