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## EXthPress: Lesley University Expressive Therapy Newsletter, Spring 2004

Lesley College

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# ~EXTH Press~

Lesley University Expressive Therapies Newsletter

~ Spring 2004 ~

## **M**essage from Julia Byers, Director of Expressive Therapies

Happy Spring! It's been a whirlwind experience of coming back to Lesley after my sabbatical! Again I am very grateful to Mariagnese and Michele, faculty and staff for their profound support in my absence.

I hope by now I have met most of the 1st year students in my visits to your classes. If I haven't met you yet, I'm looking forward to the opportunity soon.

This is the season we celebrate our new graduates from the program. Please join me in reaching out to all the graduates and expressing your well wishes! As many of you may know Dr. Michele Forinash and myself were co-editors on the recent publication of the book, "Educators, Therapists and Artists on Reflective Practice" 2004, NY Peter Lang Publisher. Many faculty in EXTH, MA graduates and Carylbeth Thomas, Ph.D. candidate wrote chapters in the book. In particular, Shannon Sherman, an MA graduate, wrote her chapter on "In Silence" that was based on her MA thesis. There are many diverse and interesting topics that are written by our students. Please encourage each other to publish and let others know your amazing professional contributions.

Many faculty and students attended the Judith Rubin film/video premier hosted by the New England Expressive Art Therapy Association (NEATA) and the Lesley Art Therapy Association (LATA). It was an inspiring event promoting the use of Judith's 50 minute DVD and video cassette of the documentary film which is a most awaited example of instructional material on what Art Therapy is as seen through the eyes of clients, therapists, and artists. Please contact NEATA for more details in getting your own copy. Congratulations to all for arranging the workshop and event. Thank you students and grads for the impressive collective work.

As you can see in this newsletter, many other exciting events and happenings occurred in the division. If you have any ideas about next year's brown bag lunch presentations, events, courses, faculty, etc. please email Sandy at Tulipano@mail.lesley.edu.

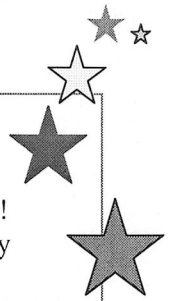
Please mark October 29th, 2004 (Alumni Hall) a special day to celebrate the 30th Anniversary of the EXTH Division. Ruth Levy and Mitchell Kossak are actively working on bringing back as many faculty, alumni, recent grads, and current students to Lesley as possible. It should be a fantastic event and great way to reconnect to other classmates you haven't seen in years or want to get to know! Please pass the 'word' of the event to as many people as you can and/or let Ruth or Mitchell know how we can reach people from far away places.

I wish you all a very happy summer. I'm off to China after graduation day to do a keynote speech and several days of workshops for the first Creative Arts Conference in Hong Kong, followed by travelling to England to be a Ph.D. external examiner for a Doctoral Student at the University of Gloucestershire, Cheltenham on her Arts-Based Research. I'll be teaching an off-campus EXTH course for Lawrence Public School Board Counselors in late June, delivering our program off campus in certificate form for elated professionals, funded completely by the School Board! Clearly the interest and demand for EXTH is thriving!!!!

I've also heard the birth of new babies from our faculty and students. Please watch for these announcements in our newsletter. Let us know of your creative works too. Congratulations Mums and Dads!

Thank you core/adjunct faculty, staff and students for the deeply connected work that you do. It's a deeply meaningful community.

Most Deeply,  
Julia



# Emerging women

Expressive Therapy Ph.D. students  
An evening of collaborative  
works in process

Marran Theater, Lesley University

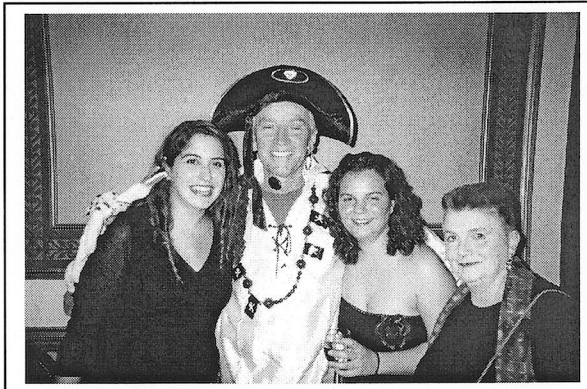
Gony Halevi  
Irit Halperin  
Hadass Harel  
Ellen Landis  
Cameron Marzelli  
Mika Watabiki

