

STATA Spring/Summer 2015 Newsletter

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Message from the President

Dear Texas Art Therapists and Friends of Art Therapy,

Summer is upon us and in full force with many of us traveling with our families or taking in conferences or other special projects during this time. Some of you may have attended the 46th annual American Art Therapy Conference in Minneapolis, Minnesota. The board is very grateful to STATA member Pat Grajkowski for her willingness to serve as chapter delegate during the conference. We also want to extend our condolences to Pat, as she had to depart from the conference due to the sudden loss of her daughter Charmaine. Please keep Pat and her family in your thoughts and prayers during this time.

STATA has been very active and had many events this year. We enjoyed a successful 3rd annual Art Therapist Squared art show and opening reception in January at Stinson's Bistro in west Austin. Over 20 art therapists participated in the show and our opening was lots of fun and well attended, despite a heavy rainstorm.

Our membership was also out in full force at the annual STATA membership meeting earlier this year in February. We had over 30 members and visitors in attendance. Melissa Dilworth provided a fabulous CEU

presentation where we made mandalas using sand tray and natural objects. Thank you Melissa for your willingness to serve STATA and your members!

Thank you also to STATA member Ruth Airhart who coordinated the Austin den meeting in June at the Blanton Museum of Art, at the University of Texas. Attendees experienced a wonderful "Retreat Through Art" through the Blanton Family and Community Programs.

The STATA Board of Directors has selected a nominating committee to present a slate of candidates for the upcoming board elections that will be held in late October. You may be asked to serve in one of our open positions and we ask you to consider how you can give back to your local organization. The primary reason that I served as your President was to return what had been so freely given to me. When I first moved back to Austin after graduating from the University of Louisville over 20 years ago, I learned about my first art therapy position in Austin at a STATA den meeting! Watch for either paper or electronic ballots in the fall.

Also please join us at our next STATA gathering for an Austin den meeting on October 25th at the Ruiz Library. Deanna Miesch and Deann Acton of Art Therapy Austin will be presenting. More information about this CEU event is available in this newsletter. It will also be posted on the website and Facebook page.

This will mark my final newsletter message as your STATA President. It has been a very good two years and I could not have done it without fellow board members Karen McGarity, Sylvan Fluharty, Wanda Montemayor, Carolyn Mehlomakulu, Elizabeth Bickel and Bethany Sweeden. Without question they have been supportive, encouraging and a pleasure to work with. The South Texas Art Therapy Association is a growing and thriving organization for our village of art therapists and it will continue to be so in the years ahead.

Take Good Care and Be Well,

Laura L. Johnson ATR-BC, LPC

Laura L. Johnson, ATR-BC, LPC



2015 Highlights

The **3rd annual Art Therapist Squared art show** was exhibited at Stinson's Bistro in west Austin from Jan 17-Feb 28, with a successful opening reception held on January 31st



*Be an **ACTIVE** member of STATA:*

- Serve on the Board of Directors – elections are this fall!
- Attend the 2016 conference in MD and represent your chapter
- Join the retreat or art show planning committee
- Share your professional news, events and announcements
- Help with local fundraising events
- Submit your original artwork to showcase in the newsletter
- Volunteer to share your professional interest or expertise for a den meeting, CEU event or retreat workshop
- Review an art therapy related book or article for the newsletter



Melissa Dilworth, LPC-AT-S, ATR-BC provided an excellent CEU presentation, **“Sandtray Mandalas Using Natural Elements”** for the annual membership meeting in February. Attendees learned about mandala theory and gemstones, then created mandalas in sandtrays with natural objects like shells



For **National Children's Mental Health Awareness Day** in May, STATA board members hosted an awareness and art event at the Cedar Park farmer's market. Market-goers of all ages were invited to create artwork for the Random Acts of Creative Kindness Project, designed by Bethany Sweeden, LPC-AT, ATR-BC of Leander Counseling & Art Therapy. Information was also provided about the benefits of art for children's mental health, local art therapists and ideas for upcycling art supplies



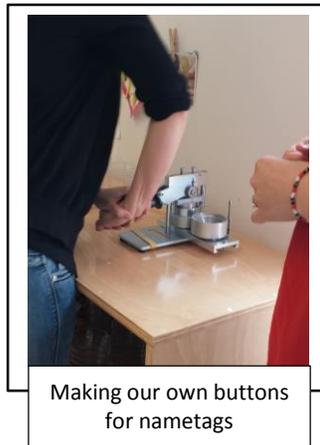
Random Acts of Creative Kindness Project: www.Facebook.com/RACKProject

“Retreat Through Art” at the Blanton

In June, members were invited to the Blanton Museum of Art, at the University of Texas, for a special “Retreat through Art” event. There we met Monique O’Neil, who has a background and education in art therapy and currently works at the Blanton as Museum Educator with the Family and Community Programs. She created a delightfully unique museum experience for our group that included art making in the museum’s well-designed art studio and a thought-provoking self-guided tour and group discussion. As Monique phrased the invitation, the workshop was an opportunity to step away from the everyday, to look at art through a different lens, and to express yourself freely and creatively, all in the spirit of honoring yourself and your fellow art therapists. Thanks to Monique for hosting and to STATA member Ruth Airhart for coordinating this awesome event!



