

EDUCATION WORKSHOP

PROFESSIONAL

SEPTEMBER 17



*Friday, September 17th
at Trinity Commons, Cleveland*

ART THERAPY STUDIO

Return to Equilibrium:
*What to do When You've Been
Knocked Off-Center*

Schedule:

8:00-8:30 Registration

8:30-10:30 Opening Presentation

10:30-10:45 Break

10:45-12:45 Workshop I

12:45-1:45 Lunch

1:45-4:15 Workshop II

Opening Presentation

Amy Jo Riter, Ms. Wheelchair Ohio

Martha C. Stitt, ATR-BC, LPCC, LICDC

Everyone has their own balance point that feels right to them. But when a life experience knocks them off-center, what does it take to regain their balance? This workshop will explore the many ways people seek equilibrium. Understanding how we respond to being off-balance and what moves us back to a sense of equilibrium is key to helping people cope. Using art to restore equilibrium can be a strong factor in regaining and maintaining personal balance. We will learn techniques to help people regain their balance point through creative arts, self-expression and self-care.

Conference Goals:

- to assist participants' understanding of people's need for equilibrium
- to explore the psychological effects of losing your equilibrium
- to have participants use art processes as a technique to regain balance
- to gain understanding of counseling techniques used for groups and individuals to help regain homeostasis

Living Life to the Fullest....

Amy Jo Riter, Ms. Wheelchair Ohio 2010, is a mother of two beautiful children. Amy Jo grew up in Waynesburg, Ohio and spent most of her school years in Sandy Valley Local before graduating from Minerva High School in 1993. She served in the US Navy from 1994-96.



Amy Jo will speak to our participants about the life changing events which knocked her off balance and shifted her equilibrium.

In 2007 she was diagnosed with a Rare Disease, Von Hippel Lindau (VHL) a gene mutation that causes tumors to form. On Sept. 20, 2007 she walked into surgery to remove a tumor from inside her spinal cord; when she woke up she was paralyzed from the waist down. It started a new chapter in her life that she learned to embrace. She is active in the Paralyzed Veterans of America, Toastmasters 637, American Legion 44 and now Ms. Wheelchair Ohio 2010. As Amy Jo says, "You can reach any goal if you just try! I did!!!"

...Putting it into a Framework

Martha Stitt, ATR-BC, will lead the latter portion of the workshop when we will identify the coping mechanisms Amy Jo used to regain her equilibrium after her paralysis. We will look at a general framework for the process of psychological change and then using creative arts, we will examine the steps people go through to regain balance.

FRIDAY, SEPTEMBER 17, 2010

- **Workshop will be held at Trinity Commons, 2230 Euclid Avenue, Cleveland, OH**
- **Located near I90, I71, I77 with free parking, gardens, shops and a café!**

Workshop I

Denise Cooper, ATR-BC, PC

Building the Resilient House: Weathering the Storm

This workshop will use the house as a metaphor for the "resilient spirit" that makes up the psychology of each and every individual. Using mixed media collage, each participant will create a house that represents the individual's coping mechanisms. After completing their house, the group will process their response to the project and discover how this could be used to help their clients.

Workshop II

Kate Strazisar, ATR-BC, LSW

Push & Pull: Flexibility & Re-Creation

This workshop participants will create sculptures that represent their journeys back to equilibrium, ultimately discovering new states of balance in their lives. Materials will include wood, wire, stretchy fabric, and paint. These creations will explore metaphors about the being pushed off base, influences from outside factors, internal structure, resources, and determination. Discussion will allow participants to determine how these concepts can be used

Questions? Call the Art Therapy Studio (216) 791-9303 or email at info@arttherapystudio.org

***Email confirmation will be sent with map**

Name: _____

Street Address: _____

City, State, Zip: _____

Type of CEU's needed: _____

Phone: _____

*e-mail: _____

Discount if Registered by 9/10/2010 - Fee: \$100 includes keynote, 2 workshops, ceu's, lunch & art supplies;

After 9/10/10: Fee: \$120;

Standard Fee: \$75 if ceu's are not needed

Payment Method:

Check (payable to Art Therapy Studio)

Credit Card # _____
Expiration Date _____

Box Lunch Choice:

- Vegetarian Farmer's Market sandwich
- Smoked ham, Brie, apple slices, spinach and onions
- Turkey, smoked bacon, Swiss, lettuce, tomato

Return to: Art Therapy Studio

12200 Fairhill Road Cleveland, OH 44120

Fax (216) 791-5610

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*

***Email confirmation
will be sent with
map & parking info**

Continuing Professional Education Continuing Professional Education Credits (for social workers and counselors) are have been approved through the MetroHealth System for successful completion of designated courses. MetroHealth System is an approved provider of the Ohio Social Worker (#RSX048809) & Counselor (#RCX089203) 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 have been approved through the Ohio Department of Developmental Disabilities, the Ohio Occupational Therapy Board, and the National Certification Council for Activity Professionals. The Art Therapy Credentials Board (ATCB) will accept documented continuing education hours to meet continuing education requirements for art therapists. *Contact Hours: 6.5 hours (6.0 from DODD).*

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.

Register by 9/10 for discount