

Program Overview

Have you ever experienced the challenge of treating extremely resistant children? Did you ever wish you could transform the child's toxic environment into one of safety, structure, and support? Participants will learn how to overcome the common obstacles that typically block or slow the progress of child art therapy and how to work with parents and caregivers to create a therapeutic holding environment - even in an outpatient setting. You will obtain practical skills and coaching to market yourself to employers or establish a successful private practice.

Course Structure and Content

Classes are held from 8:30AM – 12:30PM one Wednesday morning per month from October through June. The course teaches "Child Art Therapy in a Family Therapy Context" (AT/FT), a powerful treatment model that integrates child centered art therapy with family therapy and parent training models. This course strives to inspire and empower child art therapists to learn, then transcend "techniques" towards a deeper therapeutic relationship with their young patients. Participants will learn how to effectively involve parents in assessment, goal-setting, treatment, and structuring of their home for maximum success. Please see the reverse side of this page for individual class descriptions and dates.

Continuing Education Credits (CEC's)

Participants who attend the entire 9-session course will receive 36 CEC's from the American Art Therapy Association. You may also register for individual classes of your interest (each providing 4 CEC's from AATA).

ATR Supervision Component (optional)

You may also sign up for up to 9 optional group art therapy supervision sessions in the "Child Art Therapy in a Family Therapy Context" model. Supervision groups are held from 1:00 – 2:30, following each Wednesday's class. Group supervision hours may apply towards obtaining your ATR.

Methods of Instruction

Direct instruction, case presentation with patient artwork, art-making, large and small group discussion, presenter modeling, role play, overhead projection slides.

Who Should Attend

Art therapists with a master's degree or higher.

Accessibility

Presentation facilities are wheelchair and handicapped accessible.

For additional
information contact:

Michael Fogel,
MA, ATR-BC, LPC at
610.649.1080 x1 or
ChildFamArt@verizon.net

Advanced Practice Child Art Therapy Course Child Centered Art Therapy in a Family Therapy Context

678 Pont Reading Road
Ardmore, PA 19003



Advanced Practice Child Art Therapy Course



Child Centered Art Therapy in a Family Therapy Context

AATA Approved Continuing Educational Program
(see inside for details)

**Art Therapists earn up to 36 CEC's & 13.5 hrs.
of ATR supervision**

Presented By:

Michael Fogel, MA, ATR-BC, LPC

Board Certified Art Therapist
Licensed Professional Counselor

Michael is a nationally registered, board certified art psychotherapist, and a licensed professional counselor. In over 15 years of clinical experience, Michael established The Child and Family Art Therapy Center, an outpatient private art therapy group practice specializing in child and adolescent art therapy. Michael's integrative therapy programs were honored by the Delaware Valley Art Therapy Association's "Innovative Applications of Art Therapy Award" (2006). The Child and Family Art Therapy Center combines individual child art therapy with family therapy and parent-training techniques in one integrative, outpatient treatment model. Michael also developed and facilitates "The Art of Friendship Social Skills Program", which specializes in the treatment of neurologically based social challenges such as Asperger's Syndrome, Pervasive Developmental Delay, learning disabilities and ADHD. Michael has presented at local and national conferences on a range of topics and is currently an Adjunct Assistant Professor at the Hahnemann Creative Arts in Therapy graduate program at Drexel University.

Course Location:

The Child and Family Art Therapy Center
678 Pont Reading Road, Ardmore, PA 19003
610.649.1080 x1
www.childandfamilyarttherapycenter.com

Child Centered Art Therapy in a Family Therapy Context

COURSE SCHEDULE AND DESCRIPTION – Choose up to 8 individual classes or register for the whole course

1 CHILD-CENTERED ART THERAPY IN A FAMILY THERAPY CONTEXT MODEL (AT/FT): OCTOBER 20, 2010

Participants are introduced to the rationale, theory and overall structure of the “Child Art Therapy in a Family Therapy Context” model. An overview is offered about how this integrative treatment model overcomes treatment obstacles by combining the best elements of individual art therapy and family therapy into one comprehensive approach. An introduction to the assessment and treatment components of the AT/FT model is offered.

2 THE FOUR SESSION CHILD/FAMILY ASSESSMENT PROCEDURE (PREREQUISITE – CLASS #1): NOVEMBER 17, 2010

This class teaches the AT/FT four-session assessment procedure that precedes effective treatment in the AT/FT model. The following assessment sequence will be taught: 1. The initial parents-only intake/developmental history interview; 2. Family art therapy assessment; 3. Child art therapy assessment; 4. The parent feedback and treatment planning session.

3 DEVELOPING A CHILD-CENTERED FRAME: DECEMBER 8, 2010

Participants will: 1. Acquire a deep, experience-based appreciation of person-centered therapy that counters the medical model; 2. Gain empathy for children’s resistance, perception of therapy, and trust in the child’s lead; and, 3. Learn verbal and nonverbal child-centered techniques that engage even the most resistant child.

4 UTILIZING AND ENHANCING CHILDREN’S METAPHORS AND STORYTELLING IN CHILD-CENTERED ART THERAPY (PREREQUISITE – CLASS #3): JANUARY 12, 2011

Deepen affective communication with children through childcentered imagination, fantasy and metaphor. You will learn: 1. Art therapy techniques that help children deepen imagination and meditative states that promote healing; 2. Skills to process artwork without threatening children by interpreting artwork; 3. The Ericksonian Hypnosis technique of “Utilization”, which uses children’s interests to activate healing and internal resources; 4. Therapeutic storytelling techniques: using existing stories or therapists’ original therapeutic metaphors with art making.

