

KYATA Clarion

Volume 3, Issue 1, February 2009
Published by the Kentucky Art Therapy
Association
www.kyarttherapy.org

Letter from the President

by Jennifer Jackson, MA, ATR –BC, CPAT

First of all, I would like to thank Marybeth Orton for her service to our community as KYATA president. I look forward to the next two years as a chance to bring to fruition many of the seeds Marybeth planted. One of the most important "seeds" is licensure. Licensure for art therapists will mean that current nationally and Kentucky state certified art therapists will qualify (or be grandfathered in) as Licensed Professional Art Therapists.

Licensure is our **top** priority for 2009, and by working together we can reach that goal! **What can you do to make licensure happen?**

1. Write a letter to your senator.

In your letter, ask for their support for House Bill 73, Art Therapy Licensure. A brief handwritten note is more likely to be read than a typed form letter. Use bullet points to describe how this bill will be beneficial and why your senator should support the bill. Personalize your message by including something about how the community may benefit or how your clients may benefit.

2. Phone your senator at 1-800-372-7181 or 1-502-564-8100

Leave a message for your senator asking for their support of HB 73, Art Therapy Licensure. Be sure to give a reason as to why your elected official should support the bill.

3. Email your senator.

Keep it brief and to the point. Explain you want their support for HB 73, Art Therapy Licensure and list your reasons in bulleted form. Be sure to include your mailing address and phone number in your email so that your senator knows you are in his/her district.

4. Share information about HB 73 with others.

Tell your colleagues, administrators, managers, or friends about HB 73 and ask for their support. Ask them to call their representatives in support of the bill.

Since the bill passed the house committee in the house last week, we have an excellent chance that it will pass in the senate as well. We will keep you posted as to the progress of the bill.

If you are not sure who your senator is, you can find this out easily via the Internet. Visit www.votesmart.org and type your zip code plus four (simple directions available at the site). Once the site processes you extended zip code, you will see a list of all elected officials that serve you, but scroll down to "State Legislative" to see your Senator. You can click on "Contact Information" to find your legislator's mailing address, email and direct extension.

A list of possible points to include in your correspondence with your senator can be found on the below for your convenience.

Peace,
Jennifer Jackson

P.S. For more information on how to contact your representative, check out the link listed below. It has some great ideas and a sample letter to a legislator. Take a look at http://www.familyfriendlyjuryduty.org/JuryDutyKY/JuryDutyKY_files/page0004.htm

Benefits of HB 73 below—pick a few and personalize them!

- **Consumer protection: this bill protects the public by identifying a standard of professional practice.**
- **Art Therapy is a masters level psychotherapy profession that uses art in the diagnosis and treatment of mental illnesses.**
- **Art Therapy is considered particularly effective for mental illnesses that leave patients incapable of verbal expression usually due to trauma.**
- **This bill is sought to protect the public and Kentucky's mental health consumers by distinguishing a level of education and training and reduce confusion and misuse.**
- **Access to the right mental healthcare at an affordable cost.**
- **No new costs for the state, we already have a board: the Occupational and Licensure Board.**
- **Art therapists work with vulnerable populations including children and veterans suffering from PTSD and yet there is no licensure under Kentucky state law to ensure the art therapist is qualified to perform such treatment.**
- **Current nationally and Kentucky state certified art therapists will qualify (or be grandfathered in) as Licensed Professional Art Therapist.**
- **The Current Board and state will receive more money due to an increase in dues.**
- **Art therapy is beneficial for everyone ; however, treatment may be more cost effective and efficient for individuals who have difficulty communicating verbally, such as children, survivors of traumatic events, individuals with developmental disabilities, and those suffering from grief and loss.**
- **There are approximately 200 art therapists who work in Kentucky in schools, children's hospitals, veteran's hospitals, cancer treatment centers, community mental health centers, prisons, homeless shelters, and the list goes on.**

Coloring Outside the Lines

by Jennifer Beasley, MA, ATR

This edition of websites of interest to art therapists features highlights from the 2008 American Art Therapy Association conference in Cleveland.

There were some amazing presentations, vendors and film screenings in Cleveland in November. One of my favorite presentations featured a Louisiana art therapist named Holly Wherry. Wherry, a former teacher, works with elementary school aged children affected by Hurricane Katrina. She began with a moving slide show of the everyday sights children see on their way to school. Boarded up houses, lots featuring cement foundations of homes but no evidence of homes, and closed businesses are commonplace Wherry described the lack of hope this landscape offers local residents. Symbols that reappear in Wherry's client's drawings include tears, raindrops, water, and hurricane/cyclone forms. For more details on the program check out <http://www.noma.org/arttherapy.html>

Our fabulous hosts, the Buckeye Art Therapy Association, were gracious and kind as always. If you weren't able to get to Cleveland, you can enjoy some of that fabulous Buckeye hospitality at BATA's annual symposium. This year's twenty eighth annual symposium will be held in Dublin, Ohio on September 11 and 12, 2009 annual symposium will feature keynote speakers Bruce and Cathy Moon. They are currently seeking proposals. Find more information at <http://www.batasymposium.org/>

While the conference session offered by the Art Therapy Credentials Board staff was aimed primarily at new graduates, their booth in the meeting hall offered some cool swag. The best of all was a printed worksheet for keeping track of continuing education credit hours. Print one off for free at their website http://www.atcb.org/export/sites/atcb/resources/CEC_Tracking_Form.pdf

Another table in the vending area that blew me away was Paper Alice. Paper Alice offers specially designed papermaking kits, molds, and specialty papers. With affordable prices and a truly foolproof method, Paper Alice has me dreaming of future papermaking adventures. Check out this great business at www.paperalice.com

The conference inspired me to write and to read more on art therapy. If you want to keep up to date, you can check out the newly minted site to find articles from Art Therapy: Journal of the American Art Therapy Association. Use their search tool to find articles at <http://arttherapy.metapress.com/home/main.mpx>

Call for Proposals

Currently, KYATA's Events Committee is accepting proposals for presentations for 2009 general meetings in April and December.

Presenting at KYATA meetings is a great way to hone your presentation skills and to share your work with others. Presenting can give you new insights about your work and can inspire others.

If you are interested in facilitating a workshop for KYATA members, please submit a brief description of the workshop to Eileen Estes via email at o.estes@louisville.edu

Make Art Now, Ask Us How

If your new year's resolution to make more art needs a kick start, come to an Art POD. Art PODs give KYATA members the chance to recharge while making their own artwork. This informal setting provides opportunities for brainstorming about art therapy interventions, networking, and community building.

The next Art POD is scheduled for Feb 21, 2009, FROM 1:00-3:00 and will feature origami and paper folding. It will be held at Angela Ramsey Robinson's gallery UzoMa at 1813 Frankfort Avenue. Email Judi Magder at the email address below if you plan to attend.

Upcoming POD Dates

3/28/09—Mosaic Making Part I with Becky Hunger

4/18/09—Mosaic Making Part II with Becky Hunger

5/16/09 —Sweatshirt Embellishment with Sue Sobel

6/20/09—Topic TBA

If you are interested in sharing your art form of choice or hosting a POD, contact Judi Magder at jm826@aol.com or Becky Hunger at Becky75@hotmail.com

Intervention Corner

Nevia Brown of Our Lady of Peace does fabulous work with her elderly clients. Intervention Corner caught up with Nevia for some tips on working with the elderly.

With elderly clients, more ambiguous directives tend to allow the client to open up to art making. Nevia has found many of her elderly clients to be easily persuaded into art-making when the intervention is presented in a fun, easy way. Some clients may be concerned about poor fine motor skills due to medical conditions, but when the therapist displays an accepting attitude, these concerns are minimized.

Successful art interventions that Nevia has used in the past include collage and mask making. With mask making, supplies include premade mask forms, tempera, precut images and words. Clients can paint the exterior to represent the color they feel at the moment, and then collage the inside with images and words to show what they are thinking.



Collage works with clients with dementia. Collging with images and words may even help clients with dementia recover words they have lost. Cut out giant puzzle shapes, then have clients create a collage on a cut out piece, then fit all pieces together as a whole group

Storytelling is an excellent tool for elderly clients. You can have clients start with their earliest memory, or even get clients' children to aid in storytelling. Having elderly clients draw an HTP in a mandala can serve as an excellent tool for generating stories. Having elderly clients tell their stories can help clients to remember some of the many people and things they have left behind as they have aged.

Upcoming KYATA Events

3/6/09	Board Meeting
4/3/09	Board Meeting, General Meeting, Presentation
5/8/09	Board Meeting
6/19/09	Board Meeting, Presentation Marybeth Orton, Jennifer Jackson
7/10/09	Board Meeting
8/21/09	Tentative Annual Intervention Exchange General Meeting
9/11/09	Board Meeting
9/26-27/09	Workshop
10/2/09	Board Meeting
12/4/09	Board Meeting, General Meeting, Presentation

The KYATA Clarion is a quarterly newsletter provided as a service to members. For further information, please contact Jennifer Beasley at jennifer@kyarttherapy.org.