

35TH Annual National Wellness Conference
“Wellness Solutions that Work NOW: Best Outcomes Through Innovation, Caring, and Collaboration”
University of Wisconsin-Stevens Point, July 17-22, 2010

Online Proposals

LEAD PRESENTER

Name: Gayl Walker, MA Holistic Art Therapy
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Comprehensive List of Conference Presentations for LEAD Presenter:

Presentations	1990	Color and Healing, Presentation, Women’s Network, Kalamazoo, MI
Workshops	1991	Psychology of Color, Presentation, Kalamazoo County Fair, Kalamazoo, MI
	1992	Awakening the Creative Spirit, Retreat Facilitator, Fetzer Institute, Kalamazoo, MI
	1993	Art and Bereavement, Family Workshop Facilitator, Compassionate Friends, Kalamazoo, MI
	1993	The Use of Art in a Family Support Group; Meeting the Needs of Ill Children, Presentation International Attitudinal Healing Conference, MI
	1993	Art and Spirituality, Presentation, Spiritual Retreat, Fenton, MI
	1994	Art and Healing, Presentation, Midwest Oncology Nursing Conference, Kalamazoo, MI
	1994	Healing the Creative Spirit, Presentation International Attitudinal Healing Conference, Indianapolis, IN
	1994	The Chrysalis Concept Presentation, Oncology Education Forum, Bronson/Borgess Hospitals
	1994	Creative Expression and Healing, Presentation, Oncology Nursing Society, Great Lakes Conference, Lansing, MI
	1994	Art Therapy as Treatment for Pain, Presentation, Non-Traditional Treatment of Pain Conference, Bronson Methodist Hospital, Kalamazoo, MI
	1995	Art and Healing, Keynote Presentation, 8th Annual Oncology Nursing Conference, Rush Medical Center, Chicago, IL
	1995	The Art of Healing, Presentation, Michigan Capitol Medical Center Physician Conference, Michigan State University, East Lansing, MI
	1995	Therapeutic Art, Facilitator/Presenter, Four Visions Retreat, Kalamazoo, MI
	1995	Letting Go of the Fear of Being Creative, Retreat Facilitator, Synthesis Center, Kalamazoo, MI
	1995	Spirituality and Creativity, Facilitator/Presenter Bartholomew Intensive Retreat, Ghost Ranch, Abiqui, New Mexico
	1995	Creativity and Healing Retreat, Facilitator, Chrysalis Community, West Michigan Cancer Center
	1995	Creativity and Healing: Options Cancer Retreat, Facilitator/Presenter Sinai Hospital Cancer Retreat, Detroit, MI
	1995	The Art of Healing through Creative Expression: Facilitator/Presenter Four Visions Retreat, Hickory Corners, MI
	1995	Art and Healing, Keynote Presentation, American Cancer Society Conference, Kalamazoo, MI
	1995	The Art of Healing, Presentation, Indiana Oncology Nursing Society Conference, Gary, IN
	1996	The Art of Healing, Keynote Presentation, Survivors Day, Berrian Springs, MI
	1996	Creativity and Healing Retreat, Facilitator/Presenter, Chrysalis Community, Kalamazoo, MI
	1997	Creative Expression for Health and Healing, Presentation Kalamazoo Women’s Festival, Western Michigan University, Kalamazoo, MI
	1997	Creativity for Non-Artists, Presentation, Council for Exceptional Children, Grand Rapids, MI
	1997	The Art of Healing in Healthcare, Presentation, Physicians Oncology Conference,

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- Michigan State University, East Lansing, MI
- 1997 Creativity and Healing, Presentation, National Wellness Conference, Stevens Point, WI
- 1997 Creative Expression is Essential for Health, Published article, Wellness Management. Vol 13
- 1998 The Art of Healing, Presentation, Borgess Health Alliance Breast Cancer Conference, Kalamazoo, MI
- 1999 The Art of Healing, Presentation, Portage Library, Series on Alternative Healing, Portage, MI
- 1999 Healing and Art, Presentation, Borgess Medical Center, Complementary Healing Series, Kalamazoo, MI
- 2000 The Art of Healing, Presentation, Sparrow Hospital, Presentation for Humanities Lecture Series, Lansing, MI
- 2000 Creating Mandalas for Insight and Healing, Presentation
Kalamazoo Women’s Festival, Kalamazoo Valley Community College, Kalamazoo, MI
- 2000 Retreat: Awakening Spirituality for Breast Cancer Patients, Facilitator/Presenter
Retreat and five followup monthly sessions, Lawton, MI
- 2001 Expressive Art Therapy for End of Life Issues, Borgess Hospice, Paw Paw, and Kalamazoo, MI
- 2001 The Art of Healing, Presentation, Denos Museum, Traverse City, MI
- 2001 The Art of Healing, Presentation, Physicians Conference, Traverse City, MI
- 2001 The Art of Healing, Lakeland Hospital, St. Joseph, MI
- 2002 Expressive Arts at the End of Life, Hospice Conference, Paw Paw and Kalamazoo, MI
- 2002 Surviving and Thriving Breast Cancer Retreat, Lawton, MI
- 2002 Luma Painting: Workshops with staff /patients and exhibit, Battle Creek Health Systems, MI
- 2003 Expressive Arts in Hospice, Delta Kappa Gamma, Lansing, MI
- 2003 Art of Healing Workshop, Bonifas Fine Arts Center, Esanaba, MI
- 2003 The Art of Healing Workshop, Transformations Spiritual Center, SSJ, Kalamazoo, MI
- 2003 The Art of Spirituality Workshop, Transformations Spiritual Center, SSJ, Kalamazoo,MI
- 2003 Caregiving for the Caregiver, Alzheimers’ Association, Kalamazoo, MI
- 2003 Visual Journaling and Spirituality, Transformations Center, Nazareth, MI
- 2003 The Art of Healing, Healing Garden, Journal for Holistic Living, article
- 2003 Art Therapy for Artists. Battle Creek Society of Artists, Battle Creek, MI.
- 2003 Art Therapy and Visual Journaling. Caregivers Wellness Day Conference. Kalamazoo County
Resource Center Advisory Council, Kalamazoo, MI
- 2003 Complementary Methods in Health Care, Kalamazoo and Paw Paw, Borgess VNA Hospice.
- 2003 Complementary Methods that Engage and Enhance Spirituality at the End of Life, Spiritual
Homecoming: Conscious Aging, Signature, Conscious Dying Conference, Kalamazoo, MI
- 2003 Art Therapy for Artists, Signature Artists Group. Kalamazoo, MI.
- 2003 Breast Cancer Retreat, Lawton, MI
- 2003 Art of Spirituality Retreat, Transformations, Kalamazoo, MI
- 2003 Art Exhibits in Medical Centers, Presentation, Michigan Art Therapy Association, Novi, MI
- 2004 Diane’s Way, Senior Times Article, Kalamazoo, MI
- 2004 Art Therapy, Life Long Learners Presentation, Allegan, MI
- 2004 Peace: Visual Journaling, Peace Jam, Kalamazoo, MI
- 2004 Art for Healing, Caregivers Conference, Presentation, Kalamazoo, MI
- 2004 Healing Through Art, Presentation, Three Rivers Health Hospital, three Rivers, MI
- 2004 The Art of Healing Breast Cancer, Keynote speaker, Longaberger Breast Cancer Meeting,
Battle Creek, MI
- 2004 Mandala, Borgess Hospice, Kalamazoo, MI,
- 2004 Art Therapy for all teachers of the Arts, Presentation, Battle Creek School District, Battle
Creek, MI,
- 2004 Using Art for Stress Reduction for Caregivers of Alzheimer’s, Presentation, Kalamazoo, MI
- 2004 Art Therapy, Presentation to doctoral students, WMU Counseling Program
- 2004 The Art of Peace, Workshop, Transformations Spirituality Center, Kalamazoo, MI
- 2004 Breast Cancer and Art Therapy, Presentation, Sparrow Hospital, Lansing, MI
- 2004 Thriving and Surviving, Facilitator, Breast Cancer Retreat, Lawton, MI

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- 2004 Mandala Drawing, Workshop, Attitudinal Healing, Kalamazoo, MI
- 2004 Journey through Cancer, Keynote, Lakeland Hospital, St. Joseph, MI
- 2004 Art Therapy for Art Teachers, Workshop, KRESA Art Teachers, Kalamazoo, MI
- 2004 Holistic Modalities for Stress Reduction, Presentation, Borgess Hospice, Kalamazoo, MI
- 2004 Expressive Arts Training, Presentation, Borgess Hospice, Kalamazoo, MI
- 2004 Grief at the Holiday, Facilitator, Art Workshop, Borgess Hospice, Kalamazoo, MI
- 2004 Hospice and Arts Training, Arts Council, Kalamazoo, MI
- 2005 Hospice Arts Consortium, Presentation, Arts Council, Kalamazoo, MI
- 2005 Art Therapy, Guest Professