



Exploring the Intersection of Creative Arts Therapy and Public Health: Healing through Creative Expression and Collaboration

Friday, April 5, 2024 / 8:00am – 2:00pm

Conference Agenda	
8:00-8:30am	Registration and conference information
8:30-9:00am	Opening welcome and breakfast Morgan Gaydos, MA, LCAT, ATR-BC, Sage Rose, Ph.D., Elyse Miller, MA, LCAT, CLAT, LPAT, ATR-BC, ATCS, CLL-E, CCTP
9:00-10:20am	Panel: <i>Lighten up the Spirit of Collaboration: We are Public Health</i> Barbara Bethea, Ph.D, PTR, LCAT, CASAC, CM, Corinne Kyriacou, PhD, MPH Teresa Grella, MA, LMFT, and Sojung Park, Ph.D, LCAT, ATR-BC, Moderator: Morgan Gaydos, MA, LCAT, ATR-BC
10:30-11:20am	Workshops 1, 2, 3 and 4
11:30-12:20pm	Workshops 5, 6, 7, and 8
12:30-1:00pm	Supervisor Recognition

CATCH Art Show	
12:30-2:00pm	Art show viewing and refreshments

This conference is being sponsored by the Creative Arts Therapy Club at Hofstra (CATCH) and is in partnership with Water and Stone, PLLC. The fee for this year's conference is \$30 (free for students); all fees go directly to Water & Stone to process registration and a certificate of completion for all attendees. Continuing Education Certificates (CEU's) will be available for LCAT Contact Hours and ATR/ATR-BC Hours.

Panel Presentation

Lighten up the Spirit of Collaboration: We are Public Health

Barbara Bethea, Ph.D, PTR, LCAT, CASAC, CM, Corinne Kyriacou, PhD, MPH,
Teresa Grella, MA, LMFT, and Sojung Park, Ph.D, LCAT, ATR-BC,

Moderator: Morgan Gaydos, MA, LCAT, ATR-BC

This interdisciplinary panel of four clinicians, including creative arts therapy, public health, and marriage and family therapy, will discuss the intersection of public health. Panelists with diverse backgrounds will share their expertise in working with the community to address public health concerns and offer insight into the integration of disciplines. With a range in clinical perspectives, this panel will also highlight creative solutions to address complex community issues and the need for comprehensive care for all individuals and families.

Workshops

1. Story Cubes/Dice: An Umbrella for Storytelling, Play, and Communication

Elyse Miller, MA, LCAT, CLAT, LPAT, ATR-BC, ATCS, CLL-E, CCTP

Alicia Bosley, Ph.D., LMFT

Elizabeth Mignano, Master's Candidate, Creative Arts Therapy Counseling

Shi Fang "Winnie" Xu, Master's Candidate, Marriage and Family Therapy

Story cubes/dice are a great way to generate story ideas, whether you write them down, draw them out, or tell them aloud. The dice allow an excellent icebreaker for individual session, group, couple, and family sessions. The cubes enable those to tell their stories by creating cubes with characters, settings, and problems. These cubes can also help those struggling to "tell" their story. This technique allows patients the foundation and courage to share and use creativity in storytelling.

Workshops

2. The Healing Power of Art Therapy and Reiki: Exploring Creativity and Spiritual Balance

Melanie Biscuiti, MA, LCAT, ATR-BC

This workshop is about integrating Reiki healing and Art Therapy to increase self-discovery and enhancing a sense of connection to community. Exploring universal life force energy through a nature based guided visual meditation script. Participants will experience a Reiki circle and then be guided to create a visual response. Bringing awareness to shifting perspective of what community support looks like and create a space for collective well-being.

3. Grieving Heteronormativity: A New Era of Love, Breaking the Traditions that Never Fit Us to Begin with

Beth Chapnick, MA, LCAT

Dana Vickers, MA, LCAT, ATR-BC

This workshop will discuss the realities of growing up in a heteronormative world for members of the LGBTQIA+ community. You will be guided through an experiential that explores the grieving process of expectations that were given to us at birth. A trigger warning must be pointed out for sensitive topics such of infertility, relationships, sexuality, and love. Traditional and non-traditional mediums will be used in order to create transformative art that will touch on topics of grief, empowerment, and creating your own path

4 and 8. Interactive Art Workshop

Kanchan Keswani, MA, LCAT, ATR-BC

Jacqueline Marie Zeankowski, MA, LP-CAT

In keeping with our theme of the conference as well as with the Public Health Association's Public Health Week- "Protecting, Connecting and Thriving: We Are All Public Health," we have created an art studio for us to continue to foster old relationships and make new ones. We're all interconnected and want a place for us to be together.

Workshops

5. Alumni Panel: Transitioning into the Field

Nicole Connelly, MA, LP-CAT, ATR,

Christian Cotumaccio, MA,

Brielle Kough, MA, ATR

Chelsea Stieglitz, MA, LCAT, ATR-BC

Moderator: Elyse Miller, MA, LCAT, CLAT, LPAT, ATR-BC, ATCS, CLL-E, CCTP

This workshop will give current students and those who just graduated a chance to hear and ask questions about the process it took each of them to get to where they are today.

6. When Words Weave Wings: Just Beyond the Bars

Barbara Bethea, Ph.D, PTR, LCAT, CASAC, CM

This workshop is based on the research by the presenter, which focused on the embodied voices and lived experiences of Black Indigenous People of Color (BIPOC) diagnosed with mental illness who were frequently incarcerated, along with BIPOC who worked with this population. A poetraiture, a compilation of narratives, quotes, and found poetic fieldnotes based on the interviews from research will be presented followed by question-and-answer.

7. A Day in a Life: The Rituals and Ups and Downs of Caregiving Work

Joan Alpers, MPS, CCLS, ATR-BC, LCAT

Sarah Schoepp, MS, CCLS

On any given day that we work with patients, the spectrum of emotional events can range from devastating to exhilarating. In a Child Life Program, where Art Therapists and Child Life Specialists support children and families with art and play, the rituals of daily living can range from making handprints for a family to remember a dying child to a birthday celebration with cake and gifts several doors down the hallway. The caregiver needs to meet the energy and the needs in each room, sometimes minutes apart. In each population and discipline, caregivers face similar experiences. The goal of a child life program is to provide an experience of mastery to everyone we meet. How do we remain approachable and attuned with so many personalities and events and then still maintain our own spirit, our strength, and our resilience? In this brief workshop, we will explore the energy of resilience and the deep work of play as we integrate our difficult and challenging lives at home and at work. In a Child Life Program a day can range from making handprints for a family of a dying child to a birthday celebration several doors away. The caregiver needs to meet the energy and the needs in each room, sometimes minutes apart. In this brief workshop, we will explore the energy of resilience and mindfulness as we integrate our lives at home and at work.

Bios

Joan Alpers, MPS, ATR-BC, LCAT, CCLS, currently directs the Child Life Program at Stony Brook Children's Hospital. With over 30 years of experience, Joan has given numerous presentations and in-services to the Child Life Community, Art Therapy Community, and Allied Health Community. In addition, she holds adjunct graduate faculty-level at Hofstra University and Indiana University and maintains a private practice on Long Island as an art therapist and sandplay practitioner. Joan specializes in the interface of child life and art therapy in a medical setting and has created a class for Hofstra University specifically addressing art therapy and child life applications for populations struggling with issues related to medical illness. Joan employs a unique combination of child life philosophy, sandplay theory, and art therapy techniques for children and adults in her private practice with an emphasis on medical illness, trauma, divorce, and related issues of loss and bereavement.

