

# DRAWN



Issue 21

The George Washington University Graduate Art Therapy Program

Spring/Summer 2005

## **The Art of Multicultural Puppets: A Summary of the Lani Gerity Workshop**

By Katie Bacon and Dorothy Dvorachek

Lani Gerity, art therapist and skilled puppet maker, presented a workshop for area art therapists and students at Smith Hall on Saturday, April 9. Introductions were made around the group using personal stories and folk tales from our multicultural heritage. After this rich exchange of storytelling, Lani showed slides and presented an intriguing case study of a client with dissociative identity disorder who had made several beautiful puppets and used the puppet making process to integrate her different parts.

After the lunch break, workshop attendees returned to begin creation of their own puppets in paper format. Picking one of three ideas (hero, villain or helper) everyone began creation of puppets whose joints were created with fasteners. At the end of the colorful puppet making time, Lani asked the groups at each table to create a story using narratives focused on chaos, quests, or self-defeating narratives. To begin the process, Lani asked each group to introduce their puppets to each other at the table and to let the story happen through the introductory process. Wonderful stories focused on

*Continued on page 3*

## **Changes in The George Washington University Art Therapy Program**

By Lisa Garlock

Clinical Placement Coordinator

The GW Art Therapy program has a long and storied history. As one of the most well known art therapy programs in the world, it has been honored with the presence of many founding members of American art therapy, with a myriad of talented and experienced art therapists and teachers and has educated amazing students who have continued the rich GW tradition and lineage of art therapy. Like all programs, it has weathered the normal ebbs and flows of change. As you all know, the program is experiencing many changes this year, particularly with regard to curriculum revisions in accordance with the accreditation standards of the American Art Therapy Association. Not only is the program changing; so is the leadership. Former Director, Anne Mills, has a new role as a full-time faculty member. Her teaching will focus on incoming students, and her research will focus on her longstanding interest in assessment and nascent work on theory construction. Savneet Talwar, former Assistant Director left the program in May. She is pursuing a dream of facilitating the creative process for children, adults and health care professionals at her new "Creative Community Arts Studio" in Takoma Park, MD. Change is always difficult, and it is always hard to say good-bye to what is known and venture into the unknown. We wish both Anne and Savneet the very best in their new endeavors.

As for the future of the program, Dean Frawley has stated that he is very committed to the Art Therapy Program here at GW and sees it as an integral part of the Columbian College of Arts and Sciences. He would like to see it grow into a larger and even more dynamic program. Presently Heidi Bardot and Tally Tripp are managing the program to provide a seamless transition until permanent directors are found. With the momentum that Anne and Savneet have generated, the continued work of the dedicated faculty, the support of the Dean's office and the local art therapy community, we will continue to push the boundaries of what is possible and remain on the cutting edge of the field.

## INSIDE THIS ISSUE

- 2 Our New Administration
- 3 Announcement: Important GW Curriculum Changes
- 3 Alumni News
- 4 Exhibitions
- 5 Art Therapy Silent Auction Benefiting KJW Fund
- 5 An Evening of Creative Community

## Our New Administration

### Heidi Hilgendorf Bardot

Acting Director of the Art Therapy Program

Heidi is an alumna of the GW Art Therapy Program and has been teaching the Assessment Procedures class for the past three years. Most recently she worked for Capital Hospice in Virginia helping children, adolescents and adults deal with grief and loss issues through art therapy home visits, groups, workshops, and camps. Currently Heidi has a private practice, Creative Counseling, LLC, specializing in women's issues, self-care, cancer support, and employee wellness workshops. Heidi has presented and conducted workshops nationally and internationally on issues of war, secondary trauma, self-care, resiliency, grief, and promoting peace and hope. She has worked collaboratively with art therapists in Lebanon, Greece, Italy, Austria, Switzerland, Germany, and France and currently organizes women's retreats to France with her business A Time to Explore. Heidi has created these retreats and local workshops, specifically for women, focusing upon self-care, validating strengths and individuality, and promoting connections.

"I am extremely excited to be taking on this position at GW. As an alumna, the Art Therapy Program holds a special place in my heart. It is here that I learned to define myself as an art therapist through the guidance of the faculty, staff, and internship supervisors. My goal for this year is to continue our program's tradition of excellence and to provide stability as this program progresses to allow our graduates to compete in the ever-changing field of art therapy."



*Heidi Hilgendorf Bardot*

*Continued on Page 6*

## Statement of Purpose

Our goal is to provide a channel for communication among students, faculty and alumni as well as to introduce prospective students and the art therapy community to The George Washington University's Graduate Art Therapy Program.

DRAWN from building "L" will provide articles, commentary, notices, poetry, humor, and anything pertinent to art therapy. If you wish to respond to anything presented in this issue, please send materials to:

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### Editorial Policy

All opinions expressed in this newsletter are those of the authors and do not reflect those of The George Washington University Art Therapy Program or its faculty. Submissions are made with the understanding that they may be edited for space, grammar, and content.

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fear, courage, morality, journeys and of course the triumph of art began to emerge and each group had the chance to share their story with the workshop class.

Once the storytelling time was finished, the group returned to the slide room to hear more fascinating case studies and to gather ideas for puppet making such as using socks and gloves to create puppets. Through storytelling and technique, Lani helped us to realize the potential of puppet making with clients as well as of bringing a deeper multicultural perspective to our artistry.

### **Announcement:**

#### Important Curriculum Changes

The Art Therapy Program, responding to AATA's new requirements, has made recent curriculum changes. These include making the required credits for graduation 49 credit hours and changing previously elective courses into required courses (i.e., Assessment Procedures, Psychopathology/Art and Diagnosis, Research Methods, Social/Cultural Diversity & Art Therapy, and Ethics & Professionalism). We have also added new courses Human Development & Art Therapy and Advanced Issues in Psychotherapy & Art Therapy and have revamped all of our existing courses so as to align with counseling. Additionally, in responding to our student's needs, we currently offer a 60 credit hour option where students can take counseling/psychology courses in order to better prepare them to seek licensure as professional counselors. In early 2005 revisions were planned with the help of a committee chaired by Anne Mills and composed of art therapist Josie Abbenante, Speech and Hearing faculty Diane Brewer, Psy.D. faculty Loring Ingraham, and Savneet Talwar.

## **Alumni News**

### **Updates...**

Last year, **Deidre Cogan**, ATR, art therapist and case manager at the North West Family Center and the Psychiatric Institute of Washington, D.C., was a recipient of the DC Department of Mental Health, Community Service's Outstanding Employee award. Congrats!

**Charla Bullard** works for the Blair R. Baston Hospital, part of The University of Mississippi Medical Center in Jackson, Mississippi. An excellent article was published about Charla's sensitive work with a child with paralysis. Charla helped the little girl, Miss Deontay, to use a touchscreen PC loaded with Kid Pix Deluxe 4 software. It could be controlled with a mouthstick, which meant that she could run the computer independently. For more info, see: <http://umcnews.com/pv/pageview.pl?section=mcnews&newsfile=n200411294.txt>

See <http://www.atimetoexplore.com> for news of **Heidi Bardot**, who now has a private practice specializing in women's workshops and retreats to France, grief and loss issues, and employee wellness workshops.

**Maricel Ocasio** has entered the PsyD Program at Argosy University.

White Oak School, one of our newer sites and a special education facility in Baltimore County, M.D., was recently selected as one of the two schools nationally to receive a "Model Program Award" from the National Coalition of Art Therapies Association. Congrats to site supervisor **Bonnie Kauffman** ATR, LCPC, one of the award winning members of the program at White Oak.

After working as an art therapist in Fairfax County Public Schools for 19 years, **Emmy Lou Glassman** ATR-BC has moved on to open a private practice in Fairfax City for children, adolescents, adults, and families. She also continues to supervise art therapists, both professional and those in training. Associated with The Counseling Center of Fairfax, Emmy Lou can be contacted at 703-385-7575, ext. 77, or at [emmylouglassman@verizon.net](mailto:emmylouglassman@verizon.net), for information, brochures, directions, and/or referrals.

**Amalia Slater's** work in sculpture has long been known in the D.C. area. She recently published an article entitled "Healing and Stone Carving" in the journal *Art Therapy!*

Visit [www.mayamadedesigns.com](http://www.mayamadedesigns.com) to see **Maya Kashi's** jewelry, scarves, and other artsy things!

**Helen Power**, an alumna who is also a social worker and play therapist, recently gave a one day seminar entitled "Understanding Childhood Development Through Art," for play therapists. It was offered through the Chesapeake Seminars in the D.C. area. Helen highlighted the work of Lowenfeld, Rubin, Rhoda Kellogg, and Rawley Silver. Congrats, Helen!

