

EXPRESSIVE THERAPY WORKSHOP

October 17, 2009

AGENDA

8:00-8:30 am REGISTRATION (breakfast provided)

8:30-10:15 am INTRODUCTION AND ART THERAPY

10:15-10:30 am BREAK

10:30-12 pm MUSIC THERAPY

12-1:00 pm LUNCH (on your own)

1-2:45 pm DANCE THERAPY

2:45-3:00 pm BREAK (snack provided)

3:00-4:30 pm POETRY THERAPY

4:30 pm EVALUATION

PROGRAM CONTENT OVERVIEW

This program is designed to help clinicians have a better understanding of the use and integration of Expressive Therapy with other disciplines in the treatment of clients.

Target audience: Licensed Clinical Social Workers, Licensed Professional Counselors, Psychiatric RNs, Psychologists, other Mental Health Professionals and Expressive Therapists.

PROGRAM OBJECTIVES

1. List one purpose of using each form of Expressive Therapy including art, music, dance, and poetry therapy.
2. Describe at least one way Expressive Therapy can be used to achieve therapeutic goals.
3. Experience four Expressive Therapies firsthand by participation in different interventions.

ACCREDITATION

Saint Luke's Northland Hospital is an approved provider of continuing nursing education by the Missouri Nurses Association as accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. Program also approved by the MO State Committee for Social Workers.

6.5 contact hours

SPEAKERS

ART THERAPY

TERESA A. ZAIGER, MA, ATR-BC is a registered and board certified art therapist working at Saint Luke's Northland Hospital for 10 years within an inpatient mental health unit serving geriatrics, adults, and adolescents and on a Rehabilitation unit. She has conducted research on enhancing visual perceptual skills with a child with learning disabilities and with adults suffering from a stroke. She obtained a Bachelor in Social Work degree from Missouri State University and a Master in Arts in Art Therapy from the University of Louisville.

MUSIC THERAPY

JANNA COCHRAN, MT-BC is a board certified music therapist working at Saint Luke's Northland Hospital for over one year. She has provided music therapy with children and adults who have developmental and emotional therapeutic needs for 4 years. She has presented at early childhood conferences and facilitated countless drum circles. Her BA degree in Music Therapy is from the University of Missouri-Kansas City.

DANCE THERAPY

SUELLEN FRIED, ADTR is a registered dance therapist who began her career as a professional dancer with the St. Louis Muny Opera. She was a volunteer dance teacher at Osawatomie State Hospital for 17 years. She worked part-time as a dance therapist at St. Mary's Hospital, Research Hospital, and Menorah Medical Center until the mid-1990's. Presently she has been writing and speaking about bully prevention and intervention. Website:

www.bullysafeusa.com/store/

POETRY THERAPY

JOAN PILLIPS, PhD, LMFT, LPC, ATR-BC is a licensed marital and family therapist, licensed professional counselor, and registered and board certified art therapist with 30 years of experience. She works as a graduate adjunct associate professor at the University of Oklahoma in the School of Art and Department of Human Relations. She also conducts a private practice at the Art Therapy Center. She has been incorporating poetry into counseling and publishing poetry for the past 10 years. She earned a Bachelor degree in Psychology from Duquesne University in Pittsburgh, PA; a Master in Art Therapy from Emporia State University; and a Doctoral degree in Art Therapy from The Union Institute and University in Cincinnati, OH. Website: www.artandpoetrytherapy.com



jaroberts@saint-lukes.org

EXPRESSIVE THERAPY WORKSHOP

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Name _____

Title _____

Employer _____

Address _____

City _____

State _____ Zip _____

Phone:(Work,Home,Cell)_____

Email:_____

COURSE FEE:

- _____ \$75.00 FOR PROFESSIONALS
- _____ \$40.00 FOR SAINT LUKE EMPLOYEES
- _____ \$25.00 FOR STUDENTS (BRING ID)

6.5 contact hours

Registration fee must accompany registration.

REGISTRATION DEADLINE: **Oct. 14, 2009**

Make check payable to "Saint Luke's Northland Hospital" and return with completed registration form to:

Judy Roberts
Saint Luke's Northland Hospital
601 South 169 Highway
Smithville, MO 64089
Office number: (816) 532-7198

Saint Luke's Northland Hospital
601 South 169 Highway
Smithville, MO 64089

Painting by T. Zaiger

**Saturday,
October 17, 2009**
8:30 am – 4:30 pm

**Saint Luke's Northland Hospital
Barry Medical Park
South Conference Center**

**5844 NW Barry Road
Kansas City, MO 64154**

**(7 miles from Kansas City International
Airport)**