Barbara Bethea, Ph.D., PTR, LCAT, CASAC, is the first African American Registered Poetry Therapist certified through the International Federation for Biblio/Poetry Therapy (IFBPT) and licensed by New York State as a Creative Arts Therapist (LCAT). Dr. Bethea is also the first African American Certified Mentor for the IFBPT. Dr. Bethea completed her Master in Psychology, Poetry Therapy and Counseling at Vermont College of Union Institute and University and her Ph.D. in Expressive Therapies at Lesley University. Dr. Bethea is also a Master-level Credentialed Alcohol and Substance Abuse Counselor (CASAC) through the Office of Addiction Services and Supports (OASAS). Dr. Bethea has been employed by New York City Health and Hospital (NYCHH) for over 16 years and the only LCAT-Poetry Therapist on the NYCHH footprint. Dr. Bethea began her career providing services on the in-patient units at Woodhull Medical and Mental Health Center in 2008. In 2021, Dr. Bethea was promoted to Associate Director of the Creative Arts Therapy program on Rikers Island.

Melanie Biscuiti, MA, LCAT, ATR-BC, is an Art Therapist for Nassau University Medical Center. She is a Reiki Master Practitioner, with a certificate in mindfulness, and a certified angel guide. She practices art therapy within a clinical psychiatry unit in a hospital setting. Melanie also has a private practice implementing art therapy and Reiki with children and adults in a 1-1 environment. She published two chapters in "Art and Expressive Therapies Within The Medical Model" in 2018. Dedicated to helping children and adults increase mindfulness and self-awareness through art therapy, music, meditation, and Reiki.

Alicia Bosley, Ph.D., LMFT is an assistant professor in the Marriage and Family Therapy program at Hofstra University. She has a Ph.D. and an M.A. in Couple and Family Therapy, and a B.S. in Human Development and Family Studies, and is licensed as a Marriage and Family Therapist in New York. In addition to counseling and marriage and family therapy classes, she also teaches in the LGBTQ+ studies program at Hofstra, and was part of a committee which developed an certificate program in advanced LGBTQ+ health. Prior to coming to Hofstra, she

Bios Continued

developed an certificate program in advanced LGBTQ+ health. Prior to coming to Hofstra, she worked as a clinical therapist with a non-profit organization which provides therapy and other social services for the LGBTQ community of South Florida. Her professional and clinical interests include diversity, social justice, sexual orientation and identity, reducing stigma related to mental health problems, and couple therapy.

Beth Chapnick, MA, LCAT, is an experienced licensed creative arts therapist. She currently works at a private nonprofit as a Divisional Director, overseeing residential housing through the Office of Mental Health. She has acted as an offsite supervisor for Hofstra University and the School of Visual Arts. Throughout the year, she also works alongside a Care Team as Emergency Psych Support for various cruise lines. Beth is an Alumni and Advisory Board Member of Hofstra University Creative Art Therapy and Counseling program.

Nicole Connelly, MA, ATR, she currently has a Creative Arts Therapy Limited Permit to practice in the state of New York and passed the ATCB national exam. She graduated from Hofstra University's Creative Arts Therapy Counseling program in May 2023. She is actively working as an art therapist at South Oaks Hospital.

Christian Cotumaccio, MA, currently has a Creative Arts Therapy Limited Permit to practice in the state of New York. He graduated from the Creative Arts Therapy program at Hofstra University August 2023. He received his Bachelor's degree in Creative Arts Therapy, from St. Thomas Aquinas College. He is certified in Collaborative Institution Training Initiative (CITI), Preventing and Managing Crisis Situations (PMCS), His areas of specialization include clinical mental health counseling, addiction counseling, and gerontological counseling with a specialization in memory care. He has experience working with clients with a variety of diagnoses which include depression, anxiety, bipolar, schizophrenia, substance use disorders, and neurological disorders including dementia and Alzheimer's. In addition, working wild older adults experiencing life transitions relating to aging.

Morgan Gaydos, MA, LCAT, ATR-BC, is a clinical Art Therapist at NuHealth and the current Program Director for Hofstra University's Creative Arts Therapy and Counseling program, where she also serves as an Assistant Adjunct Professor. She currently practices art therapy on an inpatient child/adolescent mental health unit and utilizes a variety of foundational theories within the creative process. Past clinical work includes forensic psychiatry, substance use, and personality disorders within mental health. Ms. Gaydos' research efforts/publications focus more on medical art therapy, and she is the co-editor of the book *Art and Expressive Therapies Within the Medical Model: Clinical Applications*.

