



Fall 2009

Newsletter of the South Texas Art Therapy Association

An Affiliate of the American Art Therapy Association

The Conference is coming; The Conference is coming! November 18-23, 2009, Dallas, Texas!

STATA Officers 2008-2010

President:

Melissa Dilworth,
LPC-AT/S, ATR-BC
artandplay@yahoo.com
Home (210) 545-0541
Cell (210) 347-1463

President-Elect and
Program Chair:

[Megan Van Meter](mailto:Megan.Van.Meter),
LPC Intern, ATR-BC
vanmeterm@hayscisd.net

Recording Secretary:

Open

Treasurer and
Membership Chair:

Jennifer Finley,
LPC-AT, ATR-BC
creatrixfinley@yahoo.com
(512) 440-0459

AATA Chapter Delegate:

Bess Green, ATR-BC
aebessgreen@earthlink.net

Newsletter Chair:

Vicki Williams-Patterson,
LPC-AT, ATR-BC
vlwatr@earthlink.net
(210) 541-1400

As the end of my term approaches, I hope to meet all of you at AATA's 40th Annual Conference in Dallas TEXAS! The board has been busy making our way through AATA changes and preparing for the conference. We have been successful in implementing Robert's Rules of Order into our meetings, and we have held a few telephone conferencing meetings this year to accommodate busy schedules. Megan Van Meter, Pat Grajkowski, Phylis Tomlinson and Margaret Wheeler worked hard on the bylaw changes, but since AATA is proposing a bylaw change of its own, STATA will have to re-evaluate its own. Our focus, now, is on making the conference a success.

It has been very interesting to work with the new AATA team, and I believe our parent organization is now fully aware that we are definitely pioneers and that being an Art Therapist in Texas is extraordinary and complex. This conference will be an opportunity for us to show our strength and skills.

All Texas Art Therapists are invited to be a part of the conference Local Arrangements Committee (LAC) by sending an email to 2009aataconference-subscribe@yahoogroups.com. We need individuals to help at the Welcome/Hospitality Table, attend the Service Project Event, entertain on the bus to Billy Bob's, and to be a part of the Saturday Dinner Dance. Whatever you can do to help is needed! Really, 15 minutes here, maybe an hour there; we need everyone to pitch in and make the effort!

You can also show support by completing your Holiday Shopping during the conference. The Local Arrangements Committee is selling Cow Parade figurines throughout the conference, and STATA will be selling Texas Star Ornaments at the Marketplace.

I hope you are getting motivated to be a part of this Grand Conference Event, and I further hope you are giving thought to becoming an active member of STATA. This year is an election year, and we need your new energy. Being a part of the STATA Board is a great opportunity to work with really wonderful people, and I encourage every STATA member to seriously consider running for a 2010-2012 position. A nomination form is included in this newsletter on page 7. Feel free to nominate yourself or another STATA member. There are many supportive STATA Board veterans available to help you get the most satisfaction out of serving on the STATA Board.

**Plan on attending YOUR STATA Annual Meeting on
Sunday, January 23, 2010 in Austin, TX**

It has been my pleasure to serve as STATA President.

Melissa Dilworth, LPC/S-AT, ATR-BC

PRESIDENT-ELECT'S REPORT

Megan L. Van Meter, MA, LPC Intern, ATR-BC

Greetings! It is with bewilderment that I write this last message as your president-elect; I can hardly believe that in a few short months Melissa Dilworth will turn over the presidency to me. She, and the presidents before her have done a remarkable job of carrying the STATA torch and strengthening art therapy's presence in South Texas, and it is my intention to continue in this tradition and make contributions toward STATA's evolutionary process. I had hoped to complete the STATA bylaws revision project prior to assuming the presidency, but fate apparently had other things in mind. Please see the bylaws update elsewhere in this newsletter for details, but rest assured that this project will be brought to completion and that you will be voting on the proposed bylaws changes sometime in the foreseeable future.

