

# GATAPHILE

Newsletter of the Georgia Art Therapy Association

Fall 2003

Affiliate  
of the  
American  
Art  
Therapy  
Association

## President's Corner

Diana Gregory, President of GATA 2003

Hello GATA members!

It is indeed a treat for me to write this first GATEchat as your new president. I have not had the privilege of meeting each of you and hope that over the course of the year I will get to know everyone in the organization better.

This is an exciting time for GATA with events planned to stimulate body, mind and spirit. The Inner Harbor workshop with guest speaker Dr. David Gussak is scheduled for Friday, March 21. Plus, there will be a master supervision session from 10 am to noon on Saturday, March 22 with Dr. Gussak. The following weekend, March 28 - 30, the GATA retreat is scheduled at Ravenel, in Highlands, North Carolina. This is an excellent time for members to meet, greet, have fun or spend quality time with yourself! Coming Attractions is also going strong. There are sessions planned for the next few months and everyone is welcome to participate. Look for details about each of these events elsewhere in the GATaphile.

As a chapter member of the American Art Therapy Association (AATA), GATA has been asked to participate in the soul searching process known as SWOT's. In a



## Dates to

### Remember

#### Coming Attractions:

February 16, 2003, 12:30-2:30pm at Maxine's

#### Inner Harbour Art Therapy Workshop:

Friday, March 21, 2003 (Registration deadline is Wednesday, March 19)

#### Business Meetings:

March 28-30, 2003 (Ravenel Retreat)

September 6, 10am-12pm at Maxine's

December 6, 10am-12pm Holiday Brunch

**Newsletter:** April 30, 2003: Deadline for Submissions



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perfect world we would do this process as a group, but AATA has requested that the information be forwarded to them by March 1 so it can be presented at the spring board meeting. This is a wonderful opportunity to voice your thoughts and concerns. Please take a minute to answer the following questions:

What are AATA's :

1. Strengths: What are we doing well?
2. Weaknesses: Where can we improve?
3. Opportunities: What are the changes taking place in our environment which might allow us to better achieve our mission?
4. Threats: What external threats hinder our pursuit of the mission and what changes in the environment so we need to guard against or prepare for in doing our work?
5. Comments:

Your answers can be emailed to me at [dgregart@aol.com](mailto:dgregart@aol.com) or mailed to Diana Gregory, 1149 Pea Ridge Road, Ball Ground, GA 30107. I hope that you will take this opportunity to let AATA know how they are doing and how they can best serve the membership.

GATA business meetings have been scheduled for March 29, at the retreat, September 6, and December 6. Please plan to attend and lend your personal strength to the chapter and have a great new year!



The GATA Year 2002 through the eyes of the outgoing President!

The year 2002 GATA work had much that was familiar. In March we had another successful collaboration with Inner Harbour Hospital in presenting art therapy to the mental health community.

## Inner Harbour Workshop

Inner Harbour Workshop <sup>3</sup>Art Therapy with the Angry Client<sup>2</sup>

given by David Gussak  
GATA members have a busy two weeks in store for them in March. Our annual Inner Harbour art therapy workshop will be held on Friday, March 21 from 9 AM to 4 PM. You must preregister by Wednesday, March 19. (Please bold or underline this last sentence!) To receive a flyer about the workshop, please call Elaine Robinson at 770/ 942-2391, x 321 at Inner Harbour. Do not assume that you will automatically receive a flyer simply because you have attended in the past! Cost is \$110.00/ \$120.00 with CEU's. Remember the workshop is not held at the Inner Harbour facility, but at the West Central Technical College Conference Center in Douglasville, off exit 36 at I-20 west (Chapel Hill Road.) The workshop flyer will have complete directions. Lunch will be served at 12 PM.

Friday evening after the workshop we will have a potluck dinner at 7 PM at Maxine Hull's home. Please plan to bring a salad, side dish, or dessert. Maxine will provide the main course and beverages. If you will be attending, please let Maxine know at 404/ 351-8111 so she knows how many to plan for. This is always a fun and lively event, and a casual way to follow up with our guest speaker on the workshop and other topics.

