

Positive Art Therapy Supervision: Applying Positive Psychology Principles to Enhance Our Relationship with Our Trainees/ Supervisees and With Our Clinical Work

Saturday, May 6, 2023

10:00am – 5:00pm EST

6 CEC (ATCB, NBCC)

In-person, lunch included



413 John Carlyle St, Alexandria, VA 22314

DESCRIPTION

The Art Therapy Credentialing Board is now requiring that Registered and Board Certified Art Therapists receive 6 hours of continuing education in supervision. This training provides a dynamic means of fulfilling that requirement for those of you who are supervising/training others, as well as a means of energizing your work for those of you who are not.

In this workshop, we will briefly explore existing models of supervision from other mental health professions and from the art therapy world. We will then weave in principles from positive psychology that enhance not only the supervisory experience but our also own clinical practice. Finally, we will also explore ways that this work can positively impact our personal relationship to our work by preventing burnout and increasing compassion satisfaction.

OBJECTIVES

- Participants will identify 3 approaches to supervision from general psychology practices.
- Participants will identify 3 approaches to supervision from the field of art therapy.
- Participants will identify 3 elements of positive psychology supervision.
- Participants will identify 3 principles of positive art therapy supervision.
- Participants will identify 3 ways they can apply principles from positive art therapy supervision into their clinical practice.
- Participants will identify 3 ways that they can apply these principles to prevent burnout and enhance compassion satisfaction.



REGISTRATION

\$169 Professionals

\$149 (GW students, faculty & supervisors) **CODE: GWUSUP**

[Register here](#)

Space is limited. Lunch **IS** included



Rebecca Wilkinson, LPC, LCPAT, ATR-BC is Licensed, Registered, and Board Certified art therapist with over 30 years of clinical experience. Rebecca is co-founder of Creative Wellbeing Workshops, LLC which provides individuals and organizations with training and resources for managing stress and increasing wellbeing. She also provides continuing education for mental health professionals and frontline providers on topics such as ethics, supervision, preventing burnout and compassion fatigue, increasing compassion satisfaction, and positive art therapy. She is co-author with Gioia Chilton, PhD, ATR-BC, CSAC of *Positive art therapy: Linking positive psychology to art therapy theory, practice and research* and teaches on the topic at the George Washington University's Graduate Art Therapy Program.



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.