*Continued on Page 4*



**Audrey DiMaria, MA, ATR-BC**, alumna, GW professor and supervisor, retired April 1<sup>st</sup> from her position as Art Therapist at The Paul Robeson School for Growth and Development, Department of Mental Health Community Services, after 27 years of dedicated work.

During her time at PRS, Audrey worked with hundreds of children on an individual basis, and trained 50 art therapy interns! She forged wonderful working relationships and friendships with other members of the PRS staff.

Audrey was honored, along with two other PRS staff who also retired, at a luncheon on June 23, 2005.

*-Submitted by Kathleen Barron*

### Notes from alumni...

"Although I am currently living overseas and teaching art, the field of art therapy and the George Washington program remain dear to my heart. My background and training have been so important in shaping how I teach --- in a process oriented way."

**Helen (Flurry) Trajtenberg**, near Tokyo, Japan  
P.S. I love receiving "Drawn from Building L."

"I've been pretty busy with my studio and am happy to say that our enrollment has more than doubled this session. It's been so amazing having all these budding artists create in our studio, some are as young as 20 months and have never even held a paintbrush before! They really do love making those great scribbly circles."

**Gaby Kogan**, Montreal, Canada

## EXHIBITIONS

The DC Department of Mental Health, Community Services, in collaboration with The American Art Therapy Association's Governmental Affairs Committee presented "**An Intergenerational Quilt**" (pictured below) beginning in December 16, 2004 at the Department of Health and Human Services. The quilt was created during the summer of 2004 as a result of an intergenerational art project involving the Paul Robeson School for Growth and Development and the First Baptist Church Senior Center, facilitated by Audrey Di Maria, ATR-BC (GW professor, supervisor and art therapist at the Paul Robeson School) and her intern, Kathleen Barron. The children and elders were all invited to attend a reception at HHS where the Deputy Secretary, Claude A. Allen, gave a moving speech to the group.



*Pictured from left to right: Kathleen Barron, Lauren Edelstein (GW student and AATA's Governmental Affairs Committee Student liaison), Claude Allen, Audrey DiMaria, Gwendolyn Davis (Activities Director at The First Baptist Church Senior Center), Juanita Price (Chief Executive Officer, DMH, Community Services), and Joyce Jones (HHS Office of Global Health Affairs)*

In celebration of National Creative Art Therapies Week 2005, the Maryland Art Therapy Association mounted a public art show entitled, "**Art is a Window to the Soul**". It took place at Atwater's Market of Belvedere Square, in Baltimore, MD. The show went on display beginning March 6, 2005. Originally scheduled for a two week run, it remained hanging for an additional week due to an enthusiastic public response. It featured a selection of windows transformed into art pieces by art therapy groups from various educational and treatment facilities in the Baltimore-Metropolitan area.



*Pictured in the photo (left to right) are Julia Anderson, ATR-BC, GW alumna Cathy Goucher, ATR-BC, LCPC (the show's coordinator), and student Jill Scheibler, who assisted in hanging the artwork.*

*Continued on Page 5*

## Art Therapy Silent Auction Benefiting KJW Fund

By Erin Brindle

In conjunction with the Lani Gerity puppet-making workshop on April 8, a silent auction was held to raise funds for the Katherine J. Williams Scholarship fund. Current GW art therapy students and faculty members donated a variety of hand-made items for the auction. Despite being a silent auction, many complimentary words were spoken about these items by workshop attendees.

Donated items included photographic prints, a flower-themed relaxation kit submitted by Katie Bacon, painted dreamscapes from a Rumi quote, and notecards. Additionally, there were earrings woven of gems and wire, silk scarves created by Savneet Talwar, as well as southwestern jewelry and a painting by Lisa Garlock. Jessica Grauer provided freshly-baked chocolate chip cookies, and Jill Scheibler submitted a "Do-It-Yourself-Psychotherapy" kit.

The silent auction was very successful, raising about two hundred and fifty dollars.

## The Katherine J. Williams Fund offers a new and exciting opportunity for giving!

The Katherine J. Williams Fund was recently given a match grant from The Prasad Foundation—Sangeeta Patel Prasad is a 1989 graduate from The George Washington Art Therapy Program and her husband, Ram, is a graduate of the GW engineering department. They have donated \$2500 to the fund as a match grant meaning that any donation you make to the fund will be matched by them up to \$2500. This is an exciting opportunity for you to make a difference in current and future students' lives. The fund was originally set up in honor of Katherine Williams for her many contributions to the program for over 20 years.

The purpose of this fund is to promote diversity in scholarship and in recruitment.

Goals for funding include:

- Awarding scholarships to reduce fees for students from multicultural backgrounds;
- Funding research into the meaning and role of artwork in different cultures;
- Helping students from a wide range of backgrounds buy books or attend conferences;
- Assisting students in crucial ways to engage in volunteer activities in this and other countries.

In the next few weeks you will be sent a letter from the GW Development Office giving you the opportunity to donate to this fund. Please look out for this letter and consider donating this year. All donations are tax-deductible. Thank you!

## Exhibitions...Continued from Page 4

The Georgetown University's Lombardi Cancer Center exhibited "**A Community Art Show**", the first show of adult patient work during the month of April. The show was sponsored by The Lombardi Pediatric Hematology and Oncology Art Therapy Program, directed by Tracy Council (GW Alumna and practicum supervisor), The Lombardi Arts and Humanities Program (under the direction of Nancy Morgan), and curated by Kathleen Barron, second year GW art therapy student. The reception was held on Wednesday, April 6, 2005, and featured live poetry and prose readings by patients at Lombardi. The show offered a unique opportunity for patients not only to exhibit their work as artists, but also meet with other patients who have used art therapeutically through the programs.

In conjunction with the H2 art exhibit, the Carroll County Arts Center presents "**Art Helps Heal**", an exhibit featuring the artwork of clients who have attended Granite Hall. Granite Hall, of Granite House Inc., is a psychiatric rehabilitation program located in Westminster, Maryland. The theme of "Art Helps Heal" addresses the positive impact that the creation of art can have on emotional well-being. The exhibit provides the artists with an opportunity to showcase their exceptional skills, as well as to experience a sense of pride in their accomplishments. The opening reception was held on Sunday, April 10, 2005. The show will remain on display from April 7<sup>th</sup> through June 10<sup>th</sup>. The Carroll County Arts Center is located at 91 West Main St., Westminster, Maryland. Congratulations to first year student Sarah Meadows for her contribution to this fine show.

## An Evening of Creative Community

By Erin Johnson

On February 18, 2005, GWU art therapy students had the opportunity to meet with program director Anne Mills, and assistant director Savneet Talwar, in a special format to discuss upcoming events and changes within the art therapy program. The meeting was held within a "Creative Community" session, which incorporated art-making to facilitate group discussion. As programmatic issues were discussed, students and faculty continued to decorate silk scarves that had been given as gifts to each student at the beginning of their education at GWU.

During the meeting, votes were cast for the new GWATSA (the George Washington Art Therapy Student Association) board for the 2005-2006 school year. Congratulations are to be awarded to the new co-presidents Dorothy Dvorachek and Rachel Kaplan, Secretary Nora Stinley, and Treasurer Andrea Tree. Students also requested that a suggestion box be added to the building in order to aid GWATSA in responding to students feedback.

The evening spent in the Creative Community gathering also provided students with an opportunity to voice any questions, concerns, and suggestions regarding the programmatic issues, while also enjoying an art endeavor.

## ***Our new Administration...***

*Continued from page 2*

### **Tally Tripp**

Acting Director of Graduate Studies

A 1981 graduate of GW's Art Therapy Program, Tally began supervising students immediately in her position as Expressive Therapist at the Psychiatric Institute of Washington. She worked for many years in acute and long term hospital settings with adolescents, children and families and, because of that interest, she continued her education and received a MSW from University of Maryland in 1986. Since that time, Tally has served as Chief Social Worker on the Child Unit at Dominion Hospital where she introduced Multi Family Art Therapy as a treatment modality. She later was Art Therapist and Staff Counselor at the GW University Counseling Center until the demands of motherhood led her to full time Private Practice, offering flexibility in scheduling. She has been an adjunct faculty member in the Art Therapy department since 1991, teaching courses including Survey, Supervision, Art and Diagnosis (Psychopathology) and Group Therapy. She is also an adjunct faculty member at the Virginia Commonwealth University School of Social Work where she teaches a popular course on Art Therapy. Tally has continued to pursue advanced training in psychotherapy, she is a graduate of the Group Psychotherapy Institute, and the Short Term Psychodynamic Psychotherapy program at the Washington School of Psychiatry, and has completed Certification in EMDR and Hypnosis. Her interests include working with Trauma, Women's issues, Depression and Anxiety and she has a Private Practice in Downtown DC and in Old Town Alexandria.



