Course Description:

*Transforming Trauma: Healing Centered Creative Arts Therapies in Healthcare* is a one-day conference that will feature presentations given by experts in field of trauma and creative arts therapies. This conference will provide advanced learning experiences for both professionals and students. 7 LCAT credits will be offered, sponsored by the NYU Creative Arts Therapies Consortium.

Learning Objectives:

- Participants will recognize practical creative arts therapy skills and interventions to increase the breadth and scope of trauma informed practice in healthcare.
- Participants will enhance their understanding of the psychological, somatic, and neurological impacts of trauma.
- Participants will demonstrate knowledge in how art, dance, music, and drama therapy treatment approaches and models inform clinical practice in trauma-based work.
Artistic expression can alleviate the pain of a community struggling to cope and make sense of an illogical sequence of events. Recent neuroscientific research has better explained how and why art therapy strengthens the adaptive responses to adversity. As a conduit for accessing and mitigating conflicted memories and affect, visual expression can organize cognitions and memories. The attuned relationship with the art therapist aids in the mirroring and repair of disruptions in attachment, and the rewards gained from engagement in art making lead to both pleasure and mastery. These mechanisms support creative problem solving: a construct of art therapy’s promotion of resilience. Case material in response to communal trauma will highlight clinical interventions.

From “As If” to “As Is”: Using Imagination and Embodiment to Address Embedded Core Beliefs in the Aftermath of Trauma, Craig Haen, PHD, RDT, CGP, LCAT, FAGPA

Among the biggest challenges in trauma treatment is helping patients alter intered beliefs about self and others, which are blunt, forceful, and often resistant to cognitive intervention. This presentation will demonstrate, through theory, case material, and experiential work, use of drama therapy to foster emergent parts of self and new possibilities.

From the mind and the heart to hand: Refining the continuum of interventions using art-making materials with trauma survivors, Ani Buk, MFA, ATR-BC, LCAT, LP

When making art, trauma survivors use their innate capacity to translate perceptual information from one sensory modality into another. In doing so, their artistic process and product can enable them to symbolically express, contain and integrate both explicit and implicit memories and feelings. This presentation will explore the efficacy of a continuum of art-based interventions, which range from subtle to active, and are supported by current research in the fields of neurobiology, infant development, cognitive science, and psychoanalysis. Theoretical material will be illustrated by clinical examples and several experientials.

12:45-1:45 PM Lunch (provided)

Open and Held: The Dual Role of Music in Trauma Treatment, Brian T Harris, PhD, LCAT, MT-BC

The aesthetic components of music can help elicit deep emotional responses, while music’s inherent structural elements can help provide containment. For this reason, music is well positioned to be used for therapeutic work with trauma. Through current theories and research, as well as case material, and experiential components, participants will gain insights into the therapeutic use of music in trauma treatment.

Returning to the Body: DMT in the Treatment of Trauma, Corinna Brown, MA, MS, LCAT, BC-DMT

This experiential and didactic workshop will explore the healing properties of dance/movement therapy (DMT) in the treatment of trauma. How DMT creates safety and containment through group rhythmic activity, sounding, full body engagement, symbolism and contact will be examined as participants move individually and as a group, increasing their self-awareness.

4:30-5:00 Wrap-up
Conference Presenters

Marygrace Berberian, ATR-BC, LCAT, LCSW

Marygrace Berberian is a Clinical Assistant Professor at NYU. She develops community-based art therapy initiatives. She is Director of the NYU Art Therapy in Schools Program, leading school-based intervention. She is the co-editor of *Art Therapy Practices for Resilient Youth: A Strengths-Based Approach to At-Promise Children and Adolescents* (in press).

Craig Haen, PHD, RDT, CGP, LCAT, FAGPA

Craig Haen has been working clinically with people impacted by interpersonal, developmental, and mass trauma for 20 years. Private Practice: White Plains, NY; Faculty: NYU, Lesley University; Co-Founder/Training Director: The Kint Institute; Author: numerous books and publications, including *Creative Arts-Based Group Therapy with Adolescents*.

Ani Buk, MFA, ATR-BC, LCAT, LP

Ani Buk is a licensed and Board Certified art therapist and psychoanalyst in private practice in Manhattan. A trauma specialist, she has been on the faculty of NYU’s Graduate Art Therapy Program since 1993, is a Core Faculty member of The Kint Institute, and a Training and Supervising Analyst and on the faculty of the Psychoanalytic Training Institute of the Contemporary Freudian Society. Her paper, “The Mirror Neuron System and Embodied Simulation: Clinical Applications for Art Therapists Working with Trauma Survivors,” was published in a special issue on trauma by *The Arts in Psychotherapy*.

Brian T Harris, PhD, LCAT, MT-BC

Brian T Harris, PhD, MT-BC, LCAT is a music psychotherapist and analytical music therapist in private practice in New York City. He is an adjunct faculty member at New York University and a core faculty member of the Kint Institute’s creative arts therapy and trauma certificate program. He has published and presented widely.

Corinna Brown, MA, MS, LCAT, BC-DMT

Dance/movement therapist, researcher, DMT educator, choreographer, performer, cofounder of the Center for Reichian Energetic Therapy, & doctoral student at Lesley University; teaches at Pratt Institute, conducts group therapy in Addiction Psychiatry at Bellevue, and has a small private practice; most recently published in McNiff’s (2013) *Art as Research: Challenges and Opportunities*. 