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# Illumination From Jane's Tribe

Newsletter for the Art Education  
& Art Therapy communities

## Art Therapy Programs Receive Continuing Approval from AATA

The art therapy programs (both the M.Ed. and the M.A.) were recently granted continuing Approval (accreditation) by the American Art Therapy Association. The Approval status is for seven years through 2021. Thank you to all those who completed a survey or otherwise participated in the self-study process!

## 2014 Wayne State Art Therapy Conference

On June 6<sup>th</sup> and 7<sup>th</sup>, the 2014 Wayne State Art Therapy Conference was hosted on campus by the Students of the Michigan Art Therapy Association (SMATA). The theme of this year's conference was "Mindfulness."

At the kick-off event on Friday evening attendees enjoyed an evening at Detroit Institute of Art, followed by dinner and a screening of "Room to Breathe."

The all-day Saturday conference featured a keynote address by Dr. Gillian Robbins on practicing mindfulness techniques. Dr. Robbins works as a Counselor in the Counseling and Psychological Services (CAPS), and focused on ideas of self-care and being present in the moment to reduce anxiety and stress. There were also several breakout sessions, such as the Practice of Zentangle®, which was taught by Certified Zentangle® instructor, Mary Milhaupt (current M.A. student).

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In addition to mindfulness there were also session on other topics: Janis Kaufman, an art therapist from Neighborhood Service Organization presented a session on the model of art therapy and microenterprise with persons with developmental disabilities. Eric Suter (current MA student) presented his research on art therapy and the digital age. There were also several professional development sessions led recent graduates, including an art therapy jobs panel, a Board Certification Exam workshop and an art therapy supervision focus group.

Other notable features of the conference included a

Mindfulness bead-making exchange, an improvisation troupe performance led by alumnus Carissa Penton, and a very successful Empty Bowls lunch. The bowls used for the lunch were handmade and individually painted by Jamie Pillow (M.Ed. '14) and Lavinia Hanachiuc, and the food was generously provided by Sydney Tremont (current MA student). Through the Empty Bowls portion of the conference, SMATA was able to raise over \$400 to donate to the Rosa Parks Program at the Capuchin Soup Kitchen.

A special thanks goes out to SMATA, as well as all of the other volunteers whose time and donations helped to make the entire event possible.

## What is Mindfulness?

Mindfulness seems to be an increasingly trend in therapy and self-care techniques, but what is it, actually?

Mindfulness has its roots in Eastern cultures as a form of meditation and mind-training, and can be a very powerful tool in terms of bringing about more personal awareness. Mindfulness meditation teacher Jon Kabat-Zinn gives the definition: "Mindfulness means paying attention in a particular way; On purpose, in the present moment, and nonjudgmentally." (<http://www.mindfulnet.org/page2.htm>)

Mindful techniques can include simple breathing and reflection practices that can be incorporated into one's daily routine, as well as more time-demanding techniques, such as guided meditations. Mindfulness practices are being more commonly incorporated into the therapeutic process, particularly in areas working with issues of anxiety, trauma and stress-reduction.



Creating Mandalas can be a very stress-relieving mindful activity.

## Mack Alive Art Program Finishes Strong

For three months this summer youth at Mack Alive, a community center serving the east side of Detroit, were involved in a gardening and art making in a project called *Art Alive*. The project provided a unique opportunity for the youth to work together with neighbors, students and staff from the nearby Timbuktu Academy and Wayne State University, as well as volunteers from ArtsCorpsDetroit.

Today, anyone traveling down Mack Avenue near Fischer can't help but notice the brilliant sunrise colored mural on the Mack Alive Community Center designed and facilitated by Detroit artist Jasmine Harris, with contributions from Mack Alive youth. Given the enormous scale of the building, the artists decided to cover the building in color—colors of the sunrise—and to overlay the color with an upbeat line design of paisleys and flowers, the Mack Alive logo and the title, "We Are One."

Detroit artist and experienced gardener Halima Cassells coordinated the gardening portion of the program, which began with selecting and sprouting seeds, then designing, planting and tending to the garden. Through the gardening the children learned about compost, container gardening, how to mix organic soil with the dirt from the garden to improve the quality of the soil, and transferring plants to give them more room to grow.

Much more than gardening and painting techniques were learned through this the Art Alive. As Cassells put it, "what we are doing is important. We are sharing information, asking questions, being with each other, caring for the earth." Throughout each week, the message was consistently one of thinking positive, being aware and learning how to reinforce the message that is painted across the mural that "we are one."

Throughout the season, youth used disposable cameras to record their experiences. Photographer and Wayne State art therapy student Laura Little showed the children how to use a camera and compose a photograph. The children were able to search for examples of patterns in nature and other scenes that would represent their experiences with gardening and painting.



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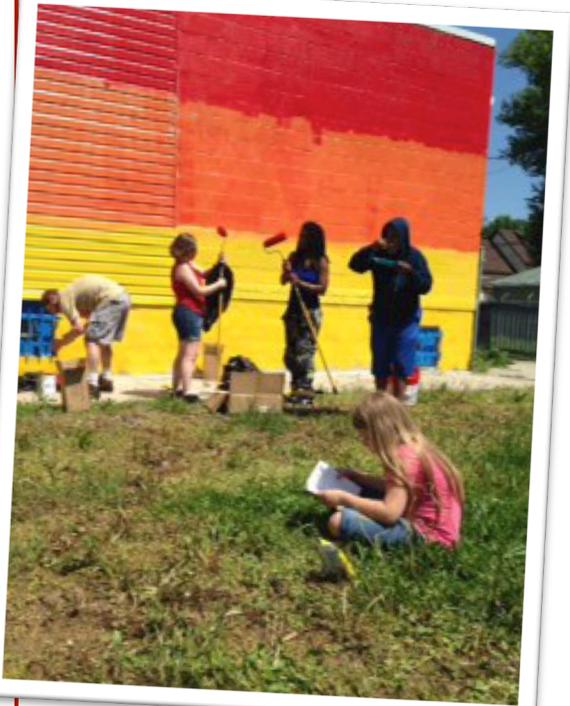
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On days when gardening was not possible due to weather conditions, Cassels, Harris and Wayne State art therapy interns Laura Little and Jeneen Conley Berry led the youth in art-making. They explored various media, making observations of nature and self-awareness through themed art. Detroit teacher Tyammie Perkins reviewed the youth's progress with them and facilitated their recording of their experiences in journals through writing and drawing.



The program culminated on September 6, with a Harvest Art Show. The drawings, paintings, collage work and photographs that were created during *Art Alive* were displayed, and participants were allowed to harvest whatever they wanted from the garden. Final evaluations showed that participants had fun, learned something new, made new friends and were creative.

As the youth were working in the garden one day, a neighbor yelled across the lawn, "You're making a difference!" The impact that this program made was very evident, and will hopefully continue to serve as an inspiration for similar projects in the future to refine and expand what was learned at Mack Alive.



## Art Therapy: The Movie

Art Therapy: The Movie is a documentary project started by filmmaker Alfonso Bui to highlight the impact that art therapy has had on an extensive variety of populations and programs from around the world. The film is currently in its final stage of production and fundraising, with a current goal of being released in the spring of 2015.

To find out more information about this project, you can go to <http://www.arttherapythemovie.com/> and <https://www.kickstarter.com/projects/arttherapythemovie/art-therapy-the-movie-the-final-push>



## 2014 Student Exhibition

The 2014 Art Therapy and Art Education student exhibition was displayed in the Art Department Gallery from May-June, 2014. The exhibit featured a selection of juried two and three-dimensional works from undergraduate and graduate students. The opening took place on Thursday, May 29<sup>th</sup>.

## 2014 Annual Community Service Award



The recipient of the 2014 annual Art Therapy and Art Education Community Service was Susan Aaron-Taylor. Susan completed her undergraduate training at Wayne State in Art Education before attending Cranbrook Academy of Art and receiving her M.F.A. Following her early career as an Art Teacher, she joined the faculty at the College for Creative Studies, where she has been a member of the faculty of the since 1973. Susan has also acted as Chair of the Crafts Department, Section Chair of the Fibers Department, and in her current position as Professor *emerita* within CCS.

Aaron-Taylor is a mixed media artist, whose work encompasses her studies of Jungian psychology, delving into worlds of dreams, archetypes and the collective unconscious. She has exhibited her work in museums and galleries across the nation, and is included in several collections, including Cranbrook Art Museum, Kmart Corporation, and Westin Hotels.

## 2015 Excellence in Art Education Award



Rev. Dr. Charles Flood studied art education at Wayne State University and graduated with a Bachelor's of Science in Education in 1968. Dr. Flood has worked with trauma victims both nationally and internationally, through the American Red Cross, the U.S. Department of State, as well as several organizations that he has personally helped to initiate. He has provided direct counseling services those who were close to victims of a number of natural disasters, including the 9/11 tragedy and the tsunami survivors in Sri Lanka.

Dr. Flood currently lives in Philadelphia where, as an ordained priest in the Episcopal Church he is Rector of historic St. Stephen's Church. His most recent work has been with the Jewish Community Relations Council in Philadelphia where he has been a co-coordinator of two multi faith and multi disciplinary missions to Israel as part of helping to formulate avenues to peace.



## Art therapist Giola Chilton to Visit Wayne State

The Art Therapy Department is planning to host art therapist and lecturer Dr. Giola Chilton during the first week in June.

Dr. Chilton graduated in 2013 with a Doctor of Philosophy Candidate from Drexel University's Creative Arts Therapies Ph.D. Program and has taught as an adjunct professor at George Washington University and Marymount University. She specializes in positive psychology and arts-based research.

Dr. Chilton will be giving a lecture that will be open to the public, as well as teaching a 1-credit course available to students and alumni. The exact topic of both of these presentations is currently being decided upon.

## Save the date!



The 42<sup>nd</sup> annual Noel Night will take place on Saturday, December 6<sup>th</sup>, from 5:00 – 10:00 p.m. in Detroit's Midtown District.

*Shop for a Cause - Holiday Mart  
Swords Into Plowshares Gallery and  
Peace Center*

*33 E. Adams, Detroit, MI. 48226*

*Saturday, November 15<sup>th</sup>, 10am - 4:00pm*

Area non-profits, including Peoples' World, Detroit Neighborhood Service Organization, Con Vida, Citizens for Peace, and the Small Word Shop will present their unique items to begin or finish your holiday shopping.



## Student & Alumni Spotlight

Toni Johnstone (M.Ed., 2001) had a show of her work, "Across the Board" at Starring, The Gallery in Northville for the month of July!

Tombi Stewart (1999-2002) was featured as the "Styleline Icon" in the September issue of Styleline Magazine!

Amy Rostollan (M.Ed., 2011) passed her Board Certification exam!

Rachel Green (M.Ed., 2010) received her ATR!

Lindsay Keyser (M.Ed., 2010) accepted a position with PSA Art Awakenings in Tucson, AZ!

Kelly Darke (M.Ed., 2009) opened up her business, Mindful Art Center, located in Livonia, MI!

Wendy Levine (MA, 2104) was hired as an Art Therapist at the Karmanos Weisburg Center in Farmington Hills!

Lourie Davis (M.Ed. 2000) received her MA in Psychology in June from NorthCentral University!



## SMATA News

SMATA (Students of the Michigan Art Therapy Association) is taking a new direction this year and is off to a great start! The student-run organization recognizes the importance of reaching out to the community and has revised its mission statement to include not only students in the art therapy program, but to all students at Wayne State University as well (see below).

This year, SMATA participated in the student organization fair for the first time and was able to connect with many students who had never heard of SMATA or were unaware of the art therapy program at Wayne State. Needless to say, students and staff alike were pleased to find out all that SMATA has to offer. So far, SMATA has

had great turnout at events and the group is continuing to grow.

During the first meeting for art therapy students, the members made a group mandala and first-year students were welcomed to the program. One of SMATA's main goals for art therapy students is to provide connections and support, both personally and professionally. A mentorship program is also in the works, which will allow first-year students to pair up with students who are further along in the program. SMATA's first community event of the year was a Halloween party and was also a very strong success. Art therapy and non-art therapy students alike came in costume for food, art, and a chance to connect with student to connect and share information about the art therapy program.

SMATA has many upcoming events including participating in Noel Night in December, as well as an art therapy conference that is being worked on for the summer. For more information regarding SMATA or future events, please check out the SMATA bulletin board located in Community Arts Building. As always, questions and comments are welcome! To reach out to SMATA or to be added to the mailing list, please e-mail us at [waynestate.smata@gmail.com](mailto:waynestate.smata@gmail.com).

-Michelle Krason, SMATA Vice President

### SMATA Mission Statement:

SMATA recognizes the importance of personal and professional development. We aim to educate students and the community about the value of art therapy. Our goal is to create a supportive environment that promotes growth for art therapy students in personal, professional and academic domains. This includes providing opportunities for self-care, fostering relationships among students and encouraging the expression of thoughts and ideas.

Students of the Michigan Art Therapy Association

## Notes from Jim Brown

### Visual Arts Education Coordinator

This past beautiful summer marked the successful conclusion of another academic year in Visual Arts Education at Wayne State University. The month of May brought the opening of the Annual Student exhibition, which once again demonstrated the intense creativity and advanced studio skills that the students have developed through their studies here. In many ways this exhibition is the culmination of a year's work for the students. It is also a sign of their commitment to the creative process which nurtures both the student and future teacher, and supports them in designing real art experiences for the children they will teach, rather than the "make and take with" approach, which encourages an assembly-line of nearly identical imitations-of-art.

This spring we presented our annual Community Service Award to Susan Aaron-Taylor, who is mentioned further in more detail in the article on pg. 5. May also marked the completion of the second year of collaboration with the Charles Drew Transition Center, a DPS school for 18-26 year old adults with cognitive impairments. Each semester a group of 25 students are bussed to WSU where I teach a visual arts class, assisted by my students in the Theory and Practice course, as well as volunteers and service learners. This has been a very enriching experience for the WSU group, but has also produced significant changes in the behavior, engagement, and academic progress of the Drew students. It certainly has been one of the most rewarding of many for me at WSU.

As I look to the future of this, and all arts programing, I want to encourage alumni to become more vocal, not just in support of Visual Arts education as an essential part of every child's education, but in support of a Public Education that is guided by the wisdom of those who know the children best: their teachers. We need to do our homework, speak, write, march, blog, and vlog so that the intended stakeholders, parents and children, will learn that corporatization is only a means to funnel millions of dollars into the hands of corporate owners, and not into the improving the schools and materials needed for educating our children. The most pernicious sleight-of-hand used by the school "reformers", is the fact that both private and charter schools, employ former public school teachers, and others who studied at the same universities, as the public schools do. And, even though these corporate schools only skim the best students fro the top, their academic performance is barely any different. Worse, the growing scandals of test score fixing, embezzlement, and profiteering reveal the corrupt nature of large and small charter systems across our country.