



## **Art Therapy Community Letter**

Dear Art Therapists and Students,

Thank you for continuing to support the Art Therapy Association of Colorado! The board is thankful for your connection and letting us know about feedback you have. The board is actively working to make your membership worth the investment by integrating your feedback on how to make the association better. We want to make your suggestions come to fruition!

We hope to accurately represent Colorado's art therapist community and we cannot do that without your ongoing support. As a result, we want to incorporate and address the issues presented to us by our community. In the future we will work on building a section about updates in the Newsletter.

As you know, ATACO has gone through major changes with the board and fluctuations in membership in the last few years which means it is time to rebuild. Help us transform ATACO into something new!

The Board is currently focused on the following initiatives:

- Partnering with the Colorado Association for Music Therapy to move towards getting art therapy and music therapy licensure with DORA.
- Putting together an art therapy Social Media Challenge for May 2020's Mental Health Awareness Month to promote art therapy.
- Updating our acronym, tagline, and mission statement.
- Working on collaborating more community events and art therapy workshops.
- Creating videos relating to art therapy for our YouTube channel.
- Engaging in discussion about how to grow the ATACO community and be more involved in the community.
- Sharing art therapy resources and art therapy interventions.
- Sharing the latest art therapy news on our Social Media.
- Engaging in discussion about putting together a Colorado Art Therapy Conference in the near future.

As always please keep in touch! Let us know ways we can improve and build further community that best suits Colorado art therapy. We will address all that we can in order to enhance and strengthen the art therapy community.

Sincerely,

Jacenta Irlanda - The Art Therapy Association of Colorado, PR - Community Chair



## **Art Therapist Spotlight Interview:**

### **Nissa Jackman, LMFT, ATR-BC**

Nissa Jackman, LMFT, ATR-BC is an art therapist working in Colorado. She graduated from Notre Dame de Namur University in Belmont, CA with a Master of Arts degree in Marital and Family Therapy and Art Therapy.

From her website [nissajackman.com](http://nissajackman.com) “My professional background is as an Early Intervention Therapist for children on the Autism Spectrum; as a practicum trainee working with teens on the Autism Spectrum, and with children and their parents suffering from trauma and domestic violence; as a post graduate intern working with people of all ages suffering from trauma and attachment disruptions from unstable childhood homes, domestic violence, familial rejection, and grief from the loss of a parent; and later I worked at a hospital on both adolescent units for Inpatient, working with teens experiencing suicidal and homicidal ideation, and in Intensive Outpatient, working with teens and families dealing with a range of issues from anxiety and depression, to Autism Spectrum Disorder and psychosis.”

#### **What originally drew you to the field of art therapy?**

I had never heard of Art Therapy until a friend of mine told me that their mother was an Art Therapist. I thought, “What?! This is a real thing?” While working as an Early Intervention Behavioral Therapist for children on the Autism Spectrum, I kept thinking there was more that needed to be done for the families. Certain needs were not being met and that inspired me to look for a program as a therapist. It was serendipitous that there was an MFT and Art Therapy program where I was living at the time. I went to Notre Dame de Namur University for my degree out in Belmont, CA.

#### **Can you tell us about the journey to Naropa?**

I cannot really speak to this as I did not get my degree from Naropa. However, since moving to the Denver area three years ago, I have met many colleagues who went to Naropa, all of whom are highly respected in our field and who are doing amazing things in the community to make Art Therapy both known and accessible. It makes me think that Naropa has the kind of program that inspires their students to achieve greatness.

#### **Can you talk about the power of art therapy in your life and your work?**

I had been drawing and painting since early childhood. It had always been a coping tool for stress and anxiety for me. It’s something that I can get lost in for hours if I let myself do that. Over the years I have used art as therapy and used Art Therapy to help me with life’s stressors and help me process major life events.

In my work, I love that now that I have more experience under my belt, I can attune to my clients in ways that allow me to know almost exactly what it is they need from the art. Those are magical moments.

#### **From your point of view, what is the most important thing to keep in mind when working as an art therapist?**

It's important to remember that in addition to the reverence we have for the artwork itself, the art is just as important as any other document created. Confidentiality, privacy, maintenance and storage, all of that applies to the art as well.

### **What are some important self-care practices you recommend or practice?**

If you can't do art, get outside and go for a walk.

