

# GATAPHILE

Newsletter of the Georgia Art Therapy Association

Winter 2004

Affiliate  
of the  
American  
Art  
Therapy  
Association

## President's Corner

Susanne Fincher, GATA President

This is an active and exciting year for **GATA!** We have been carrying art therapy out of the consulting room and into the wider world through our **"Babes in Crone Land"** performance piece (which has been very well received, by the way). We are responding to members' requests for some gatherings where we can have leisure time to share with each other what we are up to without the need to "get things done" that can make business meetings seem a bit pressured (we are beginning our monthly art making gatherings in May, date and place TBA).

We are looking toward the **AATA Conference** in Atlanta in **2005** and beginning several initiatives for that. **Comer Rudd Gates** has consented to be our Local Arrangements Chair, our liaison with **AATA**. This is great because Comer did this job the last time the conference was in Atlanta, and she has this wealth of experience to draw on.

Also, we have been given the opportunity to propose an Art Exhibit at the **High Museum Folk Art and Photography** gallery during the fall of 2005. We need to get that proposal in by the end of May,



## Dates to Remember

May 16, 12pm - 4pm at Maxine's  
September 11, 10am -12pm at Maxine's  
December 4, 10am -12pm Holiday Brunch



## What's Inside!

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Got news? **SHARE** it with us! Email  
[pwomega@mindspring.com](mailto:pwomega@mindspring.com)  
attn: **GATAPHILE!**

President:  
Susanne  
Fincher

President-  
Elect 2004:  
Diana  
Gregory

Secretary/  
Webster:  
Jenny Welty-  
Green

Membership  
Chair:  
Monica  
Dutke

Newsletter  
Editor:  
Priscilla  
Omega

Program  
Chair:  
Kate  
Fetterolf

Ethics Chair:  
Cyndie  
Westrich

2004 for consideration. Any of you who had pieces in the “**Coming Attractions**” exhibit, or who have new pieces related to the experiences of *AGING*, please send me your slides with your name, size of piece, medium, and title. I am compiling this information for the proposal. Anyone with experience writing proposals for art exhibits, please get in touch with me. I need your assistance.

Also, one more thing. We have decided not to have a retreat out of town this year. We are planning a meeting in June, someplace fun where we can have lunch together and take care of a little business. (We have some amendments to our Constitution and by-laws to chew on a bit more, and we are developing new policies for our **GATA** webpage). Ray' s on the River is being considered. Any other suggestions?

That' s all for now.



### **A “WOW” of a Workshop!** By **Kate Fetterolf**

On Friday, February 20 **GATA** sponsored its yearly workshop at Inner Harbour. We were treated to a wonderfully organized and information-packed day lead by **Kay Stovall**, ATR-BC, director of the art therapy program at Eastern Virginia Medical School. Kay began the workshop, entitled “**Reconfiguring Families: Art Therapy in Action**” by going straight to art making. We first selected a paper color representing ourselves, which we tore or folded into a symbolically representative shape and glued on white paper. Next we were instructed to choose other colors representing all the members of our

family of origin and attach them as torn shapes on the same paper. This activity quickly galvanized everyone attending the workshop, and the myriad powerful responses to this directive led the audience into the very heart of family dynamics in a most immediate way. Kay emphasized that therapists who work with families need to be very clear about their own family issues, and she included in our packet a “Families of Origin” self-test which she encouraged us all to complete.

Kay presented a primer on family systems work, highlighting the key concepts of structure, subsystems, boundaries, disengaged and enmeshed families, hierarchy and triangulation. She reviewed such therapeutic techniques as accommodation, boundary marking, intensity, joining, mimesis (imitation), restructuring, and unbalancing, all the while reminding us to look for the strengths when working with families, even when hard to see. During the afternoon session, four brave volunteers invented themselves as a restructured family (in a poignantly hilarious way) and participated in a Projective Imagery Family Evaluation. They were given drawing tasks composed of 1) a free drawing, 2) a family drawing, in which they were each asked to “draw a picture of your family doing something,” and finally, 3) a joint family drawing on a single large sheet. We then reviewed a format for evaluating this, and through case examples, Kay showed how specifically oriented art therapy tasks could begin to create positive change within families. For example, in a family where the mother didn't have much parental authority, Kay would create a directive where the mother made all the decisions about the family art work, and another, more dominant family member might become her “consultant.”

**Art therapist  
and  
GATAPHILE  
Editor  
Priscilla  
Omega  
visited  
the Georgia  
Diagnostic  
and  
Classification  
Prison in  
Jackson, GA,  
on March 25  
to educate the  
staff on the  
concepts and  
applications  
of art therapy  
in a prison  
setting.**

To add to the richness of the day, **GATA** invited Charis Bookstore to have a venue at the workshop, and many participants enjoyed browsing and buying at lunch and during the breaks from the thoughtfully prepared selection.

That evening a wonderful pot luck dinner for Kay was held at **Maxine Hull's** house, and the next morning our ever-convivial hostess was on hand for an excellent Masters' Supervision session. We had the largest turnout in years for this event, which proved so helpful for all who attended that consensus suggests that we should invite Kay, or another art therapist whose supervision we especially enjoyed, back for another round of Masters' Supervision possibly this fall. Look for upcoming listservs to get feedback on this idea.

