

NURTURING THE NURTURER: CREATIVE INTERVENTIONS FOR NEW MOTHERS

1.5 Self-Study Contact Hours for LCAT

Workshop Description

New mothers are an underserved clinical population despite experiencing an overwhelming amount of biopsychosocial challenges. This is a look at how an art therapist, a first-time mother herself, supports a young mother with a trauma history using creative interventions to work toward a more integrated and compassionate sense of self.



Sharon Itkoff Nacache LCAT ATR-BC

Sharon has over 10 years of clinical experience and embodies a deep commitment to working with an array of at-risk/under-served child and adult populations, including those struggling with substance use disorders, mood disorders, chronic illness, histories of trauma, and adjustment issues around life transitions, especially the process of becoming a parent. She joined Water & Stone's group art therapy practice in 2018 and runs professional development workshops on burnout prevention for Head Start teachers and family mentors through local nonprofits as well. She is passionate about providing support for those in professional or personal caregiving roles and enjoys wearing many hats—including clinician, supervisor, consultant/contractor, artist, and educator.

Learning Objectives

- Participants will be able to identify 2 types of perinatal mood and anxiety disorders.
- Participants will be able to list 3 clinical challenges new mothers face.
- Participants will be able to name 2 benefits of using creative clinical interventions with this population.

Location: New York, NY

QUESTIONS? CONTACT SUPPORT@BRIANAMACWILLIAM.COM | (646) 600-5830

Briana MacWilliam, Inc. is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed creative arts therapists; #CAT-0014, and is also an approved provider of continuing education for licensed mental health counselors; #MHC-0224.

ART THERAPY FOR CREATING BOUNDARIES FOR CAREGIVERS

1.5 Self-Study Contact Hours for LCAT

Workshop Description

The purpose of this workshop is to help caregivers of mentally ill or mentally disabled family members define their roles and boundaries within a family unit. Through lecture as well as an art experiential, participants will be able to understand the different roles they play inside and outside of their family unit. Using this knowledge will encourage safe spaces, containment and boundaries to support the overall mental health and stability of the caregiver.

Learning Objectives

- Participants will be able to identify at least 1 issue as a loved one or caretaker of someone with a mental illness or mental disability.
- Participants will be able to identify 1 technique used to define the role of caretaker within the family unit for the purpose of creating boundaries.
- Participants will be able to describe at least 1 art therapy directive which will help a caregiver to visually define their role within the family unit.



Jodi Wattel, ATR-BC, LCAT

Jodi is a creative arts therapist who runs a private school art therapy program in Brookville, New York. Jodi has been working with children and young adults on the autism spectrum for the past 15 years. She has experience working with other populations such as psychiatric illness, multiple physical and learning disabilities and geriatrics. She is currently working on building a private practice and consulting business that will also include populations such as post-partum mental health; siblings and family members of individuals with psychiatric illness and bereavement. Jodi lives with her husband Danny, her daughter Madison, and her 17-pound cat Mollie.

Location: New York, NY

QUESTIONS? CONTACT SUPPORT@BRIANAMACWILLIAM.COM | (646) 600-5830

Briana MacWilliam, Inc. is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed creative arts therapists; #CAT-0014, and is also an approved provider of continuing education for licensed mental health counselors; #MHC-0224.

EASING ANXIETY THROUGH DOLL MAKING

1.5 Self-Study Contact Hours for LCAT

Workshop Description

When a person creates a doll they are connecting with the materials through a multi sensory experience. The feel of the fabrics, baubles and other objects gathered followed by the process of piecing together of these objects serves both as a metaphor of self and connect one with their senses. The metaphor of taking a “pile” or “mess” of disorganized pieces and creating a new cohesive connection between the materials show the individual that it is possible to reframe the situation when they are feelings of being anxious. In this workshop participants will learn techniques to ease anxiety though therapeutic doll making.

Learning Objectives

- Participants will be able to identify 2 types of perinatal mood and anxiety disorders.
- Participants will be able to assess when doll making can be useful when working with anxiety.
- Participants will be able to identify three types of dollmaking techniques.
- Participants will be able to create a doll based on one of the techniques discussed.



Suzanne DuFour MPS, ATR-BC

is a Registered Board Certified Art Therapist and holds a Masters of Professional Studies from The School of Visual Arts in NYC. She currently works as an art therapist in private practice and online creating courses such as this one. She has previously gained experience working with teens who have experienced addiction, trauma, neglect, physical and sexual abuse, depression, anxiety and mood disorders, individuals on the autistic and special needs spectrum (both adults and children), individuals living with HIV/AIDS and with children in both private and public school settings (K-6). Suzanne is currently on the board of the New Jersey Art Therapy Association as the vice president.

Location: New York, NY

QUESTIONS? CONTACT SUPPORT@BRIANAMACWILLIAM.COM | (646) 600-5830

Briana MacWilliam, Inc. is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed creative arts therapists; #CAT-0014, and is also an approved provider of continuing education for licensed mental health counselors; #MHC-0224.