Bios Continued

Teresa Grella, MA, LMFT, is a licensed Marriage and Family Therapist and the Director of the Counseling and Mental Health Professions (CMHP) Clinic at the Joan and Arnold Community Services Center at Hofstra University. This clinic trains students in the fields of Marriage and Family Therapy, Mental Health Counseling, Creative Arts Therapy and Rehabilitation Counseling. She serves as a clinical supervisor in the Dialectical Behavior Therapy Doctoral Clinic in the Joan and Arnold Community Services Center at Hofstra University. In addition to her work at Hofstra, she is the founder of Life Stages Counseling, a private practice that provides mental health services to individuals, couples and families. She holds a master's degree in Marriage & Family Therapy from Hofstra University, and an Advanced Certificate in substance abuse counseling from the School of Social Work at Stony Brook University. Ms. Grella is intensively trained in Dialectical Behavior Therapy (DBT) and a clinical Fellow in good standing with the American Association for Marriage and Family Therapy.

Kanchan Keswani, MA, LCAT, ATR-BC, is currently employed at Interfaith Medical Center. She works with patients on the acute, adult inpatient psychiatric, and substance use rehabilitation units. Kanchan is an alumni from Hofstra University's Creative Arts Therapy Graduate Program. Working in the public health system in Crown Heights, Brooklyn she has a deep understanding of the obstacles faced by patients who navigate their recovery with limited resources.

Brielle Kough, MA, ATR, graduated from Hofstra University in May 2022 with a Master's degree in Creative Art Therapy Counseling. While in the CATC program, she was Vice President of the Creative Arts Therapy Club; assisting during club meetings, administering as a member ex-officio of all club committees, and representing the club on campus when required. As of November 2022, she has been working in Englewood, New Jersey, as an Art Therapist and Mental Health Counselor for Vantage Health Systems, a non-profit partial care program for adults with mental illness. She is currently in the process of receiving her ATR-BC and working towards my LPAT.

Corinne M. Kyriacou, PH.D, MPH, is the Vice Dean of the School of Health Professions and Human Services and Associate Professor of Population Health at Hofstra University. Prior to this role, Dr. Kyriacou served as Chairperson of the Departments of Allied Health and Kinesiology and Population Health, and as founding director of Hofstra's Master of Public Health program. Dr. Kyriacou teaches health policy, grant writing, population aging and public health thesis courses. Her current research focuses on the improving community connections for older adults. Dr. Kyriacou serves as a Strategic Advisor to the Nassau County Age Friendly Center of Excellence and is on the Board of the Hispanic Counseling Center. Prior to joining Hofstra, Dr. Kyriacou spent five years as Director of Research at Metropolitan Jewish Health System. Dr. Kyriacou earned a PhD in Social Policy and Health Services Research from

Bios Continued

Brandeis University, an MPH in Health Policy and Management from New York Medical College and a BA in Psychology from SUNY Albany.

Elizabeth Mignano, is a Graduate Assistant and graduate student of the Creative Arts Therapy program at Hofstra University. She has a B.A. in Art, Psychology and Neuroscience and is currently working under supervision in New York. Elizabeth is also the president of the Creative Arts Therapy Club at Hofstra, CATCH. In addition to her studies in the Creative Arts Therapies, she also works part time as a personal trainer, nutrition coach and group personal trainer. Elizabeth's Thesis at Hofstra combines these two fields to increase her client's ability to manage stress.