*Tally Tripp*

"The Art Therapy program will have a challenging and exciting year ahead, and I am looking forward to being involved in its continued growth. We have a tremendously dedicated faculty involved and hard working student body, and many well known alumni, all of whom have made the program strong and highly respected. I am honored to be a part of this process as we move forward and continue to draw upon its tradition of excellence."

-Tally Tripp

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*Lisa Garlock will continue as the Clinical Placement Coordinator for The GW Art Therapy Program.*



### **The Graduating Class of 2005!**

*Pictured clockwise from left: Kristen Kaufman, Kelly Fitzmaurice, Katie Bacon, Kathleen Barron, Jill Scheibler, Hanako Shishido, Erin Brindle, Lauren Edelstein, and Sally Duvall.*

## Interview with Alyssa Caroselli: Insights from a GWU practicum supervisor

By Nora Stinley

Alyssa Caroselli is the Activity and Volunteer Coordinator at Sunrise Assisted Living, located on Connecticut Avenue in Northwest Washington, D.C. Alyssa has held her current position for nearly one year, and has been working with the elderly for five years. In the year 2000, Alyssa graduated from Lesley University with a Master's degree in Expressive Therapies specializing in art therapy, and is now a registered art therapist. In addition to her position at Sunrise, Alyssa also creates and sells her own artwork, primarily oil paintings. She feels this is an excellent way for her to stay connected with her artistic identity.

Alyssa was kind enough to grant me some insight into her position as Activity and Volunteer Coordinator, as well as her new role as an off site supervisor for The George Washington University art therapy program. The following interview describes Alyssa's experiences as an art therapist over the last several years.

**NS:** *Did you pursue art therapy right after you graduated from Lesley?*

**AC:** I actually was the program coordinator for an elderly afternoon program in New York City.

**NS:** *Was it difficult to find a job right out of school?*

**AC:** Not too hard, I went to New York where they have a really great agency for the elderly. Plus with September 11<sup>th</sup>, there was a great need for art therapists, and so there were a lot of positions available.

**NS:** *Did you find that having all the requirements for the Massachusetts license gave you an advantage in job placement?*

**AC:** I would say that it did allow me to apply for certain jobs that I wouldn't have been able to otherwise. The job I ended up taking didn't require any knowledge from the extra classes, but I would recommend taking them if you have the option. It makes you more eligible for more jobs, and it is a great resume boost.

**NS:** *So, this job is similar to the one which you had in the past? What duties does this job entail?*

**AC:** Well, unfortunately the art therapy is minimal, but I do get to use it in the art groups that we do here. Other than that, my duties include designing and implementing activities, administrative work like budgeting, volunteer and recruitment training, event planning, supervising staff, and supervising you.

**NS:** *That brings me to my next question, how are you finding your first year as an off site supervisor?*

**AC:** I'm really enjoying it. It's great for me because I remember what it was like to be a first year graduate student. I had a really bad supervisor and a really great supervisor, so I'm trying to take the experiences I had from both of those supervisors and apply them here. I try to guide more than advise. I just feel that it's a better way to help you as a student because it helps you to learn things and immediately practice them in the situation you're in.

**NS:** *Do you think you'll continue supervising?*

**AC:** Oh definitely, it's been such a great experience so far.

**NS:** *Do you have any general words of wisdom?*

**AC:** I just think that it is very important for us as art therapists to keep people informed about what art therapy is and how useful it can be. I think it is also important to get the point across that art therapy is an absolutely necessary therapeutic modality to offer, because it is hugely beneficial to so many people.

### Thank you to the following for their generous gifts...

#### For donating artwork and food to the KJW Fund silent auction:

Dorothy Dvoracheck  
Nora Stinley  
Savneet Talwar  
Katie Bacon  
Hanako Shishido  
Lauren Edelstein  
Jill Scheibler  
Kelly Fitzmaurice  
Erin Brindle  
Lisa Garlock  
Erin Johnson  
Rachel Kaplan  
Jessica Grauer

#### For making donations to the KJW Fund:

Joanne Fitzmaurice  
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Jessica Grauer  
Lisa Garlock  
Savneet Talwar  
Anonymous  
Kelly Fitzmaurice  
Elizabeth Palmberg  
Cheryl Doby-Copeland  
Adam Thomasson  
PATA

Thanks to **Katie Bacon** for her donation to The GW art therapy program, and to **Frances Smokowski** for her donation of art supplies to the students.

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