

"Picturing the Mind. How the art form expresses adaptability and balance using the ArTA Art Therapy Assessment Method".

November 2, 2024
10 am-12 pm EST
Virtual



DESCRIPTION

ArTA is an evidence-based and art-focused art therapy assessment method that is broadly applicable across a variety of art therapy approaches and mental health issues. ArTA provides art therapists with a clear and systematic tool for assessing their clients' balance and adaptability. This provides a solid foundation for formulating treatment goals that are tailored to the client in their specific context, designing appropriate art therapy interventions that tap into the client's resources for restoring balance and increasing adaptability, and monitoring and evaluating the client's treatment progress.

OBJECTIVES

After this presentation, you will

- Be introduced to the ArTA method
- Understand how balance and adaptability as important aspects of mental health become visible and tangible in the client's material interaction, material experience, and art product.
- Understand how a solid art therapy assessment is the foundation upon which all further treatment decisions can be made and tailored to the individual client.



REGISTRATION

\$20 professionals
\$15 for GW alumni, faculty, and students (code: GWU)



Ingrid Pénzes PhD., is a Dutch art therapist and mental health scientist and holds a doctorate in social sciences focusing on the relationship between the art form and mental health. After almost 20 years of teaching art therapy and leading an arts therapies program in the Netherlands, she has been an independent writer, researcher and lecturer since 2021 at Where Art meets Health. Her primary mission is to translate scientific knowledge into education and practice, providing training, research and assessment for institutions, companies and professionals. Based on the findings of her PhD and brain research, she developed the ArTA method for art therapy assessment, wrote several books about it and trains art therapists and art therapy educators.

Moderator: Juliet King, PhD, ATR-BC, LPC, LMHC and is an Associate Professor in the Art Therapy Department at GWU and also holds an appointment as an Adjunct Associate Professor in the Department of Neurology at the Indiana University School of Medicine.



The George Washington University Art Therapy Department has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 3053. Programs that do not qualify for NBCC credit are clearly identified. The George Washington University Art Therapy Department is solely responsible for all aspects of the programs.