Sunday, May 2, 2004  
7:30pm

Music by Mika Tsuda and Gony Halevi

## November 2003 AATA Conference

**S**econd-year students in the Art Therapy program attended the American Art Therapy Conference held in Chicago in November, 2003. Here are some photos from the event:



*Top left:*  
In the Red  
Room at  
the Palmer  
Hilton Hotel:  
Rachel  
Brandoff,  
Naomi  
Muller, Jodie  
Dow-  
Novaes,  
Shirly Oren,

and Whitney Giehl. *Top right:* Lesley professor Shaun McNiff celebrated his final evening as AATA President dressed as a pirate. Pictured with Shaun are LATA presidents Rachel Brandoff and Reina Wilson, and classmate Jodie Dow-Novaes. *Left:* The final party at the AATA Conference: Krisanne Haerr, Reina Wilson, Valerie Epstein, Rachel Brandoff, Jodie Dow-Novaes, and Whitney Giehl.

# ★ Ph.D. in EXTH Program Update ★

**H**ello All! We'd like to take this opportunity to let you know more about our current students in the CAGS and Ph.D. EXTH Program. There are many exciting topics of research and scholarly inquiry. First, let's congratulate Cameron Marzelli, Irit Halperin, Hadass Harrel, and Nancy Beardall, in addition to Vera Heller who have successfully passed the first phase of the doctoral program. After completing the doctoral study plan in coursework, they are moving into preparing for their qualifying exams (Phase II) and dissertation (Phase III). ★

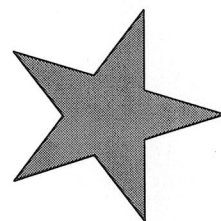
**W**e are expecting four new students next Fall – all international students (from Palestine, Israel, Korea, and Belgium). We are currently looking for a permanent faculty position as the Ph.D. EXTH program Director to continue to expand the program. It has grown fast and is thriving. Irit Halperin was most active this year and is presenting her on-going work at the first Ph.D. Conference at Lesley on Feminist Research, Peace Activism, and Expressive Therapy. Dr. Branca Ribiero, who has been the DSP advisor for the doctoral students this year, also presented her work with colleagues on a research design: Cultural Competence in assessing Mental Health Problems in the US. This is an example from a Brazilian Community in the Boston area. Please congratulate them on their contributions. We hope to be more active next year, involving many more faculty and students. ★

**M**any of our doctoral/CAGS students teach in the MA program. Please take the opportunity to encourage them in sharing their scholarly interests. They are an inspiration to us all. The summer won't be quiet for many Ph.D. students as they work on their DSP or QP papers, but please remember to pamper yourself along the way! Please send Gilda R. Walsh any information you would like to announce in our next newsletter. We might even have our first Ph.D. in EXTH graduate next year! Congratulations on all your hard work.

With deepest appreciation,



Julia Byers & Gilda Resmini-Walsh  
EXTH Program Director and Administrative Director



## Looking for a job in human services? ★

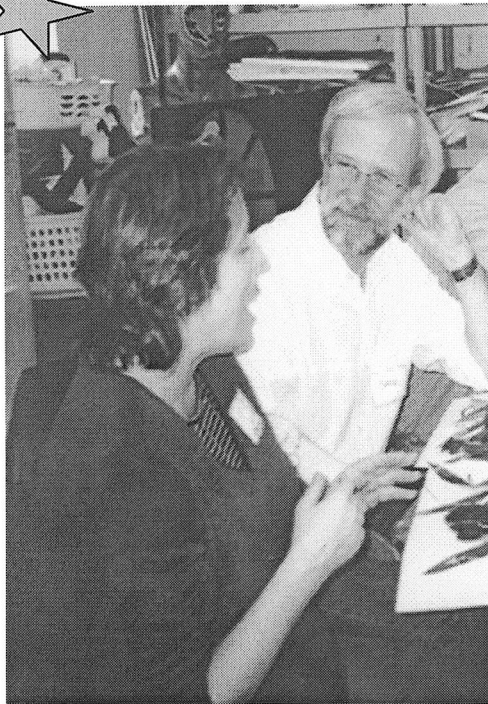
**T**he Career Resource Center (CRC) has a great resource for Expressive Therapies students and alumni. The Human Services Employment Connection is an online list of over 100 area human services employers located on the CRC web site ([www.lesley.edu/crc](http://www.lesley.edu/crc)). These employers responded to a recent correspondence and indicated their desire to be included on the site and to receive resumes from Lesley candidates for positions in clinical and non-clinical settings. Each entry includes contact information and a list of typical positions. If you would like assistance with your job search, the Career Resource Center offers individual appointments, drop-in times, and job seekers' support group. Call (617) 349-8550 for more information. ★