Another item on my "to do" list was to arrange for a STATA-sponsored CEU program in 2009. Due to the STATA board's commitment to support NTATA and the Local Arrangement Committee's efforts in hosting the AATA conference in Dallas this year, it was decided at our annual meeting that STATA would not be putting energy into hosting its own CEU program for the time being. I apologize if that's been a disappointment to some of you, but I hope you're extra-excited about attending the AATA conference and earning lots of art therapy-related CEUs right here in the Lone Star State! And speaking of Lone Stars, I've been spearheading a STATA fund-raising project that will have us selling beautifully decked out paper mache stars at the AATA conference marketplace. Thanks to those of you who have stepped up to the plate and created a one-of-a-kind Lone Star or two (or three or four or...). Your energy will provide conference attendees with a special memento of Texas-style hospitality, just as this organization has provided me with special memories of STATA-style hospitality for the past six years. I look forward to making new memories with you as your president in 2010!

STATA annual meeting on January 23, 2010!

Questions about your STATA membership status?
Contact our treasurer, Jennifer Finley, at
creatixfinley@yahoo.com or (512) 440-0459.

Bess Green, ATR-BC
Chapter Delegate

I would like to ask you on behalf of the board to consider being a part of the nomination process for STATA. The committee is being led by Vicki Williams-Patterson of San Antonio. We want input from the entire South Texas area, including Austin, San Antonio, Corpus Christi, El Paso, and Houston. You may contact me directly by phone (512) 922-8757 or by email if you would like more information. A nomination form is in this newsletter on page 7 so please take time to fill it out and send it back by December 1. The ballot must be sent out by December 15 so that the New officers can be installed at our Annual Meeting on January 23, 2010.

...Which leads me to the second piece: Please consider serving on the STATA board. This is a great way to meet your fellow art therapists and get to know them better. We also need your creativity in plotting the next steps for STATA and increasing awareness of the profession in Texas. I am especially curious about input from new members coming in from other parts of Texas. We have successfully held "virtual" board meetings via conference calls so it's not necessary to travel long distances in order to participate as a board member. What ideas have you seen be successful that we could use? Do we want to host a symposium? Do we want to provide support and technical assistance to members' developing practices? Special projects? Host an art show?

If you are feeling the call, I hope you will fill out the nomination form. WE Want You!!

Newsletter Update from Vicki Williams-Patterson

What a wonderful creative adventure this has been for the last four years! I've graduated from copying our newsletter at the local copy shop to sending it out as a "pdf" file via email. As I said in my last message, I'm a rookie at CorelDraw. It's a wonderful program in which I am slowly gaining confidence.

This will be my last newsletter for STATA. It's time for someone new to take up the task. Some of you have even better computer skills than I - so here's your chance to fill out a nomination form on page 7 and be STATA's new Newsletter Editor. As our Chapter Delegate, Bess Green said, **"WE NEED YOU!"**

STATA BYLAWS: AN UPDATE **Megan L. Van Meter, MA, LPC Intern, ATR-BC**

Many of you might be wondering, "Whatever became of our bylaws revision project?" Well, as the suggested revisions were almost ready to submit to the board for approval prior to sending them out for a membership vote, the AATA ballots showed up in our mailboxes. Included in AATA's voting materials this year were suggested revisions to the AATA bylaws. Since STATA is an affiliate chapter of AATA, it was thought that potential changes in AATA's bylaws could affect STATA's bylaws. Thus, the STATA bylaws revision project has been put on hold until the outcome of the AATA bylaws vote is announced. What does this mean to you as a STATA member? It means STAY TUNED-this appears to be a popular time for proposing bylaws revisions, so change must be in the air. Your vote counts! You will have the opportunity to cast your ballot either for or against STATA's suggested bylaws revisions and thus play an important part in the ongoing development of your regional professional association. Your patience during this process has been, and continues to be, appreciated.

Focusing-Oriented Art Therapy: **Accessing the Body's Wisdom and Creative Intelligence**

by Laury Rappaport, 2009. Jessica Kingsley.

