

FALL 2020 NEWSLETTER



Edica Pacha *Danza* photographic mural 12' x 14'

COMMUNITY LETTER

Dear Colorado Art Therapy Community,

The Colorado Art Therapy Association is working hard to represent the integrity and voices of Colorado chapter members. We are striving to uphold our values to continue to stand up for the Colorado community of working and growing art therapy professionals during this time.

Our mission statement encompasses a universal language to embrace all people through engagement, education and uniting through art therapy. As members of this association and the Colorado community, we use creativity to promote and facilitate social change.

We are continuing to focus on social justice and action. In honor of the upcoming Indigenous People's Day, on October 12, 2020, we have chosen to highlight the work of local artists and art therapists who support indigenous communities and are implementing social justice into their work.

We also want to take time and space to honor the Justice Ruth Bader Ginsburg and her life-long work to create social change. May her life bring a revolution.

Thank you all for continuing to show up, use your voice and contribute to our art therapy community! We are excited for the strength, growth and development of our community. This kind of change would not be possible without you.

Sincerely,
Jacenta Irlanda, Vice President
Lara Rutledge, PR Community Chair

ART THERAPIST SPOTLIGHT



Meet Annie Mell, LPC, ATR-BC

The Colorado Art Therapy Association sat down with member and local art therapist, Annie Mell, to learn more about her art therapy journey.

Annie is currently working towards an MBA in Health Administration and hopes to bridge the gap between the clinical and business worlds someday soon!

[Read Annie's Interview](#)

COLORADO ART THERAPY ASSOCIATION UPDATES

Student Info Session

Are you an art therapy student?

Would you like to connect with other students or know a student who might like to learn more about CO-ATA?

Come to the Info Session!

Thursday, October 15, 2020
6 - 7 pm via Zoom

Email - students.coata@gmail.com
for a zoom link!



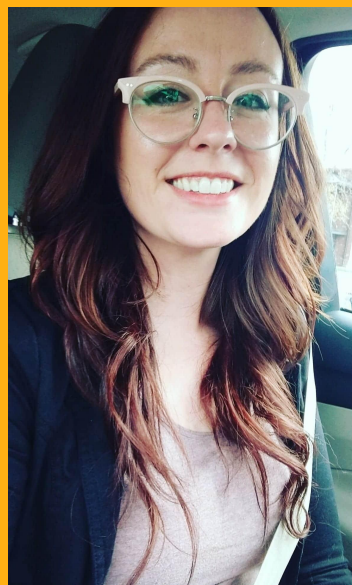
Peer Supervision

Sunday, October 4th 2 - 4 pm
with Kerry Jessup @ Wash Park

Sunday, October 17th 10-12 noon
with Madi Musson via Zoom

[Register for Peer Supervision](#)

WELCOME ABOARD JANICE MARTINDALE, MA, LPCC

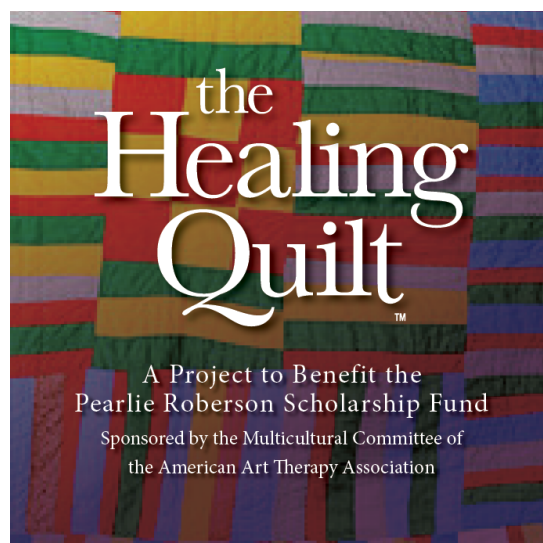


CO-ATA is very excited to welcome Janice Martindale to the board!

Janice works with sexual assault survivors in the Denver metro area. Her passion for clinical work has primarily focused on the healing process of trauma. Much of her framework incorporates the healing properties of artistic self-expression and bottom-up approaches for trauma-focused treatment.

In her position as the Membership Chair at CO-ATA she looks forward to making new connections in the art therapy community!

AMERICAN ART THERAPY ASSOCIATION UPDATES



The Healing Quilt

Art therapy students and professionals are invited to contribute a digital copy of artwork to be added to the AATA Multicultural Committee's, *Healing Quilt Project*.

No fee for submission, but any donation to the committee's Pearlie Roberson Annual Award and the committee's other projects are appreciated.

[Participate](#)

[Leading with Intention Webinar](#)

AATA members have spoken up about their wish for diversity, equity, and inclusivity. Now, AATA will provide a 1-hour webinar entitled,

Leading with Intention to Promote Diversity, Equity, and Inclusion

1 CEU will be offered for this webinar. Free for AATA members, \$40 for non-members.

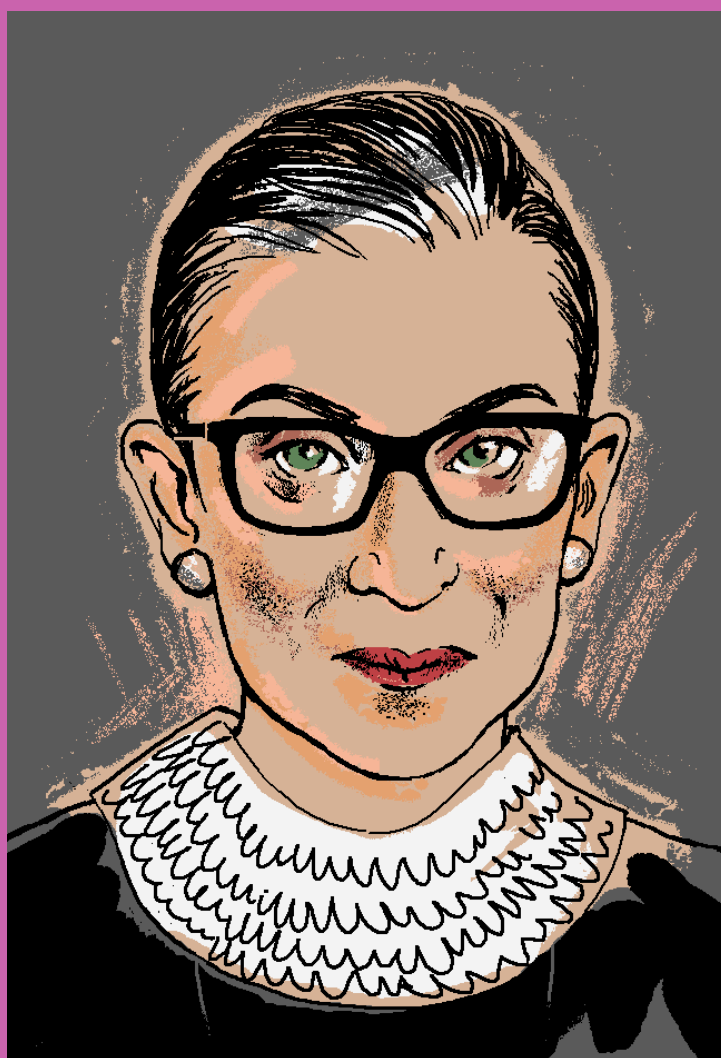
[Register](#)



In Loving Memory

Ruth Bader Ginsburg

March 15, 1933 - September 18, 2020



May your life bring a revolution.

Image by Agata Nowicka @pixelendo

ART THERAPY RESOURCES

Art Therapy to Support Sexual Assault Survivors During the COVID-19 Pandemic

CO-ATA interviewed our Education and Art Show Chair, Gracie Bueno, MA LPC, ATR to learn about her work with sexual assault survivors during the COVID-19 pandemic.

Have you noticed an increase in sexual assault since the beginning of the COVID-19 pandemic?

There has been a significant increase in sexual abuse disclosures, consisting of both childhood and adult incidences during the COVID-19 pandemic. Also, It appears that many individuals impacted by sexual trauma are experiencing elevated post-traumatic symptomology; specifically isolation, depression and hypervigilance.

How do you recommend using art therapy to support survivors of sexual assault during this time?

Individuals that have experienced sexual trauma continue to actively seek out support as well as their loved ones that are in the process of supporting them during this time. When working with survivors of sexual trauma it is most important to understand that their trauma is not a linear experience; therefore, a modality such as art therapy can provide a

non-linear approach to safety, exposure, and integration. At times, with and without words.

Can you please describe the work you have done with the survivors of sexual assault within indigenous communities?

There are many pieces that are missed within the confines of Western culture when working with the indigenous population. The apparent need that arises is to offer a client-focused approach, regardless of the issue at hand. When working with individuals that have experienced trauma the layers of systemic and generational trauma cannot (and should not) be seen as independent events; rather, seeing these as connected and interwoven layers of trauma and working from a bottom-up approach may prove to be much more beneficial.



Art Therapy Intervention for Survivors of Sexual Assault by Gracie Bueno, MA, LPC, ATR

The following art therapy intervention offers containment, safety, and emotional regulation when working with sexual assault survivors.

Title: *Feeling Mandala*

Materials:

card stock with 6" circle outline
tissue paper (bright, neutral and dark colors)
mod podge
glue brush

Instructions:

Take a moment to find a quiet space and a comfortable seat. You are welcome to close your eyes or have a lowered gaze and just notice your breathing... when ready, check in with yourself and perhaps ask "how do I feel at this moment?" Give yourself time to check in. If you do or do not receive an answer keep in mind that there is no right or wrong way. Your answer may or may not come after completing the art directive. When you feel ready, flutter your eyes open and make any movements necessary to return into the space.

Directive:

Select colors of tissue paper that call your attention. Begin by tearing one small piece of tissue paper at a time and positioning and gluing it down within the circle. Continue with this process until your mandala feels complete. When finished, take a moment to reflect on the colors used...some colors may create other colors based on how the glue mixed the ink.

Reflection:

Reflect on how the colors used speak to your current feeling state.

Art Therapy Book Release by Local Art Therapists - Edited by Nora Swan-Foster

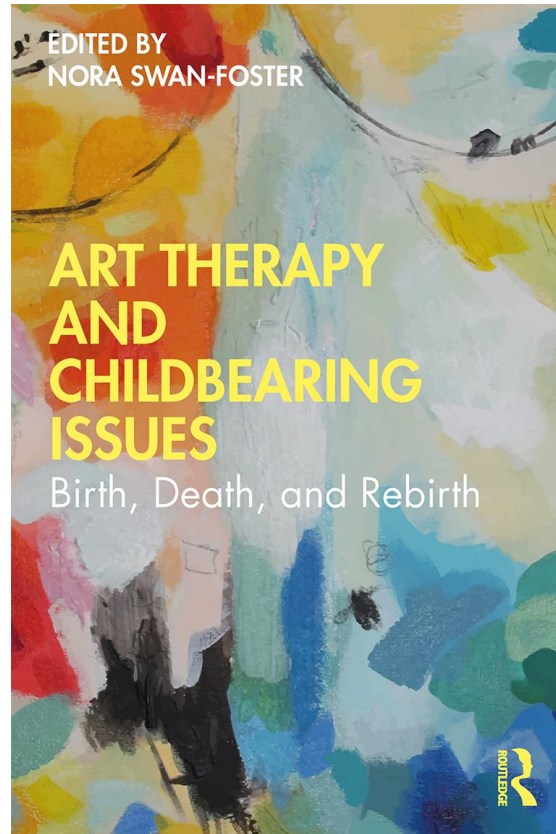
Colorado art therapist, Nora Swan-Foster, Editor of a new released book called *Art Therapy and Childbearing Issues* on September 23, 2020.

Swan-Foster let us know, "I have edited a new book that contains 18 wonderful authors, who share their ideas and work! It is the first art therapy book to focus on childbearing issues in the United States-- where we need to find unity in divided times. All women and their babies deserve decency, respect and loving care."

Congratulations! We can't wait!

Contributing authors include:

Mary Andrus, Casey Barlow, Paula De Oliveira Santos, Valerie Epstein-Johnson, Fiona Swan-Foster, Dave Gussak, Katherine A. Holbrook, Jane Margaret Hunt, Juliet L. King, Mary K. Kometiani, Rebecca Miller, Merryl E. Rothaus, Shannon Schmitz, Linda Siegel, Alison Silver, Ellen Speert and Denise R. Wolf



[Click Here to Order a Copy](#)

Be sure to enter code **[FLR40]** at checkout to save!

Save The Date

CO-ATA is proud to host an
Introduction to Art Therapy and Childbearing Issues
via Zoom!
Sunday, December 13th
from 2:30 to 4:00 pm

COLORADO ART NEWS

Gregg Deal's Work Continues to Address Misconceptions of Indigenous Community



You might have seen the larger-than-life work of contemporary indigenous artist, Gregg Deal, in the city streets of Colorado.

Deal's breadth of work addresses common misconceptions of the indigenous community through a critical lens. He says, "when we omit things from history, we immediately give

value to those things" and "the value of the indigenous community is really low."

From classic American painting to modern pop art techniques, Deal implements a Western perspective to draw attention to the cultural value, and misunderstanding of indigenous communities in America.

Look for his new 66' mural, *'Take Back the Power,'* in Colorado Springs at the intersection of Tejan Street and Pikes Peak Avenue.

Reference

Deal, Gregg. (2018). Indigenous in plain sight [video file]. Retrieved from: https://www.ted.com/talks/gregg_deal_indigenous_in_plain_sight

Adri Norris' *'Black Lives Matter'* Murals Reflect the Importance of Time and History



Local artist, Adri Norris, hit the pavement with a support crew to create this *'Black Lives Matter, Remember this Time,'* street mural (above) near the Denver Capital this summer.

Other works by Norris continue to shine light on women of color in history, who might have been forgotten.

Look for her *'Ella Baker Mural'* (left) at:

7100 Hooker Street
Westminster, Colorado
80030

[Learn More About Norris' Work](#)

About the Cover Artist, Edica Pacha

CO-ATA would like to recognize the work of up-and-coming Colorado artist, Edica Pacha.

Pacha creates large scale photographic murals using a unique 'layered in camera' photographic style, that explores the mystical and mysterious sides of the feminine.

She is interested in creating opportunities for 'humans to be seen' and vulnerabilities to be shared, while connecting deeply through Social Art and street art practices.

You can see more of Pacha's work on her website at www.edicapacha.com and Instagram [@edicapacha](https://www.instagram.com/edicapacha).

Danza is located at:
878 Santa Fe Dr
Denver, CO 80204
On the backside of Theyda gallery





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