We will have a further opportunity for follow-up on Saturday morning, when David holds Masters<sup>1</sup> Supervision, again at Maxine's house. This is open to any art therapist, and artwork is welcome. Supervision will be held from 10 AM to 12 PM. (Priscilla, I am trying to find

Brief Workshop Description: In contemporary mental health arenas, clinicians have learned that they must be more attentive to the anger and aggression prevalent with many of today's clients. To work with those that are angry and aggressive, clinicians must understand the perceived justification of such behavior and emotion within an established context. This course will focus on theory and practical application of art interventions with such clients. It is designed to heighten the attendees' awareness of the variety of therapeutic issues and crises regarding anger and aggression in

Art Therapist, author, former editor of the Art Therapy Journal and AATA Board member, Cathy Malchiodi presented a full day workshop at IHH on Friday and a Master Supervision for art therapists on Sat. morning.

In May was our annual retreat in Highlands as guests of Diane and Ray McPhail --- this year in the new "guest house". This was a time of good food, good conversation, a GATA business meeting as well as learning from our peers different ways of approaching art therapy. This retreat is scheduled for March this year --- look for the dates in this issue of GATAPHILE.

Woven throughout the year have been times of doing art together around the theme of "Coming Attractions ...". Not being accepted as presenters at this year's AATA conference has not slowed this group down. A new proposal is on its way to AATA selection committee to present in Chicago in Nov. This group is open to any who would like to join --- look for dates in when we get together in this GATAPHILE.

I represented GATA at the Chapters meeting at the AATA Conference in Washington D.C. In this meeting there was discussion ways to get ATR, ATCB's expansion of test sites, helping to prepare ATCB exams, and the suggestion that there should be a brochure for recent graduates in art therapy --- a guide to life after graduation! The energy of the group increased when the discussion turned to local chapters association with AATA. There is a lack of understanding about where fees for conferences go -- some go to support AATA. Numbers not being artist's strong suit, usually, it was noted that the printed budget explains most of the

out if there is a fee for this, and if so, how much.)

If you are an art therapist from outside Atlanta coming in for the workshop weekend, several art therapists have offered their homes to spend the night, so you can attend the dinner and supervision the next day. You can contact:  
Phyllis Kravitz 404/ 255-9090  
Kate Fetterolf 404/ 876-4745  
Joan Hawkins 404/ 687-8994  
Edna Bacon 404/ 634-9283 (although she may be hosting David)

For calendar:

Wednesday, March 19 Deadline for registration for workshop

Friday, March 21 Inner workshop 9:00 AM start time

Friday, March 21 Potluck dinner at Maxine's 7 PM

Saturday, March 22 Master's<sup>1</sup> Supervision 10 AM to 12 PM, at Maxine's

### **Workshops, classes, groups, retreats presented by GATA members:**

#### **Virginia DuPre:**

"Finding a Voice, Getting a Witness"  
Art Therapy Exhibit and Art Sale  
February 21, 7pm-9pm (opening reception)  
Feb 22, 2pm-9pm  
1200 Ponce de Leon Ave  
(Corner of Ponce and Briarcliff on the 2nd floor of Druid Hills United Methodist)

One aspect of engaging in art therapy is allowing images to emerge from within and then listening for the messages the image brings. Images and symbols are the language of the unconscious and the images one creates - even a scribble on a page - are always, in some way, providing its creator with a mirror of her or his truth. As we claim this truth, there are times when the

a variety of different populations, and how and why art therapy is beneficial. This program will present valuable interventions and principles through discussion, case presentations and experientials.

**David Gussak, PhD, ATR-BC** is an assistant professor for The Florida State University Art Therapy Program in the Department of Art Education. David has presented extensively internationally, nationally and regionally on: art therapy in forensic settings, working with aggressive and violent clients, the work of the art therapist, supervision for art therapists and various governmental and legislative

questions that were raised in this session.

Susanne Fincher and Diana Gregory presented Susanne's film about working with Mandalas to a large crowd as part of the conference.

The year has gone quickly. Many thanks to officers and chairs of committees --- Diana, Phyllis, Mary Ann, Kate, Patti, Cindy, Priscilla, Allen & Jenny, and to Maxine for the gracious use of your home as meeting place. Edna Bacon

### **Coming Attractions Update: "Babes in Croneland"**

Kate Fetterolf

As you may or may not know, "Coming Attractions" is an ongoing project developed by GATA members several years ago to explore our responses to aging and other life transitions. We noted that particularly as women and artists, we are strongly impacted by images from advertising and the media, which often project and reinforce deeply entrenched cultural beliefs. Other personal belief systems and life stories contribute as well, producing mental and emotional schemas which we bring into therapy with our clients as well as into our everyday lives. Those interested in the project have been meeting monthly to make art together, sharing, comparing, deconstructing, and reconstructing the lenses through which we view our changing lives.

In October 2001 these gatherings culminated in a vibrant and compelling show at Agnes Scott. Last winter we submitted a proposal for a workshop at the AATA conference in Washington DC which was turned down. Not to be deterred, we have now submitted a

growth process calls us to put things "out there" to be witnessed. You and whoever you would like to bring are invited to be a witness!

This exhibit will include the artwork of those who are or have been in individual or group art therapy. The exhibit is to serve the purpose of expanding the participants' circle of witnesses for their creative process and images as well as having witnesses for their personal growth process. It is also to serve the purpose of exhibiting the power of art therapy. Come witness the power of image and artmaking! Witnesses will have the opportunity to add their own creative marks to a mandala.

Call Virginia DuPre at 404-272-3890 for more information.

### **Susanne Fincher:**

February 6 - April 10, 2003

Thursdays, 7 PM - 8:30 PM

"Creative Journey" A personal growth group facilitating creative self-expression

Samaritan Counseling Center

1328 Peachtree, Suite B317

404-228-7776

Entering the Circle: A Mandala Intensive

June 18 - 22, Asheville, North

Carolina, Presenters: Susanne Fincher

(author of "Creating Mandalas" and

"Coloring Mandalas"), and Elizabeth

Rucker. This intense, studio-based training

gives you the tools you need to integrate

mandalas into your work as a helping

professional, and to use mandalas for your

own personal growth and spiritual

enrichment. 30 CEU's, Tuition \$425.

404-312-6477 [www.creatingmandalas.com](http://www.creatingmandalas.com)

Susanne Fincher, MA, LPC, ATR, offers supervision for individuals who are working toward becoming Registered Art Therapists and/or Licensed Professional Counselors. Each hour of supervision can

issues facing the field. David is the co-editor and contributing author for the book *Drawing Time: Art Therapy in Prisons and Other Correctional Settings*, and has published articles on forensics and art therapy, art therapy and computer technology and the work of the art therapist.

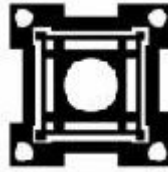
proposal for a performance piece for the Chicago AATA conference in November 2003. We agreed that a performance, involving images we have created along with those from the media, enactments, the spoken word, and audience participation fit the direction we have been moving with this project, and can be tailored to be utilized in the community. Our performance piece, entitled "Babes in Croneland," already has an interested audience at the Existentialist Center in Atlanta. However, we are only in the beginning stages of developing the performance, and welcome any and all GATA members to join us for this new creative venture. Face it, as art therapists, how many of us have time to make art, much less experience what the process is like with a group of imaginative, intellectually curious women - ? You can't lose!

Our next meeting is scheduled for Sunday, February 16th at Maxine Hull's House. You can call Kate Fetterolf (404) 876-4745 if you are interested in attending or have questions. Please see the calendar of upcoming dates for future meetings.

### **Retreat & Refresh at Ravenel!**

Mark your calendar for GATA's fabulous retreat high in the mountains of Highlands, North Carolina! Friday, March 28 through Sunday, March 30th, the Ravenel House will once again open its doors to GATA members for a weekend of relaxation, conviviality, beautiful views, and art making. Think of it as a workshop in creativity, as we make time for a brisk GATA business meeting, share art therapy experiences, make art and generate ideas together for "Coming Attractions," perform our ritual sawdust firing, (thanks Edna!), *or* do your own thing which might involve hiking, snoozing, sketching, or shopping. The

count for both credentialing tracks. Individual and group. For information call Susanne: 404-228-7776



### **Diane McPhail**

#### **Spirituality Retreat Series Continues**

The second of a year-long series of retreats led by Diane McPhail, ATR-BC, is scheduled for Valentine's weekend. The retreats, which involve one group of eight participants throughout the four-part series, focus on spirituality and creativity. Last year's series was so successful that the group members requested a fifth retreat, scheduled for mid-March. The basic series will be repeated yearly, beginning each fall.

The use of drawing, painting, clay work, movement, an 18 square foot canvas labyrinth and other forms of creative expression are woven into the spiritual focus of each retreat. The fourth retreat focuses entirely on creativity, its spiritual and transformational dimension.

Amy Geist, Art Therapist at Inner Harbor Hospital, who participated in the initial series and was instrumental in creating the labyrinth, is serving as Diane's assistant for the new group.

The retreats take place at Diane's guest house, constructed from antique log buildings on 23 acres of mountain/lake woodlands in Highlands, NC. Food, lodging, studio, supplies are included. Participation is limited to eight people. The series to begin in the fall of 2003 is now partially filled. For more information contact Diane at 828-787-1485 or email [dianemcphail@earthlink.net](mailto:dianemcphail@earthlink.net)

beautiful 80 year old house sits atop its own mountain in Highlands, and as those of you know who have attended retreats in the past, offers much to soothe and refresh our frantic city sensibilities. This wonderful weekend is made possible by our great friends Ray and Diane McPhail (also an art therapist) who own another piece of fantastic property in Highlands set on a lake and waterfall, as well as the Ravenel House.

Members and friends who wish to participate in the retreat or who have questions about it need to call Kate Fetterolf (404-876-4745) to register, and to send payment of \$50 to cover expenses. This includes brunch and snacks, as well as clean-up of the house after we leave. (This is a steal for two and a half days of bliss!) Please send checks to Phyllis Kravitz no later than **March 21st**. Her address is: 4765 Jett Rd. N.W./ Atlanta, GA 30327.



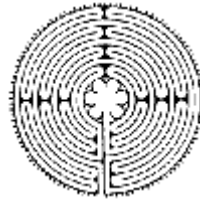
## Lifescapes

(editor's note: Lifescapes is a new feature for GATA and FoGATA members to express a moment in time of their art therapy experiences and share them with us. Contributions are welcome!)

## Progress Notes

Wendee D. VanOrder

As I sit here in silence  
and reflect on those who  
I just shared a moment of time with,  
I can hear the laughter of some,  
the frustrating sighs of others,  
and the agonizing cries of the unspoken.  
Their voice can still be heard within their



## Kudos Kolumn

**Geri M. Davis** was elected to the position of State Vice-President for the National League of American Pen Women. She is also Vice-President of the local Columbus Chapter. Her pencil drawing of "American Tears" won the 'People' s Choice" Award at the NLAPW' s State convention in Atlanta, GA this past fall.

Geri serves as President of a local artist cooperative, The Joseph House Art Gallery. The Gallery has 75 exhibiting artists and is the first and only cooperative in Columbus. She will also serve as the Chairman of the Fine Arts Division of the Riverfest Festival this spring in Columbus.

## GATA MEMBERSHIP

The Georgia Art Therapy Association (GATA) began in the 70' s and has been a small but proud organization since! Because there are not any Master' s level university programs in art therapy in Georgia, our presence as art therapists in Georgia has been limited. Most students have to find a way to creatively get their education and then to apply that same creativity to develop a job! One of the key factors that GATA provides us is a sense of community among a limited number of creative therapists and many networking resources. We also promote art therapists in private practice and soon as a member of GATA

artwork  
if someone is willing to listen.  
It is a voice of a group just passing,  
but they are the voice of everyone  
who is waiting to be set free.

## **Book Review**

**Why They Kill by Richard Rhodes**  
Phyllis Kravitz, ATR-BC

Rhodes traces the life of Lonnie Athens, a professor of Sociology, his journey through his personal abuse and his research in prisons with the fiercest of our violent criminals. Haven't we all wondered why people become violent and what can be done to change this? Haven't we all been bombarded by TV, radio, and newspapers stating the horrors that take place everyday in our world? This book offers definitive answers to the questions raised above. Rhodes is a Pulitzer Prize winner in Non-fiction. He writes clearly and insightfully while enticing us to stay involved. At this time there is no known way to reverse the process of extreme violent behavior, but there is a way to keep much of it from ever taking place.

The book is divided into three sections. The first section gives us a bird's eye view of Lonnie Athens life where he had been abused as a child, chose school, and research to guide his life. His theory, which went against current theories of psychiatry, were not accepted by other professionals. Lonnie believed from his research and his personal experience that violentization is a process and violent crimes are not committed impulsively no matter how impulsive they may look. He came to the conclusion that violence is a process: first you are witness to abuse or abused yourself, later you are taught to react by becoming violent, and finally you practice this violence. The successes and encouragement works to validate your experience. The person then repeatedly

your practice information including workshops you are leading, classes you are teaching and supervision you are offering can all be posted on our web page. We also offer free peer consultation where you can bring in art work or issues with your clients and utilize the experience and expertise of other art therapists to enhance your professional work with others. Membership in GATA also provides discounts on workshops and supervision, a fabulous retreat experience once a year, a quarterly newsletter, and access to our listserv where you can send information to the entire GATA membership and participate in discussions.

As a member we also invite you to hold a board or committee position. We meet quarterly and the duties of the positions are minimal. Your support of GATA is important to us as it helps us strengthen the small but mighty presence of art therapy in Georgia. To all of our loyal members we thank you for your support through your annual dues as well as for your commitment of time and energy. If you have not yet joined GATA, please contact Phyllis Kravitz, (404) 255-9090 for an application.

\$30 Credentialed Professional Members hold an ATR or ATR-BC (AATA Member)

\$30 Professional Members hold a graduate degree in Art Therapy (AATA Member)

\$20 Associate Members have an interest in the therapeutic use of art (AATA Member)

\$15 Student Members are taking coursework in art therapy/related field (AATA Member)

\$20 Friends of GATA (non-AATA Members)

Please note that Friends of GATA, Associate Members and Students do not have GATA voting privileges, per the Bylaws. All of the categories of membership except for Friends of GATA must pay their GATA dues when you mail in your AATA dues. They in turn send the dues back to us. **Do not send you GATA dues directly to our Treasurer unless you are a Friend of GATA.**

uses violence. Each time more successfully.

“Violent criminals decide to act violently based on their interpretations of a situation, not on unconscious motivations, deep emotional needs, inner psychic conflicts, or sudden unconscious emotional outbursts as sociologists, psychiatrists, and psychologists thought. Athens discovered that violent criminals interpreted the world differently than did law-abiding people. Those different interpretations is where the violence emerged from. Violent acts were not explosions: They were decisions.”

Lonnie worked out the developmental process. He analyzed patterns. He saw how the perpetrator anticipated physical attack when he initiated a violent assault. Violent people consciously construct violent plans of action before committing a crime. Lonnie divides criminals into 4 types: physically defensive, frustrative, malefic, and frustrative-malefic. His pioneering study confirms “what religion, law, and common sense all assert: that violent actors consider, decide, and choose when and where to act violently... violent criminals are responsible for their own acts. People with violent and incipiently violent self-images, interpret a wider range of situations as calling for violence...”

“Athens draws several basic conclusions: since individuals will commit violent criminal acts only after they form violent interpretations, and since carrying out such interpretations is always problematic with variable outcomes, it follows that violent criminal acts are not compulsive and that once started can never be halted. The rapidity of an action does not indicate the absence of cognition and reasoning. People are the result of the social experiences they have undergone. Some

social experiences are consequential and unforgettable. It may be that many more people start upon the process than finish it.”

Part II describes the author, Rhode’s, own life experience with abuse and violence and traces the roots of famous cases, the history of childhood and primitive violence.

The third section talks about self-change, the universal process, and strategies of prevention and control.

When the reader sees how far most of us have come, you gain perspective on why there seems to be so much more violence in our times than we remember from our childhoods. The issues addressed in this book involve each of us as world citizens. As art therapists we deal with both offenders and victims. This is a chance for us to understand on a deeper level what causes violence.

A quote from the book says it well:

I and the public know  
What all schoolchildren learn,  
Those to whom evil is done,  
Do evil in return.

W. H. Auden



## **In the Spotlight**



Got news? Share it with us! Email  
pwomega@mindspring.com  
attn: GATAPHILE!

### **GATA Welcome Central!**

Gata would like to extend a warm  
welcome to the following new members:

