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School of VISUAL ARTS

The MPS Art Therapy Department  
in conjunction with the  
Visual Arts Foundation

Announces our Twentieth Annual Art Therapy Conference

# BRIDGING ART & SCIENCE: THE ANATOMY OF CREATIVITY

Friday, April 8, 2005  
8:00 am – 5:00 pm

Museum of Jewish Heritage  
36 Battery Place, New York City

**Keynote Speaker: DANIEL SIEGEL, MD**

Other Presenters Include:

Chris Belkofer, ATR  
Ani Buk, ATR-BC  
Lisa Donohue, ATR-BC  
Gail Elkin-Scott, ATR-BC  
Carole McNamee, PhD  
Natasha Shapiro, ATR-BC  
Liza Toft, ATR

All proceeds from the conference will benefit the  
Ray Levine Art Therapy Scholarship Fund of the Visual Arts Foundation

For more information contact:  
212.592.2610 or [acockle@sva.edu](mailto:acockle@sva.edu)

# BRIDGING ART & SCIENCE: THE ANATOMY OF CREATIVITY

## Keynote Speaker

Daniel Siegel, MD

**The Art of the Brain: An Interpersonal Neurobiology Perspective on Meaning and Creativity in Artistic Expression**

Daniel J. Siegel received his medical degree from Harvard University and completed his postgraduate medical education at UCLA with training in pediatrics, general adult psychiatry, and child and adolescent psychiatry. He has served as a National Institute of Mental Health Research Fellow at UCLA, studying family interactions with an emphasis on how attachment experiences influence emotions, behavioral regulation, autobiographical memory and narrative processes. Dr. Siegel's clinical activities include work as a child, adolescent, adult and family psychiatrist.

Dr. Siegel's integrated developmental approach has led him to be invited to local, national and international organizations to address groups of educators, parents, public administrators, healthcare providers, policy-makers, clergy, and neuroscientists. He is the co-editor of a handbook of psychiatry and the author of several articles, chapters, and the internationally acclaimed text, The Developing Mind: Toward a Neurobiology of Interpersonal Experience (Guilford Press, New York, 1999). With Mary Hartzell, M.Ed., Dr. Siegel has also published Parenting from the Inside Out: How a Deeper Self-Understanding Can Help You Raise Children Who Thrive (PenguinPutnam, New York, 2003). The overall goal of these educational efforts is to provide a scientifically grounded view of human experience to a wide audience that can help facilitate the development of psychological well-being and emotional resilience across the lifespan.

# BRIDGING ART & SCIENCE: THE ANATOMY OF CREATIVITY

## Workshops

### **A New Kind of Wonder: Art Therapy and Neuroscience** **Chris Belkofer, ATR**

In an attempt to develop a neurological understanding of art therapy, a pilot study was performed in the Biological Psychiatry lab at Hines Veterans Hospital. This study, which utilized a within subjects design, was based on the newly developed advancements afforded by quantitative EEG measures. Thirty-two placements with a digital acquisition rate of 500HZ were applied to the scalp. The aims of the study were as follows: (i) to identify brain activity after drawing and painting for one hour (ii) to investigate the possibilities of EEG recording as a means of conducting art therapy research, and (iii) to apply existing neuroscientific and art therapy research to the finding of this study.

**Chris Belkofer, ATR** is the art therapist at Lutherbrook Academy, a therapeutic day school in Addison, Illinois. At Lutherbrook, Chris has developed an art curriculum that attempts to meet both the state's educational goals and the unique needs of his clients. Chris received a Master's in Art Therapy from the School of the Art Institute of Chicago in 2003 and his Bachelor of Arts in Psychology from the University of Missouri, Columbia in 2000. In addition to his clinical work, Chris is a musician and a painter. A practicing artist, his work is part of both private and public collections in Columbia, Missouri, Moberly, Missouri and the St. Louis and Chicago areas.

### **Interpersonal Neurobiology: Clinical Implications for Art Therapists** **Ani Buk, MFA, MA, ATR-BC**

Delineated by Daniel Siegel, MD, Interpersonal Neurobiology synthesizes recent findings from a range of disciplines, including cognitive science, child development, attachment research and complexity theory. This integrative model attempts to understand how the mind develops and can continue to evolve throughout the life span, and emphasizes the influence of the integration of right and left hemispheric processes in establishing a sense of emotional well-being. Ani will explore the corresponding and profound clinical implications for art therapists arising from some of the most salient discoveries of this interdisciplinary field.

**Ani Buk, MFA, MA, ATR-BC** is a psychotherapist and Board Certified art therapist in private practice in Manhattan. A nationally recognized expert on the psychological impact of profound trauma, her work and recommendations have been featured in *The New York Times*, *US News & World Report*, *The Chicago Tribune*, *Scholastic News*, and *Rosie Magazine*. Ms. Buk is on the faculties of the Department of Psychiatry of Albert Einstein College of Medicine, and the Graduate Art Therapy Program of New York University. She is a consultant for Doctors of the World, Safe Horizon, The Children's Advocacy Center of Manhattan, and other agencies in the New York area.

**Tell Me About Your Picture? How the Brain Interprets Imagery**  
**Lisa Donohue, ATR-BC**

Through presentation of neuro-anatomy, developmental studies, and ground-breaking theory, participants will learn about the neurological processes involved in the interpretation of visual material. Art Therapists will deepen their understanding of symbolic experience and the free-association process.

**Lisa Donohue, M.A, ATR-BC** bridged her lifelong love of art-making with her fascination of human behavior and expression in the study of Art Therapy. She received her Master's degree in Creative Arts Therapy from Hofstra University. Lisa has worked with all age groups in various settings. She has been employed as a Psychiatric Rehabilitation Therapist on the inpatient MICA unit at North General Hospital for over 3 years.

**The Present Moment in Alzheimer's: A Case for Art Therapy Fostering Intersubjectivity**  
**Gail Elkin-Scott, ATR-BC**

This presentation will make use of Daniel N. Stern's developmental model and concept of the present moment to explore art therapy with a client in the last stages of Alzheimer's disease. The neurological research of Alzheimer's has recently given evidence for a connection with development. Concepts formulated by Stern will support and explain by what process art therapy was effective in this case and in others. Development, neurology and intersubjectivity converge to gain a depth oriented understanding of treatment.

**Gail Elkin-Scott, ATR-BC** has been using creative modalities to engage groups and individuals in their development for over a decade. Her background in human development has provided continuous motivation for her to explore the natures of creativity and connection. Gail has been active on the NYATA board, maintains a private practice in Manhattan and holds a graduate faculty position at Hofstra University.

**An Experience with Bilateral Art: Exploring the Self in the System**  
**Carole McNamee, PhD**

Neurologically-based art work, bilateral art, uses both left and right hands to explore beliefs associated with experiences or relationships thus stimulating both left and right brains. Workshop participants will apply a bilateral art protocol to a self-selected target relationship, such as a supervisor/supervisee relationship, and will have the opportunity to reflect upon the experience.

**Carole McNamee, PhD** is a resident at Lewis-Gale Pavilion in Salem, VA and an affiliate research professor in human development at Virginia Tech. She earned her doctorate in Marriage and Family Therapy in 2004 from Virginia Tech, where she specialized in the use of the creative arts with individuals and families. In addition, Carole is a professor emeritus of computer science at California State University-Sacramento.

**The Creative Mind: Meditation, Artmaking and the Mind/Body Connection**  
**Natasha Shapiro, ATR-BC and Liza Toft, ATR**

This presentation explores how meditation functions as a bridge to creativity and discuss how the different areas of the brain work together during these processes. In our practices, we have observed that both meditation and art making connect a person to her/his body and its interface with the environment. We will back up our findings with an experiential, our experiences in our work, and evidence from studies of how meditation affects brain chemistry, and the consequences for growth and change in the brain throughout one's lifetime.

**Natasha Shapiro, MPS, ATR-BC** is a Creative Arts Therapist in private practice and a visual artist working out of her Tribeca, NYC studio. She is interested in the connections between yoga, meditation and artmaking. She presented a workshop "Meditation and Creativity" with Liza Toft at the 2004 NYCCAT Conference in NYC. Ms. Shapiro exhibits her work frequently in galleries and alternative spaces in NYC. Her work was profiled in a *New York Times* article, City Section, Jan. '04: *If the Shoe Fits, Paint its Portrait*. She is participating in the annual spring Tribeca Open Artist's Studio Tour in April 2005. ([www.natashart.com](http://www.natashart.com))

**Liza Toft, ATR** has been teaching yoga and meditation for the past six years. She has been a student of meditation and yoga since 1991. Since her graduation from Pratt Institute's Creative Arts Therapy program in 2000, she has been incorporating the two disciplines of yoga/meditation with creativity in both private practice and group settings. She has found through incorporating these two disciplines one is able to soften into a relaxed space allowing for expression to emerge from an authentic place, unlocking both physical and psychic blocks.

# BRIDGING ART & SCIENCE: THE ANATOMY OF CREATIVITY

## Schedule of Events

Friday, April 8, 2005  
8:00 AM – 5:00 PM

- 8:00 am – 8:45 am                      **Registration and Refreshments**
- 8:45 am – 9:00 am                      **Welcome/Opening Remarks**  
**Deborah Farber, Chair, SVA Art Therapy Department**
- 9:00 am – 10:00 am                      **Keynote Address: *Daniel Siegel, MD***
- 10:00 am – 10:45 am                      **Art Experiential: *Ani Buk, MFA, MA, ATR-BC***
- 10:45 am – 11:30 am                      **Art Processing / Q & A**
- 11:30 am – 1:00 pm                      **Lunch**
- 1:00 pm – 2:30 pm                      **Afternoon Workshop I**
- A. A New Kind of Wonder: Art Therapy and Neuroscience, Chris Belkofer
  - B. Interpersonal Neurobiology: Clinical Implications for Art Therapists, Ani Buk
  - C. The Present Moment in Alzheimer's: A Case for Art Therapy Fostering Intersubjectivity, Gail Elkin-Scott
  - D. An Experience with Bilateral Art: Exploring the Self in the System, Carole McNamee
- 2:45 pm - 4:15pm                      **Afternoon Workshop II**
- A. A New Kind of Wonder: Art Therapy and Neuroscience, Chris Belkofer
  - B. Tell MeAboutYour Picture? How the Brain Interprets Imagery, Lisa Donohue
  - C. The Present Moment in Alzheimer's: A Case for Art Therapy Fostering Intersubjectivity, Gail Elkin-Scott
  - D. The Creative Mind: Meditation, Artmaking and the Mind/Body Connection, Natasha Shapiro and Liza Toft
- 4:15 pm – 5:00 pm                      **Reception**

# BRIDGING ART & SCIENCE: THE ANATOMY OF CREATIVITY

## Registration Form

### Fees:

- General public – full day: \$75
- General public – keynote only: \$60
- SVA Art Therapy Supervisors – full day: \$50
- SVA Alumni/non-SVA students – full day: \$50
- SVA students – full day: FREE

**ALL PROCEEDS BENEFIT THE RAY LEVINE ART THERAPY SCHOLARSHIP FUND OF THE VISUAL ARTS FOUNDATION**

**Please make checks payable to:  
The Ray Levine Art Therapy Scholarship Fund**

mail to:  
School of Visual Arts  
MPS Art Therapy Department  
209 East 23 Street  
New York, NY 10010

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**Workshops are filled on a first come, first served basis.  
Please designate a first and second choice.**

### 1:00 pm – 2:30 pm Afternoon Workshop I

- \_\_\_ A. A New Kind of Wonder: Art Therapy and Neuroscience, Chris Belkofer
- \_\_\_ B. Interpersonal Neurobiology: Clinical Implications for Art Therapists, Ani Buk
- \_\_\_ C. The Present Moment in Alzheimer's: A Case for Art Therapy Fostering Intersubjectivity, Gail Elkin-Scott
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- \_\_\_ D. The Creative Mind: Meditation, Artmaking and the Mind/Body Connection, Natasha Shapiro and Liza Toft

Name:.....  
Affiliation:.....  
Address:.....  
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Telephone #:.....e-mail.....  
Fee enclosed: .....

**If you have any special needs, please call 212.592.2610 or email [acockle@sva.edu](mailto:acockle@sva.edu)**