

Session 1

1:10 p.m.

Department Showcase- Ahmanson Auditorium

Helen B. Landgarten Art Therapy Clinic Presents

1 -Community Outreach: Providing Art Therapy for Pregnant & Parenting Teens

Presenters: Paige, Asawa, Judy Flesh, Rachel Zagha, Kathleen Fogel-Richmond, Einat Metzl, Naomi Tucker, Tracy Sway, Nadia Paredes

Faculty, alumni and students of the Helen B. Landgarten Art Therapy Clinic discuss their clinical work with the students from Thomas Riley High School, a continuation school for pregnant and parenting teens. The presentation begins with the history, structure and goals of the art therapy groups. Artwork from the groups is presented to provide a glimpse into the participants' world. The students are challenged by environmental stressors, self expression and adolescent individuation and interpersonal communication as they are transitioning through this developmental phase.

Alumni Showcase: Classrooms

2 -Art, Play, and Imagination in the Treatment of a Child

Presenter: Nick Ryan

Creativity is a dynamic process intertwined within the constructs of art therapy and play therapy. When the patient and clinician co-create a play space that nurtures the imagination, the dyad is free to explore the range of intrapsychic and interpersonal dynamics in ways that may not be accessible through other treatment approaches. This presentation demonstrates how art therapy supports a client in creating their own play objects that are often more culturally relevant, gender neutral, and interconnected with their treatment issues.

3 -Tradition Meets Technology

Presenter: Jessica Bianchi

The use of digital imagery technology (digital cameras, laptop computers, scanners, and computer based graphic design programs) juxtaposed with the use of traditional media (paper, paints, clay, collage) can act as a valuable tool for art therapists working with adolescent populations. By presenting two case examples and engaging participants in a brief collaborative tutorial, the presenter opens a discussion about how technology can be used to access the thoughts and emotions of guarded and defended youth in a non-threatening, engaging, developmentally, and culturally significant manner.

4 -In the Hood: A Creative Community in Action

Presenters: Arleen Schneider and Alison Wear

"In the Hood" is a voluntary group of nine middle school students attending a nonpublic school who were given their own space to create and explore personal ideas of home and community. The group fosters a sense of cohesion for the members by empowering them to make joint decisions about their community. Through their participation, members learn to compromise while still making personal choices and through the implementation of a token economy have the added incentive to adhere to group rules and guidelines.

5 -Integrating Clinical Art Therapy and Somatic Psychology for Patients with Trauma

Presenter: Darcy Lubbers

A model for trauma work is presented, integrating concepts from somatically-based psychological models with the practice of clinical art therapy. Effective ways to combine art therapy directives with body-based principles and methodologies from somatic therapies are demonstrated through case examples. Focusing oriented therapy (Gendlin, 1996) and somatic experiencing (Levine, 1997, 2010) are highlighted, along with mindfulness techniques (Siegel, 2010). The synergistic approach includes strategies for providing a sense of orientation, safety, presence, containment, and resources for the traumatized client as they express and release held traumas. The body's innate wisdom is utilized as a doorway to the imaginal realm.

6 -Envisioning Resilience: Art Therapy with Military Connected Children and Youth Exposed to Risk

Presenters: Stefanie Louie and Shyanne Hughes

This presentation demonstrates the use of art therapy group to build resiliency with military connected children and youth exposed to risk. The literature on resiliency provides the foundation for the structure and development of the groups. Two different art therapy groups are presented exploring the process of building resiliency with these populations. Cultural considerations are examined within the diverse groups.

Student Showcase – Classrooms

7 -Medical Art Therapy: Working with an Adolescent on Dialysis

Presenter: Hilary Kern

This presentation examines art therapy treatment for a 13-year-old Latino client receiving hemodialysis for renal failure at Children's Hospital Los Angeles. Based in object relation theory, integrated art interventions are offered to provide a safe holding environment to process a previous failed kidney transplant. Other treatment goals include improving the client's relationship with his body, and providing an expressive outlet to contrast the hospital environment and the client's role in the family system. Specific cultural considerations include the client's adolescent stage of development and issues of individuation in relationship to Mexican heritage.

8 -Family Art Therapy with a Mexican American Family

Presenter: Kayla Trueit

This presentation highlights the beginning phase of therapy with a young, Mexican-American girl and her family, as she grieves for her deceased father and finds her new role in the family. The client and her family are seen together and individually in a Long Beach school setting as part of the school-based program offered by The Guidance Center. The treatment approach, informed by structural theory, highlights how the family can be helped to better understand their changing roles in the family, while the grieving process unfolds.

Session 2

2:30 p.m.

Department Showcase- Ahmanson Auditorium

Marital and Family Therapy Department Presents

1 - An Art Therapy Exploration of Immigration and Acculturation with Latino Families

Presenters: Hilda Aceves, Debra Linesch, Gabriela Osorio, Paul Qezeda, Melly Trochez, Elena Zuniga

Faculty, alumni and students of the LMU MFT art therapy program discuss their service/ research project exploring the acculturation experiences of recently emigrated Mexican and Central American families. Art made by the families, is presented and examined to expand understandings of the psychosocial impact of acculturation on identity, self-esteem, adolescent individuation and interpersonal communication as families are transitioning through the acculturation experiences consequent to immigration.

Alumni Showcase: Classrooms

2 -The Warrior's Journey: Art Therapy Triumph over Trauma

Presenter: Margaret Creek

This presentation illustrates art therapy interventions to explore and understand personal journeys - whether as a life-long epic with early trauma or a shorter venture through a current challenge - using Joseph Campbell's model of the hero's journey. Participants are introduced, through a combination of slides, narrative, and experiential exercises to interventions that were initially developed for use with latency age boys, but can be generalized to a variety of populations. Participants will learn how interventions can be applied to different stages of treatment.

3 -The Art of Gang-Affiliated Adolescents in Group Therapy

Presenter: Dana Wyss

Using art therapy-based procedures, a group comprised of gang affiliated adolescences participated in an eight-week long program. This presentation explores the concept that an adolescent's self image is influenced by their relationship to gang activity and behavior and is projected into their artwork. This presentation explores the group process with the adolescents and the imagery that depicts their world view.

4 -Speak Up, Speak Out: Illustrating Women's Empowerment

Presenter: Saba Harouni

This presentation illustrates the use of art therapy within the structure of a one-day women's empowerment workshop. The participants were provided a safe space to explore their experience of gendered socialization and its impact on the experience of personal violations. This presentation provides an opportunity for art therapists to understand the clinical implications of women's socialization as well as how art therapy can provide an outlet for unspoken traumas.

5 -Healing Trauma: Using the Visual Trauma Narrative

Presenter: Tracy Sway

This presentation explores the literature about trauma depicting the chaos of the trauma experience, and the use of art in treatment specifically as it relates to the trauma narrative, the focal point in trauma focused cognitive behavior therapy (TF-CBT) treatment. Currently TF-CBT is a preferred method of trauma treatment and an accepted evidence-based practice. Also considered is the complexity of preparation and creation of the visual trauma narrative. The presentation explores the experiences of clinicians who utilize the trauma narrative in art therapy treatment.

Student Showcase – Classrooms

6- Structure and Rivalry: Family Art Therapy with an Orthodox Jewish Family

Presenter: Parisa Amirmostofian

This presentation explores family art psychotherapy with an Orthodox Jewish family in treatment at the Jewish Family Services of Los Angeles. The unit of treatment is an intact family with two parents and three children who are in the midst of a divorce process. The presentation explores issues related to unclear boundaries, acting out behaviors by the children and the process of divorce.

7 – Beneath a Silent Exterior, the Art Speaks

Presenter: Nephthys Resurreccion

This presentation examines the use of art therapy in a family with an adopted daughter from a different cultural background. The family was seen in family art therapy at The Whole Child, an outpatient facility in Whittier. The presenting problem is conflicting cultural norms of communication between the Afghan-American mother and the eight-year-old Filipina daughter. The therapist is the same nationality as the daughter, which presented both challenges and strengths in this case.