

ART  
THERAPY  
STUDIO  
12200 Fairhill Road  
Cleveland, OH 44120

Non Profit  
US Postage  
PAID  
Permit #131  
Cleveland, OH



To Register Call: (216) 791-9303  
[www.ArtTherapyStudio.org](http://www.ArtTherapyStudio.org)

#### INVITE A FRIEND

- Social Workers
- Counselors
- MR/DD Facilitators
- Caseworkers
- Chemical Dependency Counselors
- Activity Professionals
- Medical Students
- Nurses
- Physicians
- Psychiatrists
- Psychologists
- Nursing Home Administrators
- Educators
- Art and Music Therapists
- Occupational, Physical and Recreational Therapists



## ART & HEALTH SYMPOSIUM

CELEBRATING OUR 40TH ANNIVERSARY

ART  
THERAPY  
STUDIO

SINCE 1967



- **September 14-15, 2007**
- *Held at The Cleveland Museum of Art*
- *CEU's and Professional Development available*

Each workshop will include a Physician from a major area hospital presenting on their health care specialty and an Art Therapist presenting a related case study and art experiential for participants – **bringing Art and Science together for an exciting learning experience for area health professionals**

# ART & HEALTH SYMPOSIUM

## FRIDAY SEPTEMBER 14

8 - 8:30 am Registration, Continental Breakfast and Coffee

8:30-9:30 am **Keynote: The Brain as a Source of Creativity**  
Alan J. Lerner, MD

9:45 - 12:45 Session 1 CHOOSE ONE

### Weaving Art Therapy into Addiction Treatment

Margaret Kotz, DO  
Tonda Sill, LICDC  
Martha C. Stitt, ATR-BC,  
LPCC, LICDC

### The Creative Process with Clients Experiencing Changes with Aging or Dementia

Alan J. Lerner, MD  
Maureen Baddour Moses,  
MA, ATR-BC

12:45 - 1:30 **LUNCH PROVIDED**

1:30 - 4:30 pm Session 2 CHOOSE ONE

### Traumatic Brain Injury

James Begley, M.D.  
Kim Gazella, MA, ATR

### Solving the Puzzle: Childhood and Adolescent Cancer Therapy

Greg Plautz, M.D.  
Susan Michelson, MA,  
ATR

## SATURDAY SEPTEMBER 15

8:30 - 9 am Registration, Continental Breakfast and Coffee

9 am - 12:00 pm **Off the Beaten Path: Creative Approaches to Treatment for Children and Adolescents with Attention Deficit Hyperactivity Disorder**

Erica New, M.D.  
Barbara DiScenna, ATR-BC, LSW, LPC



**Registering early will increase your chances of attending your first choices. Space is limited. After September 8th, fee to attend Friday will increase from \$105 to \$125; to attend Saturday will increase from \$45 to \$50.**

Phone registrations can be made by calling (216) 791-9303. If you are submitting this to your employer for payment, you might wish to call and register by phone to assure that you receive the workshops of your choice. This will avoid unnecessary delays in your registration. Credit card information is required to hold reservation. You may pay by cash, check, company check, or credit card on the day of the workshop, however, a Visa/MasterCard number is required to confirm and hold your reservation.

A confirmation letter and map will be sent prior to the workshop. Please dress comfortably!

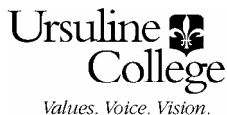
**Refund Policy:** A refund (less \$20 service fee) will be given to participants canceling enrollment provided at least 48 hours notice is given. Since each workshop session has a limited number of participants and also since catering arrangements are made in advance, refunds will not be given to those canceling with less than 48 hours notice.