Elyse A. Miller, MA, LCAT, CLAT, LPAT, ATR-BC, ATCS, CLL-E, CCTP, is the Director of Internship, Practicum, and Assessment in the Department of Counseling and Mental Health Professions at Hofstra University. She is an adjunct assistant Professor in the Creative Arts Therapy Counseling program at Hofstra University and in the past Bramson Ort College. She has sat on the Hofstra University Senate. She maintains a private practice, as well as presents within school districts, businesses, and camps on the topic of staff development. She has worked at and started the Inclusion Programs within the tri-state area camps. She has experience in Psychiatry and Psychiatric Rehabilitation in the Northwell Health System. Her clinical experience includes working with early intervention, children, adolescents, and adults, in and outpatient psychiatric; chemical dependency; burnout; foster care; eating disorders; bullying; family and couple therapy; trauma; child abuse; bereavement; autism spectrum; inclusion and mental health in camping; and treatment planning.

Sojung Park, PhD, LCAT, ATR-BC, is an assistant professor in the Creative arts therapy counseling program at Hofstra University. Dr. Park earned her master's degree in art therapy at the School of Visual Arts in New York, NY, and her doctorate in Expressive Therapies at Lesley University, Cambridge, MA. She has years of experience working with individuals with mental illnesses and addiction in the United States. Upon moving to Korea, Dr. Park dedicated herself to teaching and training future art therapists for over a decade until she returned to the United States to continue her endeavor as an art therapy educator. As a researcher, Dr. Park has explored multiculturalism/interculturalism, psychiatric/addiction, and community-based practice and social action within art therapy from qualitative and art-based research paradigms. She is a recipient of the 2020 Pearlie Roberson Scholarship Award from the American Art Therapy Association and received the 2021 Best Paper Award from the Journal of American Art Therapy Association. Dr. Park is an active editorial board member for the Journal of the American Art Therapy Association and the multicultural committee of the American Art Therapy Association.

Bios Continued

Sarah Schoepp, MS, CCLS, is a child life specialist in the Child Life Program at Stony Brook Children's Hospital. She holds a Master's of Science in Child Life and Family Centered Care from Boston University's Wheelock College of Education and Human Development, focusing on Program Development, Clinical Issues, Cross-Cultural Perspectives on Grief, and Families of Children with Special Needs. Sarah works with children and families to provide mastery and healing experiences in the face of medical illness at Stony Brook Children's Hospital. She is also a member of the children's hospital Code Lavender team that helps staff cope with the difficult events they encounter while caring for patients and their families.

Chelsea Stieglitz, MA, LCAT, ATR-BC, she received her Bachelor of Science in Psychology and Bachelor of Arts in Visual Arts from The Pennsylvania State University. After attending undergrad, she received her Master of Arts in Creative Arts Therapy Counseling from Hofstra University. She started her career interning at both Stony Brook Children's Hospital and also a PROS program called Association for Mental Health and Wellness. Currently, she a private practice with a diverse population of children, teens, adults, and couples. Every individual is unique, and it is important to meet the client where they are. Through various artistic modalities, such as photography, drawing/painting, movement, journaling, and much more, fosters a safe space where the individual may be able to process their emotions and find their confidence.

Dana Vickers, MA, LCAT, ATR-BC, is a Creative Arts Therapist, KettleBell movement specialist, and Hofstra Alumni. Currently she works at Bridging Access to Care as the Senior Licensed therapist focusing on Trauma and PTSD. Dana works one on one with adults to create deeper meaning and understanding through mind body connection. Improving quality of life through movement and mental health.

Shi Fang "Winnie" Xu, is a dedicated individual therapist in China and is currently studying in the Marriage and Family Therapy program at Hofstra University. She has a B.S. in Applied Psychology and is currently working towards becoming a LMFT in New York in order to gain a more systemic perspective. At the same time, her study in Creative Arts Therapy allows her to offer various treatment options for clients. As a prior curator for TEDxUIC, Winnie has in-depth experience with organizing diverse art pieces and a unique sensitivity towards intercultural communication. Outside of academics, she is an exhibition lover and a Latin dancer. She perceives art as the bridge that connects every human being without words.

Jacqueline Zeankowski, MA, LP-CAT, is accruing her state and national licensing hours. She graduated from Hofstra University's Creative Arts Therapy Counseling Program in May 2023. She works as an Art therapist at the Association for Mental Health and Wellness.

