

Western New York Art Therapy Association is an affiliate chapter of the American Art Therapy Association dedicated to the use of art as a healing and life enhancing process. The chapter promotes the awareness and advancement of art therapy in Western New York.



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Western New York Art Therapy Association



Healing Trauma Through Art

The Western New York Art Therapy Association is pleased to present
A 3 CEU event!

Featuring two presentations by:
Kimberly A. Kernehan, MS-CAT, CASAC
And
Courtney Konecny, MS, LCAT, ATR-BC

When:
Saturday, May 14th
10am-3:30pm
Optional Yoga, Open Studio, and Networking beginning at 7am!

Where:
Nazareth College
Medaille: Formal Lounge 2
4245 East Avenue
Rochester, NY 14618



Event Schedule

7am-7:30am

Yoga with Kinga Konder-Hine, MS,
LMHC, NCC, RYT200
(Yoga Mat Provided)

7:30am-9am

Open Art Studio
(Materials Provided)

9am-10am

Registration,
Continental Breakfast and Networking

10:15am-10:30am

Welcome

10:45am-12:15pm

Kimberly A. Kernehan, MS, LCAT,
CASAC

12:15-1:30pm

Lunch (on your own)

1:45-3:15pm

Courtney Konecny, MS, LCAT,
ATR-BC

3:30pm

Closing

Healing Trauma Through Art

“Chaos to Peace”

Kimberly A. Kernehan, MS, LCAT, CASAC
1.5 CEUs

Discussed will be the new and innovative Partial Hospitalization – Intensive Out-patient Program for Active Duty Soldiers with Posttraumatic Stress Disorder. River Community Wellness Program (RCWP) is the first of its kind in the country that bridges the span between in-patient hospitalization and out-patient behavioral health care services specifically driven for active duty soldiers. River Community Wellness Program (RCWP) was developed with the premise that integrating and utilizing the creative arts (specifically art therapy) would offer soldiers a means of visually and creatively expressing “the invisible wounds” that they have been burdened with since returning from the theaters of war in Iraq and Afghanistan. The second portion of the workshop will be an experiential exploration.

“The Mind in Training: A Mindful, Meditative, Art Based Approach to Trauma Mastery”
Courtney Konecny, MS, LCAT, ATR-BC
1.5 CEUs

This 90 minute workshop will begin with an Introduction to the use of mindfulness, meditation and body/mind awareness in conjunction with Trauma-Informed Art Therapy. Tenets of Focusing-Oriented Art Therapy (FOAT) will be explored, as well as, the current findings in neuroplasticity research as it relates to developing a consistent mindfulness/meditation practice. The presenter will share a unique method of connecting the current science with specific techniques and practices in treating trauma-related symptoms. The second portion of the workshop will be an experiential exploration.

Nazareth College Medaille Hall
4245 East Avenue
Rochester NY 14534

Registration Form

Name _____
Address _____

Phone _____
Email _____

Please mark your attendance

WNYATA Member | Non-Member
\$40 | \$50

Please check if attending:

- Morning Yoga
- Open Art Studio

RSVP by May 7th, 2016

PAYMENT

Please send registration and payment to:

**Western New York Art Therapy
Association
P.O. BOX 10791
Rochester, NY 14610**

*Make checks/money orders payable to
Western New York
Art Therapy Association*

Space is limited!
Register now!