## ★ Fall Psychodrama Workshops ★

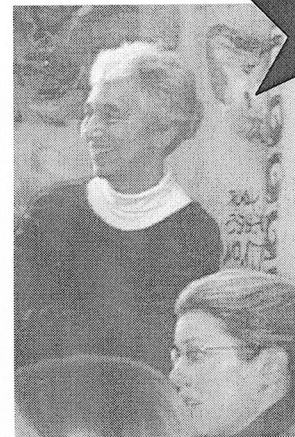
**November 19, 2004:** Offered by the Family Institute of Cambridge, See the web site for details soon. ★  
**November 20, 21, 2004:** Offered by the Psychodrama Institute of Boston. Practice the psychodrama techniques that you know with supervision on Saturday and your own psychodrama on Sunday. Days may be taken separately. For more information call 617-547-7846 or visit [www.actionmethods.org](http://www.actionmethods.org).



# Art Therapist Dr. Judith Rubin



On March 26<sup>th</sup>, NEATA and LATA brought Dr. Judith Rubin to Lesley to present her new video. The following day, LATA, NEATA and Raw Art Works sponsored Dr. Rubin's exciting workshop at RAW, "From Creativity to Community." Below are photos from the workshop. Thanks to NEATA, LATA, and RAW for hosting the events!





# Art Therapy Program Update




Susan Spaniol, Coordinator

**T**his spring will be an eventful time for the art therapy specialization as it strives to build a strong art therapy community through association with the New England Art Therapy Association (NEATA) and the Lesley Art Therapy Association (the student group, LATA). Dr. Judith Rubin, an art therapy pioneer and key author in the field, came to Lesley in March to premier her film showcasing the history and use of art for healing. (Contact me if you're interested in a pre-publication price.) The following day, we took over the inspiring studios of RAW Arts in Lynn for a workshop led by Dr. Rubin, "From Creativity to Community." It was moving to be part of a large group of art therapists of all levels—students to seasoned professionals—working together and connecting through visual art.

**O**ther up-coming NEATA events that may interest you include a printmaking workshop on Saturday, April 24, 2 to 4, and an encaustic workshop June 19, 9 to 1. To register or for further information, e-mail [NEArtTherapy@aol.com](mailto:NEArtTherapy@aol.com), or call 781-721-1504.

**A**t this writing, Denise Malis and I are planning a group for people with mental illness who use art for self-expression or as "artists." At our first meeting, we will get a consensus of the group's needs, and plan subsequent meetings accordingly. We hope this will become an inclusive on-going group, welcoming students and art therapists as well as people with mental illness.

**D**id you know that Lesley has an on-line journal? It is the *Journal of Pedagogy, Pluralism, and Practice*, at <http://www.lesley.edu/jppp.html>. The next issue will be a collection of short articles on arts-based research. My contribution is "Learned Hopefulness: An Arts-Based Approach to Participatory Action Research." Check it out later this spring.



## Theater of Witness:


Life Stories That Make a Difference

**D**evelopmentally Disabled adults team with a graduate Art Therapy student to make their theater debut with this provocative new play challenging social stigma and sharing their personal experience.

"Theater of Witness: Life Stories that Make a Difference" is a new play by Masters candidate Rachel Brandoff, in which seven adult actors portray experiences from their lives, in an empowering production that examines what it is like to have a developmental disability. Using satire, song, and silliness, Brandoff and seven developmentally disabled adults create a highly theatrical, parallel world to explore real-life social injustices.

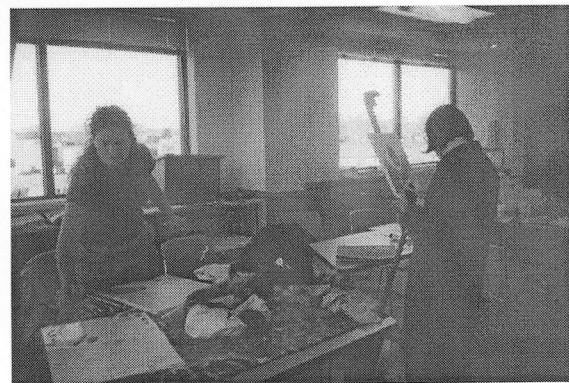
"Theater of Witness: Life Stories that Make a Difference" will be performed at Marran Theatre, on Mellen Street at the Lesley University Main Campus, on Saturday, May 15, 2004 at 7:00 pm.

FREE general admission seating, \$5.00 donation requested. Seating is limited. – reservations recommended. To reserve seats contact: 617-629-3571 or [theaterofwitnessreservations@yahoo.com](mailto:theaterofwitnessreservations@yahoo.com) by May 10, 2004. Handicapped accessible seating is limited. Directions available at: <http://www.lesley.edu/dir.html> Contact: Rachel Brandoff at [rachel\\_brandoff@yahoo.com](mailto:rachel_brandoff@yahoo.com) for additional information.



# Lesley Art Therapy Association (LATA) ★

The Lesley Art Therapy Association (LATA) would like to thank all of its supporters for helping to make our first year a wonderful success. Special thanks go to Susan Spaniol and Michaela Kirby, our faculty advisors. LATA was able to host many events this year, including Open Studios, as well as welcoming our guest speaker Judith Rubin. LATA is eager to further collaborate with the New England Art Therapy Association (NEATA). LATA membership is open to Lesley students in any phase of graduate work and in any modality. For more information on LATA and how to become involved, contact Reina Wilson at [reina\\_wilson@hotmail.com](mailto:reina_wilson@hotmail.com), or Rachel Brandoff at [Rachel\\_brandoff@yahoo.com](mailto:Rachel_brandoff@yahoo.com). LATA is currently looking to fill board positions for next year. Our next meeting and elections will be on May 3, 2004. For more information on LATA, visit us online at <http://groups.yahoo.com/group/LATA/>. We look forward to more successful endeavor as a student-run, professionally-affiliated organization.



Fundraising: *Top left:* Reina Wilson (LATA co-president) at the LATA fundraising bake sale booth at a Lesley basketball home game. LATA Open Studio: *Top center:* Reina Wilson (LATA co-president and 2<sup>nd</sup> year Art Therapy student) and Catherine Lee (2<sup>nd</sup> year Intermodal student). *Top right:* Toby Capulet (undergraduate Art Therapy student). *Bottom left:* Catherine Lee (2<sup>nd</sup> year Intermodal student) and Sara Baumgartel (2<sup>nd</sup> year Art Therapy student). *Bottom right:* Whitney Giehl and Shirly Oren (both 2<sup>nd</sup> year Art Therapy students).





# Dance Therapy Program Update



Nancy Jo Cardillo, Coordinator

**A**s the Spring semester comes to a close we have several things to look forward to and pat our backs for.

**F**irst off – We are all looking forward to the New England Chapter's Annual Dance Therapy Conference held here at Lesley on April 25<sup>th</sup>, "Dance Movement Therapy Practices: Then and Now". Sharon Chaiklin and Norma Canner, pioneers in our field will be presenting. Also, Judy Mendelsohn, Elaine Siegel, Deborah Smulren-Siegel, Nancy Beardol, and Dicki Johnson Macy, as well as faculty members Sharon Davis Brown, Julie Leavitt Kutzen, and Vivien Marcow Speiser and several alumni will be presenting. Dicki Johnson Macy and her dance company will close the day with a performance based on Isadora Duncan's choreography, exploring the continuum between affiliation and solitude, celebrating nature's unity and rhythm. You will recognize several of her dancers as friends and alumni. Cathy Lebeaux, our chapter president will preside over a luncheon meeting! The conference will start off "Dance/Movement Therapy Week 2004" as proclaimed by Governor Mitt Romney.


**S**econdly, first year DMT Core Group students just returned from half a semester spent working with students at Perkins School for the Blind. The anticipation on the part of the children was great this year, due in part to the wonderful work and reputation last year's Core Group flowing right into the fine attunement and presence of this year's Core Group. I think we can all agree that our lives were touched and we learned much from these amazing children. Needless to say, I was very proud of you all!

