

Myths, Materials and Magic: What Clinicians Need to Know About Using Art Materials in Trauma Treatment

September 12, 2019 | 3:00 PM – 6:00 PM EDT



Presenters: Tally Tripp, MA, MSW, ATR-BC, and Eva Teirstein Young, MPS, ATR-BC, LCAT

Presenter Biography: Tally Tripp, MA, MSW, LCSW, ATR-BC, is a registered, board certified Art Therapist and Licensed Clinical Social Worker with a private practice in the Washington, DC area specializing in experiential approaches for the treatment of psychological trauma. In addition to her private practice, Tally is the Director of the Art Therapy Clinic at the George Washington University where she is also an Assistant Professor in the Art Therapy Program. Tally is certified in Sensorimotor Psychotherapy (SP), Eye Movement Desensitization and Reprocessing (EMDR), and Intensive Trauma Therapy (ITT). She has conducted numerous trauma trainings and workshops both nationally and internationally with a focus on incorporating art and body based experiential approaches for managing traumatic stress. Tally is a Fellow and serves on the Board of Directors of the International Society for the Study of Trauma and Dissociation (ISST-D) where she is also the founder and Chair of the Special Interest Group on Creative Arts Therapies (CAT SIG).

Presenter Biography: Eva Teirstein Young, MFA, MPS, ATR-BC, LCAT is a licensed Creative Arts Therapist with a private practice in New York City. She treats children, adolescents and adults and specializes in the treatment of Dissociative Disorders and DID. Eva T. Young holds an Advanced Trauma Certificate from the Center for Advanced Studies in Trauma and Dissociation awarded by the ISSTD. She is a founding member of the Creative Arts Therapy SIG of the ISSTD as well as a member of the Child and Adolescent Committee. She is a graduate of the Child and Adolescent Psychoanalytic Psychotherapy Program at The William Alanson White Institute where she is currently on faculty. Eva Young is an Assistant Professor in the Graduate Creative Arts Therapy Department at Pratt Institute in Brooklyn, NY. She has presented clinical work at various institutes and conferences including the ISSTD annual conference, The William Alanson White Institute, Institute for Contemporary Psychotherapy, NY Center for Children and Pratt Institute.



Abstract: This webinar features two professional, licensed and board certified art therapists providing an overview of the unique role of the creative arts in the treatment of trauma related disorders. Starting with a basic introduction to the neurobiology of trauma, we will review the importance of a “bottom up” approach (making art) as a way to bypass words, which may be largely unavailable when processing traumatic material. The webinar will address “what is art therapy” and clarify common myths such as the assumption that one needs to have art talent to engage in this approach (they do not!) Ethical issues such as client confidentiality, storing and displaying client art, and working adjunctively with art therapists will be discussed. To deepen the experience, participants in the webinar will be invited to engage in some simple art making practices so we can explore the varied properties of different art materials. Furthermore, we will consider several art making strategies that can be used to facilitate expression of implicit memory and manage traumatic responses. The magic of art therapy will be illuminated through the presenter’s discussion of case vignettes that will synthesize this rich material.

Objectives

Upon Completion of this webinar, participants will be able to:

- Differentiate art making and art therapy
- Describe the expressive therapies continuum and its role in working with trauma
- Explain why a “bottom up” approach, not relying on words, can be extremely helpful with traumatized clients
- Apply basic art therapy concepts learned in this webinar when using art materials with traumatized clients

Can't Make it?

If your schedule won't allow for you to attend, the webinar will be recorded and made available for purchase approximately two weeks after the live event. The recordings cost is \$25 for ISSTD members and \$45 for non-members. The webinar recording can be accessed on the CE-Credit.com website or in ISSTDWorld for ISSTD members. Exam fees for Continuing Education credits start at an additional \$10.46.

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