Given the nature of art making process and product, art therapy provides a natural platform for supporting and building self-observation and awareness. In Focusing-Oriented Art Therapy, Ms. Rappaport creates a bridge between these natural elements of art therapy and the work of Eugene Gendelin. Dr. Gendelin developed focusing-oriented psychotherapy, a structured approach to guiding clients in becoming more mindful of their bodily, or "felt" response in therapy. Ms. Rappaport thoroughly covers the six steps of focusing and then integrates visualization and art making and internal dialogue into each of the steps. The process and clinical applications are given in detail with case information on specific groups that Ms. Rappaport has worked with. Those wanting to know more about Focusing-Oriented Art Therapy have an opportunity to hear Ms. Rappaport present at the 2009 AATA Annual conference

Review by Bess Green, ATR-BC, STATA Chapter Delegate



Project Hope - A Community Service Project

On Saturday, July 25, 2009, STATA participated in the service project: Phase II of Project Hope. Our hopes were to raise awareness about the power of art therapy to heal and transform lives and to strengthen our own sense of community.

Project Hope is the brainchild of Brenda Logan, a former psychiatric nursing assistant at Austin State Hospital. In talking with kids on the child and adolescent unit, Brenda became convinced that hope was a key ingredient in the recovery process. Initially, the kids coming into the program didn't have much of that key ingredient. However, slowly, kids would begin to imagine and dream. Brenda felt that the cinder block walls of the units were a perfect space to send a visual message, a message of hope. She gathered phrases and images, and in 2008 volunteer artists from the community put brush to panel, and the images sprung onto thirty-five 4' x 8' Masonite panels. Mother birds sheltered their young. Wildflowers sprung from cracks in the pavement. The sun rose serenely on purple mountains.

In Phase II, Brenda and I collaborated to get full participation from the adult units. In this phase, patients would conceive and paint the murals for their spaces. STATA members Pat Grajkowski, Roberta Shoemaker Beale, Ruth Airhart, Teresa Tinney, Juliet Goldberg, Wanda Montemayor, Angela George, Marlise Lonn and Tracey McCullick answered the call and spent the day facilitating the group's process. Debbie Trammel, from Community Relations who funded the project, welcomed the troops and kept us supplied with beverages and snacks and general enthusiasm.

The energy was great. Patients were truly transformed, consulting with each other, encouraging each other, and applauding each other. One gentleman in particular surprised the group with his natural gift for painting. Roberta cheered him on and wondered aloud how no one had ever spotted his gift before. In his final piece (pictured here), two soft orbs, delicate as dandelion fuzz, face each other with soft tendrils extending toward each other. He continued to paint throughout his stay at the hospital.

In all, eighty 2' x 2' panels were painted. The floor of the gym filled with a crazy quilt of color as artists eagerly posed with their work. Most told me that the feeling they took away from the day was a profound sense of empowerment. They had done something to change the hospital for the good, and that's no small thing. It's enough to give a person hope.

HOPE!





INSPIRING FRONTIERS
for the Next Generation
in Art Therapy
AATA 40th Anniversary Conference
NOVEMBER 18-22, 2009 DALLAS, TEXAS

STATA at the AATA Conference

Renee van der Vennet, PhD, ATR-BC, LPC (former STATA member)

RE1243 How to do research in art therapy: An experiential workshop

PS6104 Art therapy with clients with schizophrenia: Making a connection



Julia Deal, MA, LPA

TE6154 Digital images and the WWW: Get inspired to master this visual frontier

Angelina Rodriguez, MS, ATR-BC, LPC (www.therapybyangelina.com)

MC2059 Welcoming back the dead: An art therapy experience

Angelina plans to host a trip deep into Mexico in fall 2010 for Art Therapists.