5 EFFECTIVE COMMUNICATION AND INVOLVEMENT OF PARENTS AND CAREGIVERS IN CHILD ART THERAPY: FEBRUARY 9, 2011

This class teaches practical skills for art therapists to recruit and involve parents/caregivers in their child’s treatment. The following practical skills will be taught: 1. Recruiting conversations to bring parents into the treatment team; 2. Working with and overcoming parental resistance; 3. Translating art therapy, developmental and psychological concepts into understandable language for lay people; 4. Presenting assessment feedback with do-able recommendations for treatment.

6 HELPING PARENTS AND CAREGIVERS SET EFFECTIVE STRUCTURE AND DISCIPLINE WHILE IMPROVING CONNECTIONS WITH THEIR CHILDREN: MARCH 9, 2011

Participants will learn pragmatic parenting skills therapists can teach to parents/caregivers to effect positive change in the identified patient’s behavior and family system. You will learn: 1. Methods for parents to improve communication and relationships with their children; 2. Discipline techniques providing structure, boundaries and a therapeutic holding environment; 3. Behavior-modification techniques; and 4. The 7 habits of effective parents.

7 COGNITIVE/BEHAVIORAL COPING SKILLS LESSONS FOR CHILDREN AND THEIR PARENTS: APRIL 6, 2011

This class presents several effective psycho-educational coping skills lessons parent(s) and children learn together during the “talk time” portion of AT/FT treatment. These coping techniques are then used in the home treatment program. You will learn how to teach the following psychoeducational coping lessons: 1. “The Dinosaur Technique” for anger management; 2. “The Happy TV Channel” self-soothing/calming technique; 3. “The Big Deal-O’-Meter” perspective taking technique to reduce overreactions; 4. The “Thought-Feeling-Behavior Cycle” anti-anxiety technique; and several others, as well.

8 DIFFERENTIAL DIAGNOSIS AND ART THERAPY TREATMENT OF NEUROLOGICAL DISORDERS (LEARNING DISABILITIES, ASPERGER’S SYNDROME, PDD, ADHD, TOURETTE’S SYNDROME): MAY 11, 2011

Children with neurological differences misinterpret social rules and interactions, thereby looking “weird”, detached, awkward, rude, or mean to their peers. They may isolate themselves because they do not know how to engage socially, or they may wind up rejected or ostracized by peers. These children often develop co-morbid depression or anxiety, as well. This class teaches effective assessment and treatment for this rapidly growing population, and presents the theory and strategies used in the award-winning “Art of Friendship” social skills program.

9 INTEGRATING THE AT/FT MODEL FROM ASSESSMENT TO TREATMENT TO DISCHARGE; AND, DESIGN AND BUILD YOUR OWN SUCCESSFUL CHILD ART THERAPY PRIVATE PRACTICE: JUNE 1, 2011

This class weaves together all components of the AT/FT model taught in the prior 8 classes. The presenter will illustrate the approach with case studies. Participants will practice communicating this model to prospective employers, learn business planning and marketing techniques, and ethical considerations in private practice.

COURSE REGISTRATION FORM

NAME _____

ORGANIZATION _____

ADDRESS _____

TELEPHONE _____

EMAIL _____

OPTION A - THE FULL 36 CEC COURSE

**Tuition: \$100 registration fee due with this form
\$65 payment due at each class meeting**

___ I would like to register for the full 9-session course

OPTION B - SINGLE CLASS REGISTRATION (4 CEC’S/EACH)

Tuition: \$75 per session - up to 8 sessions due with this form

___ I would like to register for the following classes for a total of \$_____

(Please check all the class(es) for which you wish to register)

- Session 1** October 20, 2010 AATA Program #10-08
- Session 2** November 17, 2010 AATA Program #10-09
- Session 3** December 8, 2010 AATA Program #10-10
- Session 4** January 12, 2011 AATA Program #10-11
- Session 5** February 9, 2011 AATA Program #10-12
- Session 6** March 9, 2011 AATA Program #10-13
- Session 7** April 6, 2011 AATA Program #10-14
- Session 8** May 11, 2011 AATA Program #10-15
- Session 9** June 1, 2011 AATA Program #10-16

OPTION C - 90-MINUTE ATR SUPERVISION GROUP (FOLLOWING EACH CLASS)

Tuition: \$25 per session, due with this form

___ I would like to register for _____ 90-minute supervision sessions immediately following each class I attend, for a total of \$_____

PAYMENT

OPTION A tuition: \$100 registration fee

OPTION B tuition: \$_____

OPTION C tuition: \$_____

TOTAL PAYMENT ENCLOSED WITH THIS FORM: \$_____

Make checks payable to: “CFATC”

Mail form with payment to:

**The Child and Family Art Therapy Center
678 Pont Reading Road, Ardmore, PA 19003**

* Confirmation of your registration will be sent to you by email along with directions to the seminar site.

* You may withdraw from the course/class/supervision at anytime.

* Registration and/or class fees are refundable only when notice of withdrawal is received, in writing, at the above address, 10 or more calendar days before the class is to be held.