Thank you to our partnering organizations:



THE CLEVELAND MUSEUM OF ART

Buckeye Art Therapy Association



Ursuline College Graduate Art Therapy Counseling Department

### Continuing Professional Education

Continuing Professional Education Credits (for social workers and counselors) are pending through the Art Therapy Studio and MetroHealth System for successful completion of designated courses. The Art Therapy Studio is an approved provider of the Ohio Social Worker & Counselor (#RCX110502) Board. MetroHealth System is an approved provider of the Ohio Social Worker (#RSX048809) & Counselor Board. The Ohio Board of Nursing will accept continuing education hours approved by the Ohio Counselor & Social Worker Board to meet the continuing education requirements for nurses. Continuing Education Credits are pending through the Ohio Department of Mental Retardation and Developmental Disabilities, the Ohio Occupational Therapy Board, the National Certification Council for Activity Professionals, and various other organizations. The Art Therapy Credentials Board (ATCB) will accept documented continuing education hours to meet continuing education requirements for art therapists. CEU's have been approved through the Continuing Education Program, Mandel School of Applied Social Sciences, CWRU, for RCH, BENHA, Psychologists, and Educators.

**Workshops need a minimum of 6 participants to be scheduled. Contact Hours: 7 hours on Friday, 3 hours on Saturday**

## FRIDAY SEPTEMBER 14

8 - 8:30 am Registration, Continental Breakfast, Coffee

8:30 - 9:30 am **Keynote: The Brain as a Source of Creativity**

What is creativity? Can it be learned? How do conditions affecting the brain affect creativity – positively and negatively? Does your brain or your creativity stay static throughout your life? Many professionals helping clients discuss how their work always seems to come back to the brain: how the brain functions or does not function, how the brain responds to illness and how it responds to creativity. As Robin L. Brey, M.D., Editor-in-Chief of Neurology Now, states, *"It never ceases to amaze me how much potential there is in the brain for learning and for recovery...if the connections to one area are damaged due to neurological diseases, then other connections can be coaxed into play – sometimes in pretty creative ways!"*

Dr. Alan Lerner is Associate Professor of Neurology at Case Western Reserve University and Director of the Memory and Cognition Center of the Neurological Institute at University Hospital Case Medical Center. He is a graduate of Cornell University College of Agriculture and Life Sciences and Cornell University Medical College and trained in neurology at University Hospitals of Cleveland.



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FRIDAY SEPTEMBER 14 (continued):

9:45 am—12:45 pm Session One - Choose One

### Weaving Art Therapy into Addiction Treatment

Bringing the creative arts into an addiction treatment program offers a unique avenue for patients to express themselves. The process of doing art allows an avenue for honest expression and reduction of stress. It is believed that through creativity and the process of doing art, the person has the opportunity to make discoveries leading to self-understanding, acceptance, and the confidence to make changes as they progress in treatment and life. Because the brain is so affected by mood altering chemicals, art therapy can often help the patient and the staff understand the complex changes that are taking place when first in treatment. Participants will learn about the disease concept, how the brain is affected by mood altering chemicals, how medications are used to help decrease cravings and other symptoms that may lead to relapse. We will also explore how art therapy may positively influence the brain's changes as mood-altering chemical are stopped, and experience several art therapy techniques.

Margaret Kotz, DO is currently an Associate Professor at Case Medical Center and Medical Director of Addiction Recovery Services at University Hospitals of Cleveland, Ohio. For the past 22 years Dr. Kotz has been involved in all diagnostic and treatment modalities for patients with addictive diseases and has extensive experience with psychiatric co-morbid conditions, as well as severely medically ill. She has focused her clinical and research interests on addiction in women, co-morbid chronic pain and addiction, organ transplantation patients with addictions, and relapse prevention medications.

Tonda Sill, LICDC is a Chemical Dependency Counselor at Addiction Recovery Services. She has over 25 yrs of experience in chemical dependency services to adolescents, adults and families. Along with her counseling and educating responsibilities, she coordinates the art therapy program "Creative Expression".

Martha C. Stitt, ATR-BC, LPCC, LICDC has extensive experience as an art therapist; counselor; and chemical dependency counselor. She has worked with psychiatric patients, mentally retarded individuals, medical patients; and chemically dependent people. She is currently working as the Clinical Program Coordinator for the Art Therapy Studio and was assigned to initiate the art therapy program at Addiction Recovery Services over a year ago. In addition to her administrative responsibilities, she teaches four "Discover the Artist within You" classes.

### The Creative Process with Clients Experiencing Changes with Aging or Dementia

As we age, the ability to communicate our thoughts and feelings are often affected by the brain changes due to aging, dementia, and specifically, Alzheimer's disease. This workshop will address the issues that arise with clients experiencing such changes and offer insight into creative methods of helping them cope and enrich this new phase of life. The session will include a lecture about the brain changes and the benefits of effectively introducing creativity and Art Therapy to this population. A hands on art experiential will allow participants an opportunity to gain insight and working knowledge of how to approach this population to retrieve previous memories, enjoy the experience of new accomplishments and acquire contacts within a safe social and creative environment.

See keynote description for Dr. Alan Lerner.

Maureen Baddour Moses, ATR-BC is on the staff of the Art Therapy Studio and facilitates the "Discover the Artist within You" classes. Though these classes, she developed her interest in working with clients experiencing aging, dementia and Alzheimer's disease.

Maureen earned a B.S. in Chemistry and Master's in Art Therapy from Ursuline College, and was awarded *Art Therapy Achievement Award for Academic, Clinical and Research Excellence*. Maureen is a professional potter and displays her works at shows and galleries in Cleveland.

LUNCH PROVIDED 12:45—1:30 pm

1:30 pm—4:30 pm Session Two - Choose One



### Traumatic Brain Injury

Every 21 seconds, someone receives a head injury in the U.S. Every 5 minutes, one of those people will die & another will become permanently disabled. ([www.biact.org](http://www.biact.org)) This workshop will address what happens when a specific part of the brain is injured and how those symptoms present in a physical, cognitive, and psychosocial/emotional capacity. We will look at the ways that the art can work in conjunction with the treatment team to increase functioning and address affective and socialization goals. Participants will be given the opportunity to participate in the art and discover first hand the role that the art can play in the patients recovery. Time will be allotted for questions and discussion.

James J. Begley, M.D. is currently an attending Physician in the Department of Physical Medicine and Rehabilitation at MetroHealth Medical Center. He also is an Assistant Professor at the Case Western Reserve University School of Medicine. Since graduating from Creighton University in Nebraska, he has specialized in traumatic brain injury epidemiology, pathophysiology, neuropharmacology, and rehabilitation. He has received a Distinguished Teaching Award and the PM&R Chair Award for Contributions in Clinical Care at MetroHealth.

Kim Gazella, MA, ATR earned her Master's in Art Therapy from Ursuline College in 1997. She is an art therapist for the Art Therapy Studio located at MetroHealth Medical Center, and has spent the last ten years there working with rehabilitation patients, primarily brain injury and stroke, on both an in patient and out patient basis. Kim conducts both individual and group art interventions and has co-treated with occupational therapy, recreational therapy and music therapy. She has provided the CCF with group and individual art therapy for rehab and sub-acute populations as a contract employee since 2002. Kim enjoys volunteering at her children's schools in her spare time developing therapeutic art interventions for both typical elementary children and children with ADHD and Asperger's Disorder.

### Solving the Puzzle: Childhood and Adolescent Cancer Therapy

Although the outcome for childhood cancer has improved considerably, the treatment has a tremendous physical and emotional impact on patients and their families. Children of different ages have a wide range of non-verbal outlets for expressing their hopes, fears, frustrations and victories. Participants will learn how art therapy provides children and adolescents with a creative outlet to focus their attention while undergoing challenging treatments in the outpatient clinic or hospital. Participants will engage in a hands-on art experience.

Dr. Greg Plautz is currently the Interim Chairman of the Department of Pediatric Hematology/Oncology at the Cleveland Clinic Foundation. His scientific research is funded by the National Institutes of Health and focuses on methods to stimulate the immune system to recognize and attach cancer cells. Dr. Plautz was an investigator on experimental clinical trials testing immunotherapy to treat malignant brain tumors. He has served on scientific review panels at the National Cancer Institute.

Susan Michelson, MA, ATR conducts individual therapeutic sessions with children and adolescents who have emotional and/or behavioral problems at the Art Therapy Studio located at Fairhill Center. Art projects are designed to provide an outlet for personal expression, insight, and resilience. At the Cleveland Clinic's Pediatric Oncology and Hematology Department, she provides a wide variety of art materials and art projects for seriously ill children. Art as therapy activities are geared to each child's age and physical ability. Creating art helps the children and their families cope with the fear and anxiety associated with medical treatment.

### SATURDAY SEPTEMBER 15

8:30 - 9 am

Registration

9 am - 12:00 pm

**Off the Beaten Path: Creative Approaches to Treatment for Children and Adolescents with Attention Deficit Hyperactivity Disorder**

Attention Deficit Hyperactivity Disorder (ADHD) is a condition that becomes apparent in some children in the preschool and early school years. It is hard for these children to control their behavior and/or pay attention. It is estimated that between 3 and 5 percent of children have ADHD, or approximately 2 million children in the United States. This means that in a classroom of 25 to 30 children, it is likely that at least one will have ADHD. ([www.nimh.gov](http://www.nimh.gov)) We will describe various treatment interventions and a school program that emphasize a positive approach to use with this population. The presentation will also include a discussion about creativity and energy as positive aspects of ADHD. Participants will engage in hands on art therapy interventions that have been successfully used with children and adolescents with ADHD. Time will be allotted at the end of the presentation for discussion.

Dr. Erica New is a Child Psychiatrist and Medical Director at the Positive Education Program. She trained at University Hospitals of Cleveland.

Barbara DiScenna, ATR-BC, LSW, LPC (Lake Erie College, Painesville, Ohio- BA in Art Therapy Goddard College, Plainfield, Vermont- MA in Art Therapy) is on the staff of the Art Therapy Studio and does contract work with Shaker Heights Schools with multi-handicapped students. In addition, she works at University Hospitals Case Medical Center, St. Vincent Charity Hospital and the Family Violence Program at Jewish Family Service Association.

### ART & HEALTH REGISTRATION

Name \_\_\_\_\_ Profession: \_\_\_\_\_ Clients Served: \_\_\_\_\_

CEU/CPU's needed:  Soc Work  Counselor  LPDC  Activities  OT/PT  MR/DD  PSY  BENHA  CNE  RCH

Employer \_\_\_\_\_

Home Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Day Phone \_\_\_\_\_ Eve Phone \_\_\_\_\_ E-mail address \_\_\_\_\_

Full Symposium \$150 (\$175 after 9/8/07) \$ \_\_\_\_\_

Friday Only \$105 (\$125 after 9/8/07) \$ \_\_\_\_\_

Breakfast and Lunch included on Friday

Session 1  Addiction Treatment or  Aging/Dementia

Session 2  Brain Injury or  Pediatric Cancer

MC/VISA # \_\_\_\_\_ Exp. \_\_\_\_\_

Saturday Only \$45 (\$50 after 9/8/07) \$ \_\_\_\_\_

Breakfast included on Saturday

Student & BATA MEMBER DISCOUNT 10% \$ \_\_\_\_\_

CEU Fee (\$5.00 total) \$ \_\_\_\_\_

Total Enclosed \$ \_\_\_\_\_

**Make checks payable to Art Therapy Studio and return to:  
12200 Fairhill Road, Cleveland, OH 44120  
Pre-registration (visa/MC to hold) can be  
faxed to (216) 791-5610.**