Megan Van Meter, MA, ATR-BC (also selling Texas Stars for STATA at the Marketplace)

TA6165 Everything old is new again: Freud, the brain, and art therapy

You can see **Melissa Dilworth, STATA president**, every day at the LAC Welcome table. Melissa has brought the Texas Cow Parade to us! Purchase an authentic **Cow Parade Cow**, and help fund the activities of the LAC. Want to join the fun - send an email to 2009aataconference-subscribe@yahoogroups.com. **NOW!**

Vicki Williams-Patterson, LPC-AT, ATR-BC, will be receiving the Clinical Award for General Services from 2009 Honors Committee and the AATA Board of Directors at the Awards ceremony Friday morning. You can catch her later at the Marketplace, selling her fun jewelry celebrating Texas and Art Therapy!

Friday evening join us for the **Annual Texas Party**. We'll be gathering at **8 PM** in Melissa Dilworth's suite at the Hyatt Summerfield Suites Dallas/Uptown, 2914 Harry Hines Boulevard, just a few blocks from the Fairmont. It's BYOG (Bring your own grub). We'd love to have your treats, but mostly we want to give you a hug for being an Art Therapist in Texas - YeeHAW Pioneers! Call Melissa on her cell phone, 210 414-2930, and let her know you are coming.

Saturday at 4 PM in the OPEN STUDIO - One of a Kind-Exploring the Monoprint with **Bess Green**. Participants will learn the three basic forms of monoprinting. Painting and drawing techniques can be combined in a spontaneous, playful and experimental manner.



SUPPORT STATA
BUY A TEXAS STAR AT THE
MARKETPLACE -
FRIDAY 5:30 - 7 PM



News from STATA Members

Maripat Munley had a poem published in the online and hard copy Journal: Voices de La Luna. The context for her poem was her stay for a recent silent retreat at Lebh Shomea in South Texas. You can read her poem online at www.voicesdelaluna.com/archives.html, Vol. 1, #4, Pg. 20.

The Central Texas Chapter of the American Red Cross recently awarded Mental Health Professional of the Year to Pat Grajkowski. Pat was also honored at the 2009 Austin Polish Society Art. All visitors were able to vote for their favorite piece to win the title of Best in Show. The title went to "Blue Lady" by Pat Grajkowski.

Healed by Light: Professional Art Therapy by Julia Elizabeth Carroll is a multi-tasking tome comprising a case history, poems & drawings, a survivor journal, art therapy methodologies, a resource guide and more. The entire book can be viewed and read on Julia's Web site <http://www.juliacarroll1.com>

Laura M. Pelton Sweet, MEd, LPC, announces the opening of her counseling private practice at Rivertree Therapy Services in Austin, TX. Laura has gained a wide variety of skills with diverse populations at both the YWCA of Greater Austin and The Phoenix House, a residential substance abuse treatment program for teens. Find out more about Laura and her practice at www.peltonsweet.com or call her at (512) 633-3902.

Wanda Montemayor and Lisa Orr were awarded \$20,000 by Art in Public Places on October 5th, 2009. The Deep Eddy Mural project was warmly received by the panel as an art project that raised "the bar ...to a new standard for others to follow". The community art mosaic project involved several schools, as well as Breakthrough, Safeplace, Con Mi Madre, Big Brothers Big Sisters and Communities In Schools. For more information visit www.deepeddy mural.org

Ruth A. Airhart, MA, LPC, ATR-BC, continues with her Holiday Wellness Series for Therapists at her office located in Austin, TX. The four sessions include creating a deck of visual affirmation cards and a first-aid kit of expressive self-care techniques. Find out more by contacting Ruth by email at raairhart@gmail.com or by phone at 512-569-9330.

Check out more STATA members on the WEB!