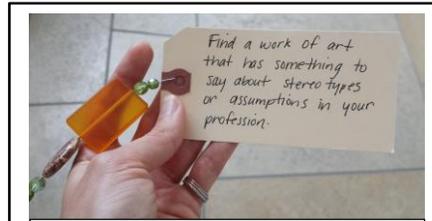
The art studio at the Blanton, known as the WorkLAB



Making our own buttons for nametags



Learning about the museum before our self-guided tour



We were tasked with finding an artwork in the gallery related to our randomly selected question



Ruth Airhart (above in red), Deann Acton (above left) & Jo Lagattuta (left) presenting their chosen artwork to the group



Response art postcards that were mailed back to the artist with a special message written by another participant

Creating response artwork on postcards



STATA members and guests in attendance

San Antonio Den News

Submitted by Den Leader Deb Murphy, LPC-S-AT, ATR-BC

The San Antonio den eagerly met a very wet Sunday back in June for a presentation by Deb Murphy, *Clay Workshop and Multicultural Issues in Art Therapy*. The experience provided a healthy balance of thought-provoking discussions from attendees on multicultural competencies and attitudes with creative clay expressions. Deb would like to thank participants for their thoughtful feedback after the presentation.



Fired Clay works from the San Antonio Den Members

It wasn't too hot in August for the den's fantastic CEU program on *Play Therapy and Art Therapy: What We Can Learn From Each Other*. There was a great turn out for Nancy B. Franklin, LCSW, LMFT, and Registered Play Therapist/Supervisor, who presented at the home of Deb Murphy on Sunday, August 9th. Ms. Franklin is currently the Director of the Children and Family Services at the Ecumenical Center in San Antonio. Given the years of experience that Ms. Franklin has, participants were expertly informed on play therapy theory and key influential play therapy pioneers. Attendees were also provided with a number of verbal and nonverbal interventions used to respond to challenging children and their parents in a therapy setting. A variety of interactive experiential play therapy and psychodrama techniques created a practical learning experience and active discussion. Thank you to Nancy Franklin for generously volunteering your time and expertise for our benefit.



Congratulations are in order to Salina Loriaux on being granted the Licensed Professional Counselor license this August and to Emily Taylor on getting her Art Therapist Registered credential in July.

The next San Antonio den meeting and CEU program is scheduled for Sunday, October 18th at Deb Murphy's house. Salina Shelton will present on the topic of Grief Work with the Expressive Therapies Continuum (ETC). All are invited and welcomed to contact Deb via email at artfuldiscoveries@gmail.com or by phone (210) 889-4126 for more information.

Please also join us for the next Open Art Studio, "Art Heals Hearts", at the Ecumenical Center (8310 Ewing Halsell Drive in San Antonio, 78229). This open studio opportunity continues the 3rd Saturday of each month from 10am-1pm through December. Vicki Williams-Patterson is the contact person and the center's consulting art therapist. She can be reached via email at vpatterson@ecr.org or by phone at (210) 582-5804.



Fall Austin Den Meeting & Bead Workshop

Please join us for a fabulous CEU opportunity and workshop on beading!
Deann Acton, LMFT, ATR-BC and Deanna Miesch, LPC-S, ATR-BC will be presenting

Beads have been found dating back nearly 40,000 years ago and have been made from all sorts of materials such as pebbles, shells, teeth, claws, clay, glass and more. The word "bead" comes from the Anglo Saxon words "bidden" (to pray) and "bede" (prayer). Historically, beads have been used as a form of money, as jewelry to bring wisdom and fortune, and as both a spiritual aid and a tool for meditation.

In this workshop, participants will:

- Learn about two distinct forms of bead making - paper beads and felted beads
- Become skilled at how to make these types of beads
- Learn how beads can be used as a meditation and gratitude tool
- Discover how beads can aid in transformation
- Understand how beads can be used in the context of therapy

When: Sunday, October 25th, 2015, 3-5pm
Where: Austin Public Library Ruiz Branch
1600 Grove Blvd, Austin, TX 78741



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**Find us on Facebook
and Twitter too!**

STATA is back up to 65 members! If you haven't renewed your chapter membership, there is still time. We thank you for your continued support of this organization and of art therapy in Texas

The AATA Mentor/Mentee Program has been relaunched!

The American Art Therapy Association is expanding its professional development service offerings, including a new Mentor Program. For more information on the program and how to get involved, go to the AATA website and the Mentor Program is listed under the For Professionals tab

STATA MISSION STATEMENT

The South Texas Art Therapy Association, STATA, is an affiliate chapter of the American Art Therapy Association. The purpose of this association is to progressively develop the therapeutic use of art, to advance research, to improve standards of practice, and to provide vehicles for the exchange of information and experience. The objectives of this association are to aim treatment most effectively toward rehabilitation and the improvement of human welfare, to improve the effectiveness of those engaged in art therapy through the means of meetings and seminars, to provide a professional support system for the profession and its practitioners regionally, to encourage the development of professional training opportunities in art therapy and to inform people about the field of art therapy.

