

The Kansas Art Therapy Association Presents the 32<sup>nd</sup> Annual Art Therapy Symposium

## The Art of Being Present: Utilizing Art Therapy Processes to Create Mindful Experiences

**Keynote address presented by: Patricia Isis, PhD, ATR-BC, LMHC**

**Saturday, April 17, 2010**

*Camp Wood YMCA, Elmdale, Kansas ([www.campwood.org](http://www.campwood.org))*



Dr. Isis of Miami Art Therapy has been practicing art psychotherapy in South Florida for almost 30 years. She has worked in schools, hospitals, day treatment programs, and residential settings. Currently, she provides individual, couples, family and group art therapy/counseling privately and offers clinical services in the public schools. Additionally, she teaches mindfulness-based stress reduction classes for South Miami hospital, sits on the Arts in Healthcare Committee and presents workshops and trainings locally, nationally, and internationally. Before starting Miami Art Therapy, Dr. Isis completed her Ph.D. in the expressive therapies with an emphasis on art therapy in 2003 from the Union Institute and University in Cincinnati, Ohio. In 1980, Dr. Isis attained her master's degree in expressive therapies with an emphasis on art therapy from Lesley University in Cambridge, Massachusetts. Dr. Isis is a licensed mental health counselor in Florida, and a registered board certified art therapist.

### **Symposium Content:**

The cultivation of moment to moment awareness or mindfulness is critical for successful decision making, problem solving, self awareness and esteem. This keynote presentation will invite participants to engage in both the practice of contemplative mindfulness and mindful learning. The intention is to bring non-judgmental awareness and acceptance to the present moment first with ourselves and then into the art therapy session through formal practice, art therapy processes, and case studies.

### **Break-out Session Selections:**

- *Mindful Collaboration facilitated by Art Therapy* by Tamara Herl, MS, LPC, ATR-BC, Kayra Malloney, MS, ATR-BC, & Laura Aube, MS, LPC, ATR-BC
- *Using Side-by-side Art Making to Enhance Mindful Presence in the Therapeutic Relationship* by Libby Schmanke, MS, ATR-BC
- *College Students and Stress: Measuring the Efficacy of Art Therapy through Biofeedback* by Shubha Chatterjee, PGD
- *Teaching Social Skills with Art for Individuals with High Functioning Autism* by Jessie Stallings, MS, ATR-BC
- *The Art of Recovery* by Whitney Nobis, MS, AAPS
- *Yoga & Mindfulness* by George Head

*Enjoy a day in the  
Flint Hills!*

On Friday, April 16 check in early and join us for a tour of the Tallgrass Prairie National Preserve, dinner, time for lunch and shopping in nearby Cottonwood Falls (check out a really neat fiber store, art galleries, & pottery shop) and a guest artist lecture with local painter Judith Mackey!



## Schedule for 2010 KATA Symposium Weekend

### **Friday, April 16:**

**10:00 am**—Early Registration

**11-1:00 pm**—Lunch on your own (Suggestions in nearby Cottonwood Falls: Emma Chase Café, Grand Central Hotel and Grill, or Pizza Hut)

**1-3:00 pm**—Tour of Tallgrass Prairie National Preserve (no charge, please dress accordingly)

**5-6:00 pm**—Registration

**6-7:00 pm**—Dinner (provided)

**7-7:45 pm**—Guest Artist Lecture by local Flint Hills painter Judith Mackey

**8:00 pm**—Community Jam Session at the Emma Chase Café in Cottonwood Falls (bring a lawn chair and/or an instrument to join in the fun!)

### **Saturday, April 17:**

**7:00 am**—Yoga session (bring your own yoga mat & start the day relaxed and centered!)

**8-9:00 am**—Registration and Breakfast (provided)

**9-Noon**—Keynote address *The Art of Being Present: Utilizing Art Therapy Processes to Create Mindful Experiences*

**12-1:00 pm**—Lunch (provided)

**1-1:50 pm**—Break-out Session I (break-out session scheduled to be announced, choice between 2 presentations)

**2-2:50 pm**—Break-out Session II

**3-3:50 pm**—Break-out Session III

**4-5:00 pm**—Final Gathering

**5-6:00 pm**—KATA Business Meeting (KATA members please plan to attend this quarterly meeting)

### **Lodging choices for Friday night:**

YMCA Options ([www.campwood.org](http://www.campwood.org)) (Subject to availability—register early to save your preference. Must be cleaned prior to checking out.)

- Jones Village Cabins - \$22.00 per person (11 people in 2 rooms with bunk beds and a double bed)
- Stone II - \$22.00 a night for four people or \$44.00 for two people (two queen beds, sofa sleeper, kitchen, living area, and bathroom)
- Health Center - \$22.00 a person (8 twin beds, one double bed, 2 sofa sleepers, kitchen and three bathrooms)

Alternate Options: There are a variety of bed and breakfasts, motels, and hotels in the area. Please reserve any alternate accommodations on your own; we would be happy to email a list of suggestions upon request.

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## REGISTRATION INFORMATION FORM

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Profession: \_\_\_\_\_ Credentials: \_\_\_\_\_

Primary Phone (circle one: work/home/cell): \_\_\_\_\_

Email: \_\_\_\_\_

\*Please make checks payable to: Kansas Art Therapy Association

Send check and copy of registration to: **KATA c/o Deanna Rand  
605 Ripley Court  
Raymore, MO 64083**

### **Symposium Fees [check the fee(s) included in your payment]:**

#### **Friday Night YMCA Lodging—April 16, 2010**

Preference: \_\_\_\_\_ Additional cost: \_\_\_\_\_

\_\_\_ I am attending the Friday activities, but finding my own lodging.

#### **Saturday Conference—April 17, 2010**

\*Certificates of Attendance will be provided at the conference.

Pre-registration (before March 27, 2010)

Registration (after March 27, 2010)

\_\_\_ KATA Member \$85.00

\_\_\_ KATA Member \$95.00

\_\_\_ Non-Member \$95.00

\_\_\_ Non-Member \$105.00

\_\_\_ \*Student \$45.00

\_\_\_ \*Student \$55.00

Confirmations of registration are sent via email or postcard within three days of receipt. If you have not received a confirmation within five days of the program, please email Deanna Rand at [dland@ReDiscovermh.org](mailto:dland@ReDiscovermh.org).

Cancellations received at least five working days before the seminar are refundable less a \$20 administrative charge per registrant. Refunds for cancellations received later will be determined on a case by case basis.

\*A copy of a valid student ID is required to receive this rate.