CAROLINE ZAKARIA - <http://artwanted.com/artist.cfm?ArtID=10935&Tab=Bio>

DEBORAH LINDEEN, MA, LPC, ATR-BC - <http://www.soulscapecounseling.com/>

JO ANN WILLIAMS, ATR-BC - <http://www.artbridgehouston.org/about.html>

JO LAGATTUTA, ATR-BC - <http://womenprintmakers.com/members.asp?v=portfolio&memberID=29>

JOHN GOFF JONES, ATR-BC - <http://www.fsu.edu/~trauma/a2v5i3.html>

MOE PECK, PHD, LPC, ATR-BC - <http://moe.peck.tripod.com/>

TRACEY McCULLICK - <http://traceymccullick.com/index.htm>

TRUDY WILLADSON, ATR-BC - http://www.spiritsinthewindstudio.com/Home_Page.html

South Texas Art Therapy Association - Membership Application

NAME _____ License/Degree _____
ADDRESS _____
TELEPHONE (H) _____ (W) _____
Email _____

Membership Status:

___ *Professional \$25. Must be a professional member of American Art Therapy Association (AATA); ATR or working towards ATR. Professional Members shall be eligible to vote, hold office, serve on committees, have a member page on the STATA website.

___ *Associate \$15. AATA member; mental health professional interested in therapeutic use of art; non art therapist; non voting.

___ *Student \$10. Must be a student in an art therapy program and a member of AATA; non voting.

___ **Friend of STATA \$15. NOT a member of AATA; Supporter of art therapy; non-voting.

NOTE: All members will receive official publications, workshop announcements and membership discounts. Only professional members have voting privilege and right to hold office. A trained art therapist can be a professional member or a friend of STATA.

*For more information on joining the American Art Therapy Association call: 1-888-290-0878, or go to website: www.americanarttherapyassociation.org

**To join STATA as a Friend, copy membership form and mail with check made payable to STATA to: Jennifer Finley, Treasurer, PO Box 40092, Austin, TX 78704.

Nominations for STATA officers - 2010 through 2012: Nominees must be Professional members of STATA. Copy & mail completed form to Vicki Williams-Patterson, 5804 Babcock Rd., #377, San Antonio, TX 78240.
DEADLINE: December 1, 2009

President _____ The President shall call and preside at meetings of the Executive Board and at all meetings appoint such individuals of committees as are deemed necessary to carry on the work of the Association, subject to the approval of the Executive Board; be an ex-officio member of all committees except the Nominating Committee. The term of President shall be for a two-year period.

President-Elect _____ The President-Elect shall succeed the President in office; perform the duties of Program Chairman, perform the duties of the President and exercise the power of the President in the President's absence or inability to serve; assist the President as requested; and report for Ad Hoc Committees in the absence of such committee chairman.

Treasurer _____ The Treasurer shall be entrusted with the funds of the Association; send statements of dues/fees and receive same; sign all membership cards and mail to members upon receipt of dues; pay all bills authorized by the Executive Board; keep an itemized account of all receipts and disbursements. The Treasurer shall develop and recommend to the Executive Board a budget, which shall be approved by a majority of the members of the Board.

Secretary _____ The Secretary shall keep the minutes of all meetings of the Executive Board and all meetings of the Association and shall attend to correspondence. The Secretary must appoint a substitute in his/her absence.

Newsletter Editor _____ The Newsletter Chairman shall gather news; publish and mail the newsletter, including announcements of meetings and other pertinent events.

Chapter Delegate _____ The Chapter Delegate/Regional Liaison Chair will serve as representative at the annual meeting of the AATA Affiliate Chapters; maintain communication with the Chair of Affiliate Chapters, and act as a liaison with the AATA Regional Board Member.



Vicki L. Williams-Patterson, LPC-AT, ATR-BC
Newsletter Editor
5804 Babcock Rd., #377
San Antonio, TX 78240
(210) 541-1400; vlwatr@earthlink.net

Mailing Label

Nomination Form is page 7!

Please copy/print & complete form, then mail to:
Vicki Williams-Patterson,
5804 Babcock Rd., #377, San Antonio, TX 78240

DEADLINE for nominations is December 1, 2009.

Ballots will be mailed out by December 15, 2009,
and are due back by January 1, 2010.

New officers will be installed at the
Annual STATA meeting on January 23, 2010.