

The world offers itself in the making of collage

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Publication date:
2018

Document Version
Publisher's PDF, also known as Version of record

Citation for published version (APA):
Frølund, L., Wibholm, N. M., & Bentsen, L. (2018). *The world offers itself in the making of collage*. Abstract from Nordic Art Therapies Conference, Hveragerði, Iceland.

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20th

Nordic Art Therapies Conference

11-14 October 2018



Hótel Örk | Breiðumörk 1c | 810 Hveragerði | Iceland

ART**DANCE**DRAMAM**MUSIC**POETRY
ART**DANCE**DRAMAM**MUSIC**POETRY

Diversity within the Creative Arts Therapies

We welcome you to this conference for creative arts therapies. This biennial event provides a necessary forum to explore and investigate the opportunities of expressive arts as an intervention in mental health care, education, and social change. This year we explore the theme of diversity and inclusion.

Each of us offers diversity in the healing process, how we apply theory to expressive arts, in the populations we serve, and in the context in which we serve. We have diversity in research and studies. At this conference, we represent over 20 countries.

This year The Nordic Art Therapies Conference celebrates the creative and expressive arts in its place of origin, Iceland. In 1973, Art Therapist Sigríður Björnsdóttir was inspired to create a space that brought together mental health professions who incorporate art as an intervention. The conference itself has expanded and become more inclusive, recognizing the diversity of creative arts: Art, Dance, Drama, Music, and Poetry.



The first seminar was held in Reykjavík, 1975. This was an invitation for international collaboration. This forum produced the opportunity to dig deeper in important issues that affect the creative art therapies and allowed for spontaneous exploration during the seminar. This invitation is now extended to you.

Explore. Network. Create. Welcome to the 2018 conference.

Your 20th Nordic Art Therapies Conference Committee,

Birna Mattíasdóttir

Carolina Schindler

Harpa Halldórsdóttir

Jóna Þórsdóttir

Sigga Birna Valsdóttir

Todd Kulczyk

Program: **EXPLORE**

This program will guide you through the conference days. It contains detailed information about the workshops and presentations. You will also find timeframes and breaks as well as information about other events on each day. Conference presenters' biographies are located towards the end of this guide. Other important events and reminders are listed in the boxes on program schedule pages.

You will be able to sign-up for workshops and presentation in-person after you have checked-in at registration October 11. Room assignments and locations will be posted daily at the conference. Many of the workshops have limited number of participants. You are encouraged to arrive early.

NOTE: Since the workshops and presentations have a limited number of participants, we cannot guarantee your first choice. For a more efficient process, please prepare a second choice before registration.

In the conference, workshops are 90 or 120 minutes in length. Paper presentations are paired up and two are presented each session. This is true for all sessions except Saturday Session Two and on Sunday. Paper presentations are 30 minutes each with an additional 10-minute discussion opportunity.

NETWORK

The Rooms and Spaces at the Conference:

- *Aðalgerði* is located on the second floor. This is the same floor as the lobby of the hotel. This is the main gathering room for the conference. Opening ceremony will be held in this room.
- *Stjörnugerði* located on the third floor of the hotel.
- *Pinggerði*, *Stjórnargerði*, *Ráðgerði*, and *Sáttagerði* are located on the first floor below the hotel lobby.

Social Media

Please join us online through Facebook. The public group is called: "20th Nordic Art Therapies Conference." This is an online space to connect to participants and others interested in the conference. You may use this space to view or create video live-streams, post pictures, and discuss. Please do not live-stream or record any presentations without permission from the presenter.

We have created a hashtag for Instagram:
#nordicdiversity

Art Gallery

There is an art gallery and creative space located on the second floor next to the main meeting room *Aðalgerði*. This is the same floor as the lobby of the hotel.

Meeting Spaces

There are various meeting spaces to engage in conversation throughout the hotel. Please note that most of these spaces are open to public.

CREATE



Pre-Conference

MORNING WORKSHOPS

10:30 – 12:30

Understanding the Power of Art Therapy - Experiencing the Expressive Therapies Continuum

Lisa Hinz

The Expressive Therapies Continuum (ETC) provides a structure for understanding the powerful ways in which people interact with art media to process information and form images. This experiential workshop will help practitioners understand how treatment based on the ETC may effectively change underlying brain pathways due to changes in the type of input through art making.

(Limited to 30 participants - this workshop is being offered twice today)
in ROOM PINGGERÐI

Diversity of Music Therapy in Iceland

Mínerva Margrét Haraldsdóttir

Soffía Fransiska Rafnsdóttir Hede

Inga Björk Ingadóttir

Jóna Þórsdóttir

Icelandic music therapists present various music therapy methods aimed at different client groups. These methods address developmental skills, emotional expression and resolution as well as the use of music as a stress management tool. The aim is to introduce some of the working fields of music therapists. *(Limited to 25 participants)*
in ROOM STJÖRNUGERÐI