### **Are you working on anything now that you're really excited about?**

I have ideas for a few things, but they are still ideas. Right now I am focusing on building my private practice, which has been very slow going until recently. I think I have found my groove and want to capitalize on that.

### **How important is it to collaborate with your art therapy colleagues?**

When I first arrived in Denver, I knew nobody. I contacted Violet Hive and they were so welcoming and invited me to be a part of their collective when I was first starting out. It inspired me to try doing private practice. They helped with referrals and emotional support and I am so grateful to have been a part of that. Something else I did was join the board on ATACO, which helped me feel more connected to the Art Therapy community.

### **How have your professional collaborations benefited your career?**

When you collaborate, you network, and that gets you referrals, and referrals get you clients. That part is pretty simple. The flip side of collaborating is the sense of community you get, which can help with the loneliness of private practice, or the loneliness of being the only Art Therapist at an agency.

### **How would you like to see the field of art therapy evolve in the coming years?**

I would love to not have to explain to other professionals what Art Therapy is. I can understand the average person not knowing, but for other mental health professionals to not know is nuts!

### **Is there anything you would like to see happen to support and expand the Colorado art therapy community?**

I think we need to reach out more to communities outside of Denver and Boulder, and not so much in a way of inviting them to participate in things, but outreach to help support them. There are Art Therapists who may be the only one in their communities in rural areas or smaller towns. They must feel very much alone.

### **Is there anything additional you would like to share about yourself or your experience as an art therapist?**

When I was a baby Art Therapist, my program was not great about teaching us how to introduce the art to a client. I was so nervous to try and would always fall back on talk therapy, especially with adults. I had to figure out what worked for me and what felt authentic. I had to find my voice as an Art Therapist. It was scary sometimes, because I lacked confidence in myself and in the field. As I gained more experience with Art Therapy, and did it more for myself, I found the value in it. Not just because my professors told me it was so great, but because I knew in my soul that it was valuable, valid, worthwhile, and powerful.

## UPDATES. Be in the Know

### Announcing New Board Members!

We are happy to announce that we have new board members who joined the team. Take a look at their full biographies on our website.



#### **GAC Government Affairs Chair - Evan Honerkamp LPC, ATR-P**

Evan is the Owner/Director of Studio Spectral LLC, an art therapy private practice for LGBTQAI adults and teens in Denver, Colorado. Evan earned his Master's in Transpersonal Art Therapy & Counseling Psychology at Naropa University in Boulder, earned his LPC in 2019 and he is working toward ATR status.



#### **Treasurer - Linda Sweeney LPC, ATR, LAC**

Linda works at Jefferson Center for Mental Health providing behavioral health services in an integrated setting with STRIDE Community Health Center. She is a licensed addictions counselor and has extensive experience in Substance Use Disorders from 10 years working at Arapahoe House. She has a master's degree in art therapy from St Mary of the Woods College.



#### **Education and Art Show Chair - Gracie Bueno, MA**

Gracie is a registered psychotherapist working towards her LPC and ATR. She received her Master's in Clinical Mental Health Counseling with an emphasis in Transpersonal Art Therapy from Naropa University in Boulder, Colorado. Gracie is bilingual in English and Spanish and incorporates Art Therapy in her work from a trauma-informed lens. Gracie is the Program Director for HeArt Talks through Colorado Heritage Camps for Adoptive Families, the Intake Manager and Bilingual Therapist at The Blue Bench and offers a monthly Art as Therapy group to seniors at The Life Care Center.

#### **Are you interested in becoming a board member?**

You can be a Chair or Co-Chair to an existing position or fill in a chair position that is available. We are currently seeking a Vice President, Membership Chair and additional GAC Members. Please email [ataco.larkin@gmail.com](mailto:ataco.larkin@gmail.com) if you are interested.



## ATACO Annual Member Meeting Recap

The Annual Member meeting was hosted by Naropa University in the art studio on the Nalanda Campus. We had roughly 16 people in attendance to connect with other art therapists and art therapy students in Colorado. At the meeting there were two presentations and an art experiential.



Here is a short recap of the presentations that took place at the annual meeting:

### **Worth 1000 Words: Using Photography for Healing, Growth, Personal Expression and Social Change** presented by Cindy Gordon PhD, LPC, ATR-BC, CAAP

This presentation explored the ways photography can be used in psychotherapy, in art therapy, and for one's own healing and personal expression. Cindy Gordon taught attendees how clients and therapists can use photography in healing practices, address social issues, and navigate the world. She shared two videos about photography in healing journeys and discussed the difference between "phototherapy" and "photo art therapy." Continued education credits were offered for Cindy Gordon's presentation on Phototherapy.

### **Empowerment of the Superhero in Art Therapy** presented by Jacenta Irlanda - MA LPCC, ATR-P

Jacenta Irlanda's presentation encompassed defining pop culture psychology, superhero psychology and superhero therapy in order to demonstrate the natural connection pop culture stories have with art therapy. The presentation included multiple resources that were provided for art therapists present included an extensive list of superpersons who were non-white, heterosexual, cisgender males to help expand awareness and knowledge. Jacenta's presentation discussed the appropriateness of utilizing pop culture psychology with various populations, the benefits and limitations of superhero therapy, and much more information. Lastly, an art intervention was offered for art therapists to practice in order to learn how to incorporate superhero therapy with art therapy.

### **Monotype Printing: An Exploration in Self-Discovery** presented by Lara K. Fairbanks-Rutledge - Naropa University Art Therapy Graduate Student

Lara Fairbanks offered an art demonstration on monotype printmaking and invited art therapists present to engage in an art making experiential with supplies provided by the Art Therapy Association of Colorado. Art therapists and art therapy students were given time for art making and were able to take their artwork home by the end of the meeting.

## Announcements

- [2020 Events Calendar](#) is Underway! Keep a look out for events.
- Collage Layering and Giclee Printing Process Technique Workshop with art therapist Kate Morris in February 29<sup>th</sup>
- [The Slow Art Movement](#) 4 April 2020
- Art Therapy CO has a [YouTube video blog](#) page, feel free to subscribe to get the latest videos.

## Upcoming 2020 Conferences

AMERICAN ART THERAPY ASSOCIATION | 51<sup>ST</sup> ANNUAL CONFERENCE

### Art Therapy in the Nation's Capital: ADVANCING MENTAL HEALTH

October 29 - November 1, 2020 | Washington, DC



- [American Art Therapy Association \(AATA\)](#)  
51st Annual Conference  
Dates: October 29 - November 2  
Where: Washington, DC
- [International Expressive Arts Therapy Association \(IEATA\)](#)  
Dates: March 26 - March 29  
Register by 28 February 2020  
Where: Phoenix, Arizona
- [Creativity & the Arts in Healing](#)  
4th Annual Conference  
Dates: April 23 - 26 April  
Where: Los Angeles, CA
- [American Mental Health Counselors Association](#)  
Dates: June 24 - June 26  
Where: Las Vegas, Nevada

## Featured Art Therapy & Therapy News and Videos

- From Inverse:  
[Art therapy is finally being taken seriously as a tool for boosting health](#)
- From UpLiftTV:  
[The Common Thread Documentary](#)
- From UpLiftConnect:  
[The Power of Vulnerability- Brene Brown](#)
- From Bored Panda:  
[120,000 Ribbons Hover Near The Brandenburg Gate To Mark The 30-Year Anniversary Of Its Fall](#)
- From PBS News Hour:  
[Burnout is Rampant Among Doctors and Nurses, Can the Arts Help?](#)

## Colorado Art Exhibits



- [Denver Art Museum Exhibits](#)
- [Denver's List of Must-See Art Exhibitions](#)
- [List of Colorado Art Museums](#)

# SparkTalks at Naropa University



SparkTalks is an event to spark conversations in the communities. Each presentation given is by a Naropa Alumni professional who volunteered their time to provoke conversations and share stories. The alumni presenters held 20 years of Naropa University's legacy with one presenter having graduated in 1997 and another presenter graduating in 2017.

This year SparkTalks took place at Naropa University's Arapahoe Campus on 18 October 2019. The presentations integrated themes of finding joy in a time of social injustice and prejudice. There were six powerful talks encompassing many aspects of vulnerability that halted the audience. The Art Therapy Association of Colorado's board member and Naropa Alumni was one of the joyful warriors who gave a talk during this event as a way to promote the field of art therapy. SparkTalks will happen again in 2020 with a new theme.

The igniting talks that were offered this year (in order of presentation) are as follows:

- **Empowered Voices in Stories**  
by Jacenta Irlanda, MA Clinical Mental Health Counseling Concentration in Transpersonal Art Therapy, 2017
- **A Black Woman Speaks**  
by Regina Smith, MA Contemplative Psychotherapy and Buddhist Psychology, 2012
- **Befriending Ourselves, Unfriending Oppression**  
by Nora Alwah, MA somatic Counseling Psychology, 2016 and  
Nic Aquino-Roithmayr, MA Contemplative Psychotherapy and Buddhist Psychology, 2016
- **NatureRx: A Prescription for Possibility**  
by Justin Bogardus, Contemplative Psychotherapy and Buddhist Psychology, 2013
- **Embracing the Tiger**  
by Carl Baccelleri, MA Contemplative Psychotherapy, 1997
- **Embracing the Broken Sounds**  
by Leslie Grasa, MFA Contemporary Performance Program, 2016

## New to the Newsletter

### Answering Your Questions

This is a new section of the newsletter where art therapy professionals answer questions posed by the community!

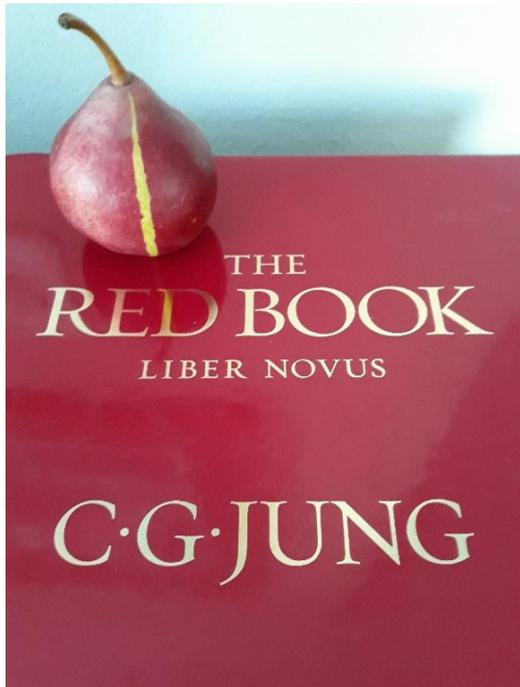
Community Question: How does art therapy alleviate feelings of isolation?

Your Answers:

On a personal level, all of my art making is therapeutic and when shared with others alleviates feelings of isolation. When I have the courage to share my artwork with my friends, family and the greater community I am creating an opportunity for myself to be vulnerable, honest and to be witnessed. Most recently, I had several pieces displayed in a coffee shop; every week I stopped by shop to restock cards and prints and to check on sales. One adorable barista told me she loved how my work reflected positivity in the viewer; she said her customers often commented on how the whimsical images made them feel lighthearted and happy. Which in turn, made me feel so much more connected to my greater community and incredibly hopeful that my messages and my images can make a small positive impact in the hearts of not just my immediate family and friend circle, but in the greater world as well. Kate Otis-Morris, LPC, ATR

# Art Therapy Resources

## Peer Supervision



*Who Looks Outside, Dreams—Who Looks Inside Awakes.*

*Carl Jung.*

**What is peer supervision?** Peer Supervision is a means for connection and growth where art therapists can gain insights from other art therapists.

**I already have a supervisor, why should I attend?**

Coming together with other professionals, new professionals, or art therapy students can provide a means to learn new ways of looking at the work. Building a networking community of art therapists can aid success and promote healthier practices for therapists. It is important for therapists to also have a community of support for burnout prevention, connection, and growth.

**Can I obtain hours towards ATR-BC and LPC CEU hours by attending?**

Yes! This is one of the benefits of attending peer supervision groups and connecting with your art therapy community without extra fees attached.

### Who hosts the peer supervision groups?

Monthly peer supervision is being offered by professional art therapists in Colorado. Amy Jones, LPC, ATR-BC and Linda Sweeney, LPC, LAC, ATR are facilitating peer supervision. Register on the [ATACO Website](#).

### Where

SonderCenter- South Denver  
1777 S Harrison Street  
Suite 1200  
Denver, CO 80210

### When

❖ Sunday, Feb 9th

### Time:

❖ 1:30pm to 3:30pm

*This is a personal photograph of the Red Book - a journal of Carl Jung's, edited and introduced by Sonu Shamdasani. Synopsis: The most influential unpublished work in the history of psychology. When Carl Jung embarked on an extended self-exploration he called his "confrontation with the unconscious," the heart of it was The Red Book, a large, illuminated volume he created between 1914 - 1930. Here he developed his principle theories, of the archetypes, the collective unconscious, and the process of individuation, that transformed psychotherapy from a practice concerned with treatment of the sick into a means for higher development of the personality. [Abebooks.com](#)*

# Art Therapy Intervention

Offered by Leanne Stull, MA, LPCC, ATR-P

**Title:** One Word Intention

**Materials:** Collage materials, magazines, paint, paintbrushes, etc.

## Discussion Questions:

- What is your chosen word of intention for the year?
- What are your reasons for choosing this word?



## Directive:

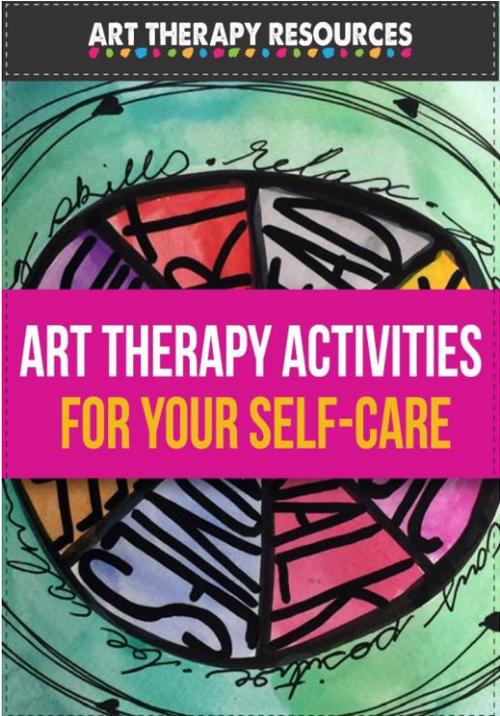
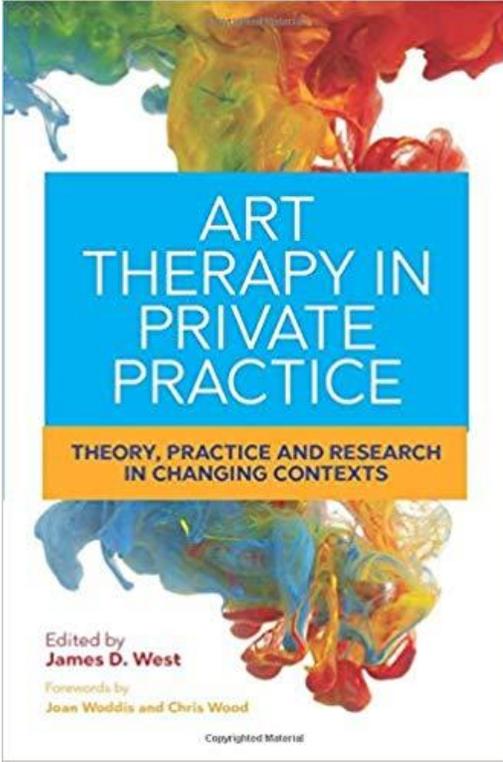
Take some time to reflect on your life in the present moment—at the end of this year, 2019. What were your hopes for 2019? What would you need to add, change, let go of, in the new year to move closer to your hopes and dreams?

Choose one or two words as a focus, goal, or mantra for this upcoming year, 2020. Here are some examples: Love, Joy, Hope, Peace, Freedom, Courage, Truth, Worthy, Vibrant, Connect, Create, Grace, Release, Authentic, Breathe, Detach, Forgive, Persevere, Detach, Listen, Care, Inspire, Radiate, Harmonize, Align, Shine, Flow, Encourage, Support, Grounded...

Once you've chosen your word—reflect. What would your life look like if you stayed focused on this word? What would you need to do or change about your present situation to stay true to your word of intention? What would the result be? What will it feel like as you live out your word? Now, make a piece of art about your intention word.

# Art Therapy Book Resources

Two art therapy related resources for anyone who is looking to expand their portfolio of information or are simply interested. These resources provide a new look into the field.

	
<p><a href="#">Art Therapy Resources</a></p>	<p>Art Therapy in Private Practice Edited by James D. West <a href="#">Available on Amazon</a></p>