**S**econd year students are getting ready to graduate! Before she leaves, Regan Mosher-Rudolph would like to share with the DMT community her Pilates training on Thursdays from 4:30 – 5:30 in Porter 416. This is a great way to bring 1<sup>st</sup> and 2<sup>nd</sup> year students together. Soon you will be colleagues out in the work world together!




# Expressive Therapy Program Update

Karen Estrella, Coordinator

**C**ongratulations to all our Intermodal graduates! It's very exciting to think of you all becoming ambassadors for Expressive Therapy out in the world. Stay in touch and let us know where ET takes you. Please consider getting more involved in your professional organization, the International Expressive Arts Therapy Association (IEATA) - see [www.ieata.org](http://www.ieata.org), or speak with me about how you can get involved ([karen@ieata.org](mailto:karen@ieata.org)). We really need YOU to get involved. 

**F**or all our incoming and continuing students, I hope you have a renewing and refreshing summer, and I look forward to working with you again in the fall. We are excited to be offering two new electives this fall - Focusing and Expressive Therapy with Laury Rappaport on Wed from 1-4, and Storytelling and Healing: A Lifespan Approach with Alan O'Hare on Wed from 7-10. Last but not least, do something creative this summer - take time to reconnect with your art, your imagination, your friends, and yourself.

**T**hank you again to all who made this year a special year. A special thanks to Colleen Brown, who served as my graduate assistant this year, and was responsible for sending out the weekly "Happenings" - you really helped us to stay connected to all that was "happening." Thanks Colleen! Have a great summer! 

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Music Therapy Coordinator Michele Forinash is on sabbatical this semester. Look for an article about her adventures in the fall newsletter!



# Leading a Training in Switzerland

Mariagnese Cattaneo

**I**n March I was in Switzerland where I trained future art therapy supervisors. I would like to share with you an exercise that was successful in this training seminar. As part of the training these art therapists are assigned to supervise an art therapy intern for 5 months. The internships are in many different clinical settings similar to our expressive therapies program. The focus and goal of this supervision is on the clinical application of art therapy theories, developing and furthering art therapy skills and competencies.

This exercise was in preparation for starting supervision with the assigned supervisee. It helped to gain insight into assumptions and clarified anticipation, and expectations concerning the clinical setting. It allowed for asking and/or clarifying questions concerning the site, the population, the system and/or the supervisees. It also provided a forum to examine own projections and biases based on passed work experience and positive or difficult situations and experiences with supervision received in the passed.

## Materials.

Any material for creating a three-dimensional art piece, such as boxes, wood, construction paper, collage material found objects, clay etc.

1. Create a three dimensional representation of the agency, hospital or place you want to learn more about.
2. Create the environment in which this agency etc. is located.
3. Create the clients, staff, supervisor(s) and place them in to the piece
4. Represent yourself and place yourself in relation to the piece and the different people.
5. Look at your creation and get in touch with your feelings. Record your observations you are making while looking and examining the piece.  
You may write a story about the piece, the place, the system and the people in the piece.
6. What has the agency, the environment to say?  
If you are in a group you could create a role-play. You could also use instruments and give each one a voice, including the agency, the environment. Assign roles to different members, using the instruments to communicate with each other.
7. Try to move and rearrange the different figures according to their needs and your in-sight. This can help you to learn more about them and the situation.
8. Based on the work you have done note your questions, assumptions, expectations. Clarify your own projections and feelings. What has changed for you during this work. What was your learning and how will you apply it?

The Swiss students worked a whole day on this project, creating it and working with what came up for them. The following days of training were based on the learning gained and the questions that were generated by this project

One art therapist created a beautiful chalet in the mountain. The doors were firmly closed not revealing what was inside, isolating the clients, staff from the supervisee. While another art therapist who will be working with a student in a substance abuse treatment center used a bottle to represent the agency and placed clients, staff, and supervisee inside the firmly closed bottle. As you might see, both creations generated lively work and discussions.

This exercise could be helpful and applicable after one has interviewed for an internship or job. It can help making a decision between seemingly similar choices of internships and work place. And I am sure with your imagination you will find other meaningful adaptations and applications If you are going to try out this exercise, let me know how it went and what you learned from it, or how you changed it. E-mail me with questions/ suggestions: cattaneo@mail.lesley.edu. Look forward to hearing from you!

