

Outline

- Art Therapy:**

  - Which clients benefit from art therapy?
  - Ethical implications and limitations of using art therapy in your practice
  - Creating products vs creative process
  - Go with the flow
- Clinical Application of Art Therapy**

  - What materials to use and when
  - Normative development in art making and developmental stages
  - Indicators in the artwork that suggest a child needs more support
  - Seeing it differently (client perspective)
  - Art talk, they made it now what?
- Creative Techniques and Strategies to... Build Relationships & Connection**

  - For ASD, Trauma & ODD
    - Draw your fears
    - Magical thinking
    - Safe place drawing
    - Playing with the materials
    - Building rituals
    - Destroy the OCD monster
    - Paint the silence
- Build Safety**

  - For Trauma, Anxiety & Mood Disorders
  - Connect the dots
  - Create a safe place
  - Draw a person
  - Draw a house
  - Draw your feelings
  - Play therapy
  - Animal family & other family art activities
  - Trauma feelings
  - Magical thinking
  - Wishes
- Build Self-Esteem**

  - For ADHD, Anxiety & Mood disorders
  - Inside out
  - Mask making
  - Body outline
  - Safe place
  - Fear and empowerment
  - Self portraits
  - Beading
- Increase Responsibility**

  - For ADHD, Trauma, ASD, ODD, Anxiety & Mood disorders
  - Miracle question
  - Feeling heart
  - Kinetic family drawing
  - Bridges
  - Cartooning problems & solutions
- Increase Control**

  - For ADHD, Anxiety & Mood disorders
  - Paper weaving
  - Abstracting painting and collage
  - Destroying fears
  - Mindful mandalas
  - Scribble scrabble
  - Gratitude Namaste figure

Objectives

1. Explore art therapy directives to immediately implement into clinical practice with fidelity to help children regulate their emotions and behavior.
2. Consider the ethical implications and clinical limitations of using selected art therapy approaches within your scope of practice.
3. Determine the stages of a child's normative development and identify the indicators suggesting a need for additional clinical support.
4. Summarize the benefits of utilizing therapeutic artmaking approaches in assessment, diagnosis, and clinical treatment of mental health disorders.
5. Develop a plan for introducing art into clinical practice for treatment resistant and challenging children and families.
6. Determine the neurobiological implications of using therapeutic art interventions among clients with various diagnoses.

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**ART THERAPY**

Creative Interventions for Kids with Trauma, Anxiety, ADHD and More!

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<b>Tucson, AZ</b> Wednesday, August 7, 2019	<b>Scottsdale, AZ</b> Thursday, August 8, 2019	<b>Phoenix, AZ</b> Friday, August 9, 2019
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Details Inside



# ART THERAPY

Do you work with challenging children and teens who seem absolutely resistant to every intervention you offer? Clients who are stuck, repeating the same patterns over and over and you feel like you're powerless to help them? You know the ones that repeatedly refuse to listen and don't stop to think before they act. Or those who refuse to take responsibility for their behaviors and constantly pass blame onto others? Do they leave you feeling stagnant and burnt out in your practice?

Attend this seminar and learn innovative interventions that will help even your most resistant clients become unstuck. Your day will consist of creative, interactive, hands-on training that will re-energize your work. You will leave with fresh new art strategies and approaches that you can use immediately to engage even your most difficult and challenging clients. These tools are fun and playful. They will offer you an opportunity to refresh yourself as well!

**No art experience is necessary, just an openness to try something creative.**

## Speaker

**PAMELA MALKOFF, MFT, ATR-BC** is a Licensed Marriage and Family Therapist (MFT) in the state of California and a Registered and Board Certified Art Therapist with the American Art Therapy Association (AATA). Her specialties include: alcohol and drug addictions, relationship and parenting, depression and anxiety, grief, LGBTQ, gender identity and sexuality. She is also a court certified Sexual Abuse Evaluator and trained in Hypnotherapy, Eye Movement Desensitization Reprocessing (EMDR) and Emotional Freedom Techniques (EFT).

Over the course of her 25+ year career she has worked in schools, hospitals, prison, foster and residential care, and private practice. She is a noted speaker and educator, lecturing throughout the United States. She has taught art therapy courses at Phillips Graduate University, Rhode Island School of Design (RISD), and Chicago School for Professional Psychology. She has written several books and produced DVDs on Art Therapy. She stars in the video podcast, "3 Minute Art Therapy", and was recently featured on "The Science of Happiness/SoulPancake" as the expert Art Therapist.

Ms. Malkoff lives in Los Angeles where she has a private practice and provides art therapy groups to multiple agencies. She has a Bachelor's Degree in fine arts from Parsons School of Design in New York, NY and Otis/Parsons in Los Angeles, CA and a Graduate Degree in marriage and family therapy and art therapy from The Notre Dame de Namur University in Belmont, CA.

Speaker Disclosures:

Financial: Pamela Malkoff Hayes is in private practice. She receives a speaking honorarium from PESI, Inc.

Non-financial: Pamela Malkoff Hayes has no relevant non-financial relationship to disclose.



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This course counts toward the educational hours required for certification as an ADHD Certified Clinical Services Provider (ADHD-CCSP).

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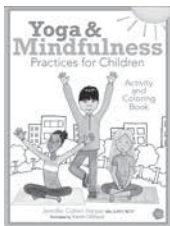


### 250 Brief, Creative & Practical Art Therapy Techniques

A Guide for Clinicians and Clients

By Susan I Buchalter, ATR-BC, CGP, LPC

These unique 250 art exercises increase self-esteem, self-awareness and a feeling of success in artistic expression and communication, allowing clients to engage in therapeutic exercises without judgment. Using simple materials like paper, pencils and markers, these techniques can be immediately implemented in your practice.



### Yoga and Mindfulness Practices for Children Activity and Coloring Book

By Jennifer Cohen Harper, MA, E-RCYT

Jennifer Cohen Harper, internationally recognized yoga and mindfulness expert, has created simple and fun tools to help guide children through the many stressors of life. Yoga and Mindfulness Practices for Children Activity and Coloring Book offers 50 engaging activities, coloring pages and worksheets that support health, well-being, empowerment and an improved capacity to navigate those pressures of life without becoming overwhelmed.

## Target Audience

Counselors, Social Workers, Psychologists, Case Managers, Psychiatrists, School Psychologists, Marriage and Family Therapists, School Counselors, Occupational Therapists and Occupational Therapy Assistants, Educators, Speech-Language Pathologists and Creative Arts Therapists

**\* Participants will learn how to implement therapeutic art interventions. They will not be certified as an art therapist.**

## LIVE SEMINAR CONTINUING EDUCATION CREDIT INFORMATION

*Credits listed below are for full attendance at the live event only. After attendance has been verified, pre-registered attendees will receive an email from PESI Customer Service with the subject line, "Evaluation and Certificate" within one week. This email will contain a link to complete the seminar evaluation and allow attendees to print, email or download a certificate of completion if in full attendance. For those in partial attendance (arrived late or left early), a letter of attendance is available through that link and an adjusted certificate of completion reflecting partial credit will be issued within 30 days (if your board allows). Please see "LIVE SEMINAR SCHEDULE" on this brochure for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.*

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*Materials that are included in this course may include interventions and modalities that are beyond the authorized practice of mental health professionals. As a licensed professional, you are responsible for reviewing the scope of practice, including activities that are defined in law as beyond the boundaries of practice in accordance with and in compliance with your profession's standards.*

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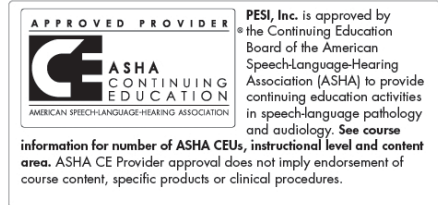
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ART THERAPY: CREATIVE INTERVENTIONS FOR KIDS WITH TRAUMA, ANXIETY, ADHD AND MORE!

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