Our hearty **GATA** thank-yous are extended to **Maxine** for hosting these two events and taking Kay back to the airport Saturday, to **Edna Bacon** for providing accommodations and transportation for Kay, and to **Steven Bacon** for wining, dining and also transporting our workshop presenter!

And now, does anyone have any suggestions for a presenter for next year??? Contact Kate, as she is already compiling a list of ideas! And make plans to attend next time if you missed this year's event!



**E.A.S.E.L. Inc.**

By **Cyndie Westrich**, MA, ATR-BC

Expressive Arts Studio for Empowerment in Living Summer 2004 Class Offerings:

**EASEL's Five Year Anniversary Party!**

Saturday, July 31 from 10:00am - 2:00pm  
Come celebrate five years of creativity with fellowship, fun, food and art making!

**Quarterly Sacred Circle: (Summer) Planting Seeds of Intention in Our Lives**

Summer gives us an opportunity to witness our personal growth. Plant seeds of intentions which you would like to see grow through symbolic art making. Coffee and tea are always brewing. No art experience is necessary. Art materials included.  
Friday, June 12 from 7:30 - 9:30pm  
Please R.S.V.P. by June 5  
FREE! Love donation welcome

**Metamorphosis: Women's Art Therapy Group**

When life shifts due to change, unexpected events, death of a loved one, personal transformation, or growth moving past our levels of comfort, it is helpful to ground ourselves in the art process for clarity, direction and support to access our true purpose and being. A women's group is now forming to share in the art experiential process for personal growth and grounding. Art materials included. Thursday evenings (odd weeks; every two weeks) 7:30 - 9:30pm

**Open Studio Time (First Friday of each month)**

Get the creative juices going! Learn about accessing possibilities in your life, creative problem solving and generating new ideas from your creative process. By becoming aware of your own creative symbolic

The presentation was for the senior mental health counselors and senior behavior therapists who work on the mental health/mental retardation unit of the prison.

The 20 MH staff on the unit oversee care for about 400 inmates on the mental health caseload at GD&CP,

language through the use of simple drawing, painting and other art media, you can gain wisdom, clarify intentions and life goals to further your ambitions and personal growth. No art experience is necessary. Art materials included.

May 7, June 4, July 2 and August 6,  
7:30 - 9:30pm \$15 per studio session  
Please RSVP one week prior to all event dates.

### ‘Painting From the Heart Art’

Workshops at the Spruill Center for the Arts (Register via Spruill Center)  
Saturday, May 15, from 1:00 - 4:00pm  
Saturday, July 10, from 1:00 - 4:00pm  
Saturday, August 21, from 1:00 - 4:00pm

### Individual Art Therapy Services

The art therapy private practice office space for Cyndie has moved to the following new (beautiful!) location: Canterbury Commons; 3655 Canton Road Suite #214; Marietta, GA 30066

Call Cyndie at 770-516-2206 for more information.



### ‘Babes’ are Seen and Heard

By Kate Fetterolf

GATA’s own traveling performance art quartet, “**The Babes in Croneland,**” took its show on the road again on Saturday, April 17th, but this time only had to travel as far as southwest Atlanta to be part of the ‘**Seen + Heard Festival,**’

a four day event celebrating “woman-positive arts and artists.” The “**Babes**” script was chosen from over 300 nationally submitted proposals. Their performance, touching on the lives and transformations of four women dealing with aging in our culture, was in a different key than many of the other artists who spoke, sang, recited poetry, and acted out more youth-oriented concerns related to sex and sexuality, but many of the themes from ‘**Babes**’ resonated in other performances that preceded and followed, creating a surprising ad hoc cohesion.

The cast of ‘**Babes**’ consists of **Edna Bacon, Kate Fetterolf, Susanne Fincher** and **Diana Gregory**. Rick Garner assisted with slides, and the production “midwife” was Sandra Bird. **GATA**’s own webster, Allen Welty-Green was sound engineer for the entire Seen + Heard event. The audience was also youthful, but enthusiastic, and included **Jenny Welty-Green** and 3-year-old daughter Avery, who no doubt learned a few new (and colorful!) words to add to her ever-growing vocabulary!

The event earned a glowing review in the **AJC** on Monday, April 19, and yes, the Babes were mentioned right there on the front page of the ‘Living’ Section. You *go*, **GATA** girls!



a  
male prison  
with about  
1750 inmates.  
Just over 20  
of the MH  
inmates are  
housed on  
Death Row.  
  
Ms. Omega  
used her  
training from  
Pratt  
Institute,  
her  
experience  
from Metro  
Transitional  
Center in  
south DeKalb  
County, and  
the  
knowledge  
she acquired  
while  
completing

## 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 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 our Membership Chair, Monica Dutke at [monicadutke@aol.com](mailto:monicadutke@aol.com), or call at 770-696-4086 for a membership application. She will also keep you posted as to when you can join GATA on our web site at [www.georgiaarttherapy.org](http://www.georgiaarttherapy.org)

\$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)

\$20 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 your GATA dues directly to our Membership Chair unless you are a Friend of GATA.

her thesis on female prison inmates, called 'Inside the Fence, Outside the Lines.'

Staff were very novice to art therapy and Ms. Omega's presentation was eye-opening to them.