REGISTRATION

Opens at 9:00
in the Hotel Lobby

Laughter Yoga & Mental Health

Julie Plaut Warwick

16:30 – 18:00

The Sculpted Breath: Clay and Pranayama in Practice

Alyssa Griskiewicz

Experience an engaging and creative introduction to the grounding and healing practices of pranayama (intentional yogic breath-work) and the use of clay. Participants will learn about the yogic principle of prana and pranayama with specific breathing techniques, and will integrate and externalize that awareness through simple hand-built clay techniques. This workshop may cleanse the lungs and calm the mind, but will surely dirty the hands! Come ready to play! *(Limited to 20 participants)*
in ROOM STJÖRNARGERÐI

**“Diversity: the art of thinking
independently together.”**

– Malcolm Forbes

LUNCH BREAK

12:30 – 13:30

in ROOM ADALGERÐI

THURSDAY

Pre-Conference

AFTERNOON WORKSHOPS

13:30 – 15:30

Embodying the Spaces Between Intersecting Identities Through Drama Therapy

Nisha L. Sajnani

In this workshop, participants will discover embodied approaches to visualizing identity as an ever-changing constellation of relational, multiple, and intersecting roles and how the use of image theatre can permit an exploration of socially reinforced and internalized biases.

(Limited to 40 participants)

in ROOM STJÖRNUGERÐI

Understanding the Power of Art Therapy - Experiencing the Expressive Therapies Continuum

Lisa Hinz

The Expressive Therapies Continuum (ETC) provides a structure for understanding the powerful ways in which people interact with art media to process information and form images. This experiential workshop will help practitioners understand how treatment based on the ETC may effectively change underlying brain pathways due to changes in the type of input through art making.

(Limited to 30 participants - this workshop is being offered twice today)

in ROOM ÞINGGERÐI

Laughter Yoga & Mental Health

Julie Plaut Warwick

16:30 – 18:00

in ROOM STJÖRNUGERÐI

WELCOMING RECEPTION

20:00

Beyond Words - Opening New Dimension of Self

Sólveig Katrín

Intention is to move from the logical left brain to deeper state of mind using shamanic drum journey to help you reach deeper transitional state of mind that opens you up into the inner landscape. Free flow painting helps opening up and reaching deeper inside. Solveig also directs people into moving from different archetypal perceptual states to reflect and open up to the imagery that arrives in the painting process.

(Limited to 30 participants)

in ROOM STJÖRNARGERÐI

DINNER BREAK

18:00-20:00

WELCOMING RECEPTION

20:00

in ROOM ADALGERÐI

FRIDAY

REGISTRATION

8:00 - 10:00
in the Hotel Lobby

Yoga Practice

Vanitha Chandrasegaram
8:00 - 8:45

OPENING CEREMONY

9:00
in ROOM AÐALGERÐI

FRIDAY

Conference

SESSION ONE

MORNING PAPER PRESENTATIONS

10:15 - 11:45

"An individual has not started living until he can rise above the narrow confines of his individualistic concerns to the broader concerns of all humanity."

– Martin Luther King, Jr.

Reliable Evaluation of Art Therapy with Autism-Diagnosed Children

Celine Schweizer

Consensus-based typical elements were identified in practices and literature of art therapy with children diagnosed with autism. Next were developed a treatment program, an observation scale to evaluate treatment results, and an evaluation scale to monitor art therapist's behaviour and to evaluate treatment integrity. The fifth PhD study (a systemic aggregated N=1 design) contains treatment evaluations of 12 case studies.

Being Here: Music Therapy, Adoption, and Multiple Disabilities.

Joy Gravestock

My client, diagnosed with Downs syndrome, was adopted aged 8 months. Her disability narrative, inseparable from adoption narrative, makes her re-attachment needs huge. Referred aged three, now aged seven, she remains in therapy. This paper explores video of relational musical moments, highlighting the importance of client *and* therapist in the intersubjective relationship, where attunement and attachment are central.

Presented together in ROOM RÁÐGERÐI

FRIDAY

Conference

SESSION ONE

MORNING WORKSHOPS

10:15 - 11:45

Grieving and Growing Together: Culturally-Informed Relational Expressive Art Therapies

Madison (Madi) Musson

Traumatic life experiences including death can shake the foundation of a family system, leaving long-lasting negative effects on those living with loss. This workshop addresses individual and collective factors impacting the bereaved. Participants will explore symbolic expression, creative connection, and healing through the blending of loss and grief models, cultural frameworks, strengths-centered approaches, and the Expressive Therapies Continuum. *(Limited to 30 participants)*
in ROOM ÞINGGERÐI

Exploring How Identity Shapes Perception and Interactions through Dramatherapy

Britton Williams

This workshop explores utilizing creative arts interventions to consider how one's identity shapes ways one views others. Participants will explore their own multiple/intersecting identities and look at how one's identity constellation shapes ways they encounter others. Participants will engage in discussion and exercises exploring how therapist's personal identity, professional values, and implicit bias inherently shape every aspect of therapeutic process. Self-awareness and exploration of *the other* fosters diversity.
in ROOM STJÖRNUGERÐI

How to Mix & Match Music Technology into Your Clinical Work.

Carola Werger

Marijke Groothuis

In this hands-on workshop you will be challenged to practice the use of different hardware and software, exploring possibilities for applying those with specific target populations and discuss the meaningful use of music technology by the guidance of a clinical reasoning model. *(Limited to 25 participants)*
in ROOM STJÖRNARGERÐI

Art Gallery
is open

LUNCH BREAK
with Keynote Speaker
11:45-14:00

Keynote Speaker
NISHA SAJNANI

in ROOM AÐALGERÐI

12:00 - 13:45

DRAMA

FRIDAY

Conference **SESSION TWO**

AFTERNOON WORKSHOPS

14:00 - 16:00

Staying Authentically Playful with Distress

Bobbi Kidder
Christi Proffitt

This workshop will intertwine DBT Skills and Rehearsals for Growth for coping with distress and emotion regulation. We will collaborate, using drama games and mindful observations, while we participate in learning with interactive, playful activities for adults of all ages. Come join the circle!

in ROOM STJÖRNUGERÐI

"We need to give each other the space to grow, to be ourselves, to exercise our diversity. We need to give each other space so that we may both give and receive such beautiful things as ideas, openness, dignity, joy, healing, and inclusion."

– Max de Pree

ARTS-EMDR: Trauma Treatment for Groups

Rosa Richter

This 2-hour workshop offers a condensed version of Rosa's group trauma treatment protocol combining EMDR and various art therapy modalities such as guided imagery, drama, painting, chanting, free writing and movement. Rosa will also offer a brief introduction to the Angel Hug, her version of self-administered EMDR.

(Limited to 20 participants)

in ROOM ÞINGGERÐI

The Power of Musical Sculptures Creates New Perspectives

Monica Wagner

In this workshop you will experience the phenomenological power of a systemic way of music therapy. You will experience that the musical sculpture creates new insights and perspectives. You learn two different ways of working: the thematic sculpture and the family sculpture.

(Limited to 15 participants)

in ROOM STJÓRNARGERÐI

AFTERNOON PAPER PRESENTATIONS

14:00 – 15:45

Digital. Remote. Connected. Arts Therapies in the North.

Ania Zubala

Is there a place for arts therapies in the digital world? How can we make use of digital technology to reach clients living remotely? Could technological innovation extend our tool box? In this talk we will explore ways in which to connect arts therapies with technology for the benefit of clients, therapists and ageing communities living remotely. Join in the conversation!

Expressive Art Therapists and The Museum: Thriving through Interrelationship

Jacqueline Kosak

Is there a place for expressive art therapists in museum programming today? Survey results from over sixty museums describe ways underrepresented populations are engaged through art across a range of settings, art therapy involvement in museum programming, and a strong theoretical relationship between museum education and counseling. Museums may open new avenues for dismantling power structures and supporting inclusivity in communities.

Presented together in ROOM SÁTTAGERÐI



Defining the Powers of Art Therapy: The Expressive Therapies Continuum

Lisa Hinz

The Expressive Therapies Continuum is a framework that explains the myriad uses of therapeutic art expression. Experience how it aids assessment, structures treatment goals and increases understanding across psychological orientations. The ETC provides a common language to unite art therapists and offers direction for research and growth of the profession.

Creative Arts Interventions for Stress Management and Prevention

Lily Martin

The presentation will introduce and explain the results of a systematic review conducted by the Research Institute for Creative Arts Therapies (RIArT) on stress management and prevention through Creative Arts Therapies (Music, Drama, Dance and Art Therapy) and Interventions.

Presented together in ROOM RÁÐGERÐI



AFTERNOON BREAK

15:45 – 16:30

FRIDAY

SESSION THREE

EVENING WORKSHOPS

16:30 – 18:00

Plaster Cast and Plaster Bandages - Dynamic Qualities and Transformation

Ms. Yael Domany

We will create plaster cast in our hands, filling sensory touch range: dry, wet, liquid and solid. Carving and engraving the cast will expose the significance. We will practice the dyadic work with plaster gauze bandages dealing with skin and touch experiences, sensory regulation, object relationships and dynamic hilling process. Examples and Clinical implications will be display with theoretical references.

(Limited to 15 participants)

in ROOM ÞINGGERÐI

Standing in Their Boots: 'Veteran' Is a Three-Part Narrative

Lisa Peacock

Veterans who fare the best may be the ones who have the greatest opportunity to normalize their military identity. How might dramatherapy assist in the transitional process post-service? This experiential is a sample session from dramatherapy research conducted with UK and US veterans. Some veteran narratives and results will be shared.

(Limited to 20 participants)

in ROOM STJÖRNUGERÐI

EVENING PAPER PRESENTATIONS

16:30 – 17:30

Group Supervision for Music Therapy Students

Malle Luik

The presentation gives an overview of the research that determined supervision needs of the first year master students and effective group supervision methods, described expectations and experiences of the students and searched for changes in work methods of supervisor. Important benefits of using music with verbal communication were discovered. Results enhanced an importance of professional skills of supervisor and group supervision process for students.

(Limited to 20 participants)

in ROOM RÁÐGERÐI

Art Gallery & Creative Space

is open

Posters

are on display in ART GALLERY SPACE and in ROOM SÁTTAGERÐI

"Diversity and inclusion, which are the real grounds for creativity, must remain at the center of what we do."

-Marco Bizzarri



MORNING WORKSHOPS

9:00 – 11:00

Narradrama: Restorying, Reflecting, Resourcing

Cecilia Klinger

Todd Kulczyk

Narradrama is a therapeutic action-intervention integrating Narrative Theory with Creative Arts Therapy. We will explore how unhelpful stories are constructed, the power of a witnessing team, and creating resources of support. Externalizing stories opens space around old narratives resulting in more awareness and possibilities for change. You will leave this workshop with useful tools for work with individuals, couples, families, or groups.
in ROOM STJÖRNUGERÐI

"A lot of different flowers make a bouquet."

– Muslim Origin

Morning Practice: Laughter Yoga & Mental Health

Julie Plaut Warwick

8:00 - 8:45

Art Gallery and Creative Space

is open.

Work at the Clayfield: A Haptic Way of Self-Realization

Barbara Osterwald

Ulrike Knebel

An inspired haptic dialogue between one's hands and one's world. The process invited by touch and movement is supported by the vital needs and the haptic potential of the individual. It will lead to one's authentic form characterized by balance, fulfilment, empowerment and to deep insights into one's original being. *(Limited to 15 participants)*
in ROOM STJÓRNARGERÐI

A Journey Deep into Self

Agnieszka Łuciuk-Wojczuk

An opportunity to experience a deep contact and close touch with oneself and to explore the diversity of our inner space. The workshop is based on the foundation of the author's practical experience in working with oncological patients who are often confronted with the mystery of existence. *(Limited to 16 participants)*
in ROOM ÞINGGERÐI

MORNING PAPER PRESENTATIONS

9:00 – 10:30

Art, Therapy, and Brain Activity: Research Experiences

Dimphy Fikke

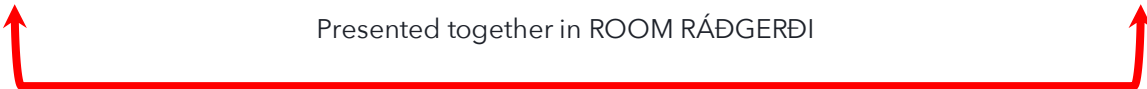
In order to gain better understanding of artmaking processes, especially processes relevant for art therapy, brain activity can be measured and interpreted. Experiences and challenges in QEEG informed research on art therapy will be discussed. Optimal clinical relevance in this type of research will be a central theme.

The Fifty-Fifty Scenario: on Gaining Emotional Control Using the ETC

Sara Stayne

This presentation focuses on how the Expressive Therapies Continuum model informed the art-based assessment and therapeutic process of a young girl with a severe eating disorder, who took responsibility for and subsequently initiated her own recovery

Presented together in ROOM RÁÐGERÐI



"Diversity really means becoming complete as human beings - all of us. We learn from each other. If you're missing on that stage, we learn less. We all need to be on that stage."

-Juan Felipe Herrera

MORNING BREAK

11:00 – 11:15

Art Gallery & Creative Space

is open

Posters

are on display in ART GALLERY SPACE and in ROOM SÁTTAGERÐI

Gala Dinner

19:00



The World Offers Itself in the Making of Collage

*Lea Bentsen
Nanna Wibholm
Lisbeth Frølund*

How is the making of collage relevant in clinical and supervision practice? Collage offers unique "flux" spaces between material, sensory and emotional worlds; dissolving habitual ways of composing images. Theory and case examples will show the methods developed for art groups with multi-traumatized refugees. We find that collage opens new possibilities for dissociated clients to reconnect with the world.
in ROOM STJÓRNARGERÐI

Research in Dance Movement Therapy: What Works and Why?

Sabine C. Koch

Results of a recently updated meta-analysis are presented (Koch et al., 2018), identifying that DMT is an effective evidence-based treatment for at least 14 different patient groups. But how does DMT work? What exactly helps the client? First findings on these largely unanswered questions of active factors of DMT (e.g., "experiencing beauty") are presented and discussed.
in ROOM ÞINGGERÐI

Effects of Music Therapy on Neuropsychiatric Symptoms in Dementia

Anna-Eva Prick

The state of evidence of the effects of music therapy on neuropsychiatric symptoms in people with dementia will be presented. In addition, the preliminary results of a large RCT of a music therapy intervention for people with dementia living in nursing homes in the Netherlands will be presented. Finally, some next steps for the future will be discussed.
in ROOM SÁTTAGERÐI

Promoting Mental Health versus Reducing Mental Illness in Art Therapy

Suzanne Haeyen

The purpose of the study was to investigate whether art therapy improves mental health and/or reduces mental illness. We used secondary data (n = 74) from patients diagnosed with personality disorders from a pretest-posttest art therapy intervention. The indicators we used were: symptom distress, flexibility, well-being, mindfulness, and schema modes. Method, results and conclusions will be presented.
in ROOM RÁÐGERÐI

LATE MORNING mini- WORKSHOP/PRESENTATION

11:15 – 12:15

Exploring Gender

Sigga Birna Valsdóttir

In this workshop, we will explore the idea of gender identity, gender roles, and gender expression through f.ex. image theatre, sociodrama, and role play. The participants will look into their own ideas, stereotypes and stories as well as learn about what is important for the therapist working with a gender variant or transgender clients.

in ROOM STJÖRNUGERÐI

LUNCH BREAK

12:00 – 13:30

in ROOM AÐALGERÐI

"It is time for parents to teach young people early on that in diversity there is beauty and there is strength."

– Maya Angelou

Art Gallery & Creative Space

is open

Gala Dinner

19:00

Keynote Speaker

UNNUR ÓTTARSDÓTTIR

in ROOM AÐALGERÐI

13:30 – 15:00

ART



Conference **SESSION THREE**

AFTERNOON WORKSHOPS

15:30 – 17:30

The Hero's Journey - Dramatherapy Workshop

Vanitha Chandrasegaram

Based on Joseph Campbell's realization that diverse mythologies around the world carry a common pattern. This workshop explores stages of the Hero's Journey with the aim of being inspired to begin or continue the process of being the Hero of our lives.

(Limited to 30 participants)

in ROOM ÞINGGERÐI

Gala Dinner

19:00

"Diversity is the one true thing we all have in common. Celebrate it every day."

– Author Unknown

Sculptural Collage as Reflection

Lea Bentsen

Nanna Wibholm

Lisbeth Frølund

The workshop facilitates an individual and collective space for reflection on the impressions, ideas, feelings and questions that have emerged during the conference. We will engage with various materials and establish dialogues between collages and poetic writing, and construct interconnected collage installations in the workshop space. Reflection is framed by aesthetic feedback to the collages.

(Limited to 15 participants)

in ROOM STJÓRNARGERÐI

First Aid Arts: Adapting Creative Arts Programming in Diverse Cultural Contexts

Ruth Yeo-Peterman

Alyssa Griskiewicz

Experience an embodied and creative introduction to First Aid Arts, an NGO that trains care providers around the world to use trauma-informed, multi-modal arts-based tools for self-care and psychosocial support. Apply FAA's framework for assessing cultural adaptations and contextualization when using creative arts programming in this dynamic and useful workshop. Great for practitioners working in domestic and international settings! *(Limited to 30 participants)*

in ROOM STJÖRNUGERÐI

AFTERNOON PAPER PRESENTATIONS

15:30 – 17:00

The Effects of Music Interventions on Stress-Related Outcomes

Martina de Witte

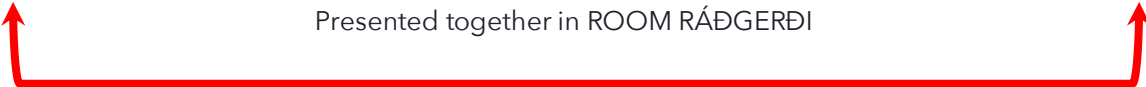
Music interventions are used for stress reduction in all kinds of settings. This presentation shows the effects of music interventions on stress-related outcomes and also which elements of the music intervention can contribute to this effect.

Diversity in Research: Subjective Experiences, Bodily States and Working Methods

Susan van Hooren

Research methods are often used in which participants need to verbalize feelings or emotions. Are these methods sufficient to receive a complete picture on working mechanisms that consist of non-verbal and embodied processes? In pilots, we examined specific assumptions of arts therapies using questionnaires, observations, electrocardiogram, electrodermal activity, and electroencephalogram. Results of these pilots, considerations and implications for practice will be presented.

Presented together in ROOM RÁÐGERÐI



**"We are, at almost every point of our day,
immersed in cultural diversity: faces, clothes,
smells, attitudes, values, traditions, behaviours,
beliefs, rituals."**

-Randa Abdel-Fattah

GALA DINNER

19:00

in ROOM AÐALGERÐI

Keynote Speaker

VALGERDUR JÓNSDÓTTIR

9:30 - 11:00

MUSIC

MORNING BREAK

11:00 - 11:15

SUNDAY

Conference **SESSION ONE**

PAPER PRESENTATIONS

11:15 - 12:00

'Finding the Voice Together' - Dramatherapy in a Residential Care Home Setting

Maya Ercole

This presentation will explain my approach to 'community as a client' and explore the potential of Dramatherapy beyond the therapy room - as a tool for change and social action in the ageing community. I will share my journey of finding and fine tuning my critical voice as a practitioner-researcher alongside the residents and the staff who took part in my research.

in ROOM SÁTTAGERÐI

Closing Ceremony

Sigríður Björnsdóttir

Announcing next host country.

12:15 - 13:15

Official Recognition of Art Therapists - is it an Existential Issue?

Íris Ingvarsdóttir

The presentation focuses on issues facing a grown-up profession. Icelandic Art Therapists consider a title protection a public confirmation that the profession belongs to the health care services. The protection provides a frame for necessary education and training necessary to ensure patient safety. This session summarises title protection application process in context with Art Therapist efforts in other European countries.

in ROOM ÞINGGERÐI

Adolescents Choose to Say Yes to Music Therapy

Galia Bitton

Since therapy is part of the study program in special education class the only way the students have a choice is to say no. creating open free-will groups for those students, can overcome the resistance for therapy and get them to go through processes of self-awareness and change. A special group of religious adolescent girls will lead us the way...
in ROOM STJÓRNARGERÐI

Exploring Dance Movement Therapy with Women in Criminal Justice System.

Ella Dumaresq

This presentation is based on a PhD study currently being undertaken within the fields of dance movement therapy and criminal justice. The presenter will articulate her embodied experience of seeking to partner with women in the justice system, and will discuss the emerging applications of DMT within this context. Collaboration, social justice, and community-based practice will be highlighted and critically explored.
in ROOM RÁÐGERÐI

AFTERNOON BREAK with small snack

12:00 – 12:15

CLOSING CEREMONY

12:15pm – 13:15

in ROOM AÐALGERÐI

"We need to help students and parents cherish and preserve the ethnic and cultural diversity that nourishes and strengthens this community - and this nation."

– Cesar Chavez



ARTISTS

Biographies

(listed in alphabetical order by first name.)

Agnieszka Łuciuk-Wojczuk, Kraków Philharmonic Orchestra musician, certified music therapist, and music therapy teacher working in Kraków, Poland at: University of Music, Jesuit University Ignatianum, Jagiellonian University, St. Lazarus Hospice, and Centre of Psycho-Oncology *Unicorn*. Author: *Music therapy in the recovery process of cancer patients*.

Alyssa Griskiewicz is the Director of Ebb + Flow Adventures, an educational organization that creates immersive, international programs for creative arts therapists. She serves First Aid Arts as a consulting art therapist, trainer and clinical counselor, and teaches at Antioch University Seattle.

Ania Zubala explores the role of arts therapies for holistically-understood wellbeing, currently in the context of aging and remote communities. She is a research fellow in digital health at the University of the Highlands and Islands, Scotland.

Anna-Eva Prick is geropsychologist and senior researcher of the research centre of arts therapies in the Netherlands. She combined practice-based research, with teaching activities and clinical work. Her research focus on evaluating psychosocial interventions in dementia care.

Barbara Osterwald started as teacher in secondary schools, seven years of studies in depth psychology, lifelong learning of Work at the Clayfield, a structural approach in art therapies, since 1985 instructor of this method in Munich, Geneva, Paris Bruxelles.

Bobbi Kidder teaches in the Drama Therapy Masters' program at Antioch University Seattle. She is author of *IMAGINaction*, a guide to using drama in classrooms and other settings. She uses story improvisation to help clients craft new narratives.

Britton Williams works in private practice in New York City and is an adjunct faculty member in the Program in Drama Therapy at New York University. She also partners with organizations to facilitate creative processes that foster just practices.

Carola Werger, music therapist and Head of the Music Therapy Department, ArtEZ University of the Arts. Ca.Werger@ArtEZ.nl

Catherine Goodwin, dramatherapist working eight years in NHS, a Forensic medium secure unit in Bristol. Catherine advocates for diversity and is currently training to be a Psychodynamic Psychotherapist and at the same time attempting to gain a Mountain Leader qualification.

Cecilia (CeCe) Klinger is a Licensed Mental Health Counselor Associate and Drama Therapist in Seattle, Washington, USA. She has a private practice and also works in community mental health. Her modalities of choice are Narrative, Drama Therapy, and EMDR.

Celine Schweizer. 17 years experience as Art Therapist, child and youth psychiatry, lecturer at NHL Stenden university of applied sciences. In last phase of PhD about what works in Art Therapy with children with autism at Rijks Universiteit Groningen, the Netherlands.

Christi Proffitt has a Masters in Mental Health Counseling and Drama Therapy, and is a Chemical Dependency Professional. She facilitates drama therapy groups, teaches workshops, works in a private group practice, and plays music in Seattle.

Dimphy Fikke is art therapist at the University Medical Centre Utrecht, division Brain, department Psychiatry (art therapeutic diagnosis and treatment). As researcher she has worked at KenVak, Dutch national research centre art therapies, focusing on EEG and art therapy.

Ella Dumaresq is a PhD Candidate at the National Creative Arts and Music Therapy Research Units, University of Melbourne, Australia. Her practice and research focus on collaborative, community-based models of engagement with women in the criminal justice system.

Galia Bitton, Music therapist, Masters in expressive art therapy - Lesley college, Member of the Tel-Aviv lacanian forum. Works with children and adolescents in special education and regular classes. Trained in: group-therapy, sexuality in special education. Guiding students and therapists.

Inga Björk Ingadóttir studied Music Therapy in Berlin 2001-2006. She worked on clinical as well as pedagogical fields in Germany. Since 2011, she has been living in Iceland running her own praxis *Hljóma*, practising as a therapist, teacher and musician.

Íris Ingvarsdóttir has worked as an art therapist for over twenty years. Iris is a founding member of the Icelandic Art Therapy Association, having served as chairwoman and board member on numerous occasions, currently fronting the association's title protection effort.

Jacqueline Kosak bridges early experiences in art museums with present therapeutic encounters. She emphasizes feminist and existential orientations, engaging a variety of populations. She obtained her Masters of Arts from Antioch University in Clinical Mental Health Counseling and Art Therapy.

Jóna Þórsdóttir graduated as a Music Therapist from Aalborg University, Denmark, in 1990. Her main work has been with mentally disabled children and adolescents at Tónstofa Valgerðar in Reykjavík both as music therapist and special-needs music teacher.

Joy Gravestock specializes in psychoanalytic, attachment based, relational music therapy for adoptees, and their families. Her research/forthcoming book explore relational repair from trauma effects occurring via micro-moments of attunement within an embodied musical therapeutic relationship.

Julie Plaut Warwick is an Inspirational Speaker, Certified Laughter Yoga Teacher, Music Educator, and Mental Health Counselor. She uses playful interactions to create connected communities. Her website is www.connectingthepeaces.com. Julie can be seen experiencing Joy around the Globe.

Lea Bentsen. Works with traumatized refugees at Oasis Treatment Center in Copenhagen as art therapist and psychomotor therapist. BA in Anthropology. Master level courses in Expressive Arts from NIKUT, University of Southeastern Norway.

Lily Martin, clinical psychologist, currently holds a scientific position at the Research Institute for Creative Arts Therapies (RIArT) at Alanus University in Alfter/Bonn and does her PhD at Heidelberg University on the "Schizophrenia and the Moving Body."

Lisa Hinz has published numerous articles in peer-reviewed journals and is the author of Expressive Therapies Continuum: A Framework for Using Art in Therapy. She has presented workshops and trainings on ETC across the USA and around the world.

Lisa Peacock, is a Registered Drama Therapist in the US with NADTA and has applied for registration with the HCPC in the UK where she now lives. She is a PhD candidate in Dramatherapy at Anglia Ruskin.

Lisbeth Frølund. Interest in collaborative practices of art, dance, writing and storytelling. Current research focuses on arts-based health communication, auto-fiction, graphic novels and graphic medicine. MA, Art Therapy, Lesley University. Associate Professor in Visual Communication, PhD, Roskilde University.

Madison (Madi) Musson is an individual, group, and relational art therapist. Madi specializes in systemic loss and grief, anxiety, trauma, gender, and sexuality. Currently, Madi serves as Secretary of the Iowa Art Therapy Association.

Malle Luik is a main lecturer of music therapy in Tallinn University. Her first degree was in music education. She practices as music therapist and psychologist in the field of rehabilitation and owns a certification of supervisor.

Marijke Groothuis, music therapist in special needs education and lecturer at music therapy department of ArtEZ. M.Groothuis@ArtEZ.nl

Martina de Witte, lecturer and researcher in Music Therapy and coordinator of Research & Innovation at Institution of Arts Therapies of HAN University of Applied Sciences in Nijmegen (NL). She runs a PhD program with KenVak and University of Amsterdam.

Maya Ercole is a UK trained Dramatherapist and currently a PhD candidate at the University of Melbourne, Australia. Her current research is using a critical lens to explore older adults' personal experiences of ageing in a residential home setting through Dramatherapy.

Mínerva Margrét Haraldsdóttir graduated in 2015 as a Music Therapist, Aalborg University. She worked at Tónstofa Valgerðar for one year. In 2016, she opened her own clinic in Reykjavik. Músikstofa Mínervu focuses mainly on Autistic children and adolescents with psycho-social problems.

Monica Wagner, music teacher, supervisor, pedagogue, systemic music therapist, specialized in NLP and TA, took out her master's degree in Coaching and Psychology (2015) about improving the self-reflection ability through the use of musical sculptures.

Nanna Wibholm. Psychologist (master's thesis on arts therapy) and interdisciplinary Fine Arts education, BA level. She has worked with trauma-informed expressive arts therapy at Oasis Treatment Center, Copenhagen for several years.

Nisha Sajnani's area of expertise include intersectional feminism, art-based research with an emphasis on improvisation and ethnodrama, experiential approaches to teaching trauma-informed care and cultural responsibility, racial justice movements in higher education, and the role of arts in global mental health.

Rosa Richter, is a licensed psychotherapist and expressive arts therapist specializing in trauma treatment for groups. She developed a protocol combining EMDR and arts therapy making safe and efficient trauma treatment available to more than just the well-to-do.

Ruth Yeo-Peterman is a performer, trainer, and licensed mental health counselor trained in expressive arts therapies. She is Vice-President of Program Development and Training with First Aid Arts, and is a trainer for the Crisis and Trauma Resource Institute based in Canada.

Sabine C. Koch, Psychologist, Dance Movement Therapist, Director of the Research Institute for Creative Arts Therapies (RIArT) at Alanus University Alfter, Head of the DMT Master Program SRH University Heidelberg, Germany. Embodiment, evidence-based research, KMP, and active factors across the creative arts therapies.

Sara Stayne, originally an occupational therapist, studied art therapy at University of Hertfordshire, UK and is a registered (CBT) psychotherapist. She works in Child and Adolescent Mental Health and teaches on the MA in Art therapy at University of Umeå.

Sigga Birna Valsdóttir, Family and dramatherapist in a High School where she also teaches drama. Therapist at LGBTQIA center in Reykjavik specializing in young trans people and their families. Teaches introductory course to Drama Therapy at Iceland University of the Arts.

Soffía Fransiska Rafnsdóttir Hede is music teacher and music therapist, graduated from Aalborg University 2007. She has worked mostly with children and people with various disabilities, at schools and her private practice in Reykjavík.

Sólveig Katrín Jónsdóttir, Art therapist from 2004, has been studying Shamanism for the last 7 years. She has worked with both adults and children. She is currently working in Children and Adolescent Psychiatry Dep. She also works in private practice.

Susan van Hooren is professor at Zuyd University of applied sciences and Open University of the Netherlands. She is director of 'KenVaK' research centre of arts therapies and is head of the master of arts therapies in the Netherlands.

Suzanne Haeyen, Art Therapist at an expert centre for personality disorders and senior lecturer at University of Applied Sciences of Arnhem & Nijmegen. She has several publications about art therapy & participated in national multidisciplinary guideline/carestandard for personality disorders.

Todd Kulczyk is an individual and relationship therapist in private practice. Todd has worked as a professor and recently taught a two-day workshop at the University of Iceland merging couples/family therapy with creative arts.

Ulrike Knebel after studies in education teacher in Primary- and Waldorf School, 4 years studies in Art Therapy, 10 years working in Psychiatry, Supervisor at Art Academie, after Clayfield-Studies working in kindergarden and refugees-camp.

Vanitha Chandrasegaram. Pioneer Dramatherapist in Malaysia. Worked with NHS, UK. Presented workshops, training, forums and papers in the UK, USA, India, Lebanon, Australia, Singapore and Malaysia. Works with clients of various ages and challenges. Taught Psychology. Current focus is teaching Dramatherapy.

Ms. Yael Domany is an art therapist from 2000. A lecturer and a supervisor at the University of Haifa, Israel. She has an extensive clinical experience in the public and private practice with children, adults and a parent-child therapy.



ARTISTS

Keynote Speakers

Dr. Nisha Sajnani, PhD, RDT-BCT is the Director of the Drama Therapy Program at New York University and the Principal Editor of Drama Therapy Review. Dr. Sajnani's areas of expertise include intersectional feminism, arts-based research with an emphasis on improvisation and ethnodrama, aesthetic presence in online education, experiential approaches to teaching about trauma-informed care and cultural responsibility in the arts therapies, racial justice movements in higher education, and the role of the arts in global mental health with an emphasis on secondary traumatic stress amongst care providers. Dr. Sajnani is also on the editorial board of the Arts in Psychotherapy and Arts Praxis. She is a research associate of the Harvard Program in Refugee Trauma, the Creative Arts Therapies Research Unit at the University of Melbourne, and KenVak. Nisha is a Past President of the North American Drama Therapy Association.

Dr. Unnur Óttarsdóttir ATR has practiced art therapy in private practice and in a variety of organizations, including schools in Iceland since 1990. She received MA degree in art therapy from Pratt Institute, New York. She also has a BEd degree in teaching from the Iceland University of Education and MA in fine art from The Icelandic Academy of the Arts. Unnur completed PhD in art therapy at the University of Hertfordshire, in England in 2006. She is a member of the Icelandic and American Art Therapy Associations and the Association of Icelandic Artists. Unnur runs a private art therapy practice where she treats children and adults with a variety of difficulties, including children who have experienced trauma. She has also taught children at various ages as a schoolteacher and a special educational teacher, in schools in Iceland. Unnur has given lectures at conferences in Iceland and worldwide. She is a part-time art therapy teacher at the Iceland Academy of the Arts and she has taught art therapy at the continuing educational department at the University of Akureyri, University of Iceland (continuing education programme), the Art Therapy Association of Romania and University of Hertfordshire in England.

Unnur conducts research at the Reykjavik Academy. Her research interests includes: art therapy in education for children with specific learning difficulties who have experienced trauma, art making as an experiential teaching and learning approach as well as drawing for memory and therapy. Her research interest also includes the relationship between contemporary art and art therapy. Unnur has written articles and book chapters about art therapy and the research methodology of Grounded Theory.

Dr. Valgerður Jónsdóttir received a bachelor's degree in music special education and music therapy from University of Kansas, a master's degree in music therapy from the Norwegian Academy of Music, and her Ph.D. from Aalborg University, Denmark. Valgerður was one of the founding members of the Icelandic Music Therapy Association (Físmús) in 1997 and its president until the year 2011. She is the representative of Físmús in the European Music Therapy Confederation (EMTC). Valgerður worked in child psychiatry for over twenty years, in an interdisciplinary team at the State Child Psychiatric Hospital in Reykjavík. In 1986 Valgerður founded Tónstofa Valgerðar, a private music therapy studio and a music school for individuals with special needs. In Tónstofan she works as a director, supervisor, music therapist and a special music teacher. For pioneering work conducted at her special music school, Valgerður has received several grants and honors. Besides her clinical and administrative work, Valgerður has been a member of scientific committees, written articles and book chapters, presented peer reviewed papers and lectured abroad on the topic of music-caring. She has also given seminars and workshops for various institutions, associations, and schools in Iceland. Her work has focused on: music-caring within the framework of early intervention, application of integrated theories in music therapy, musical development in infancy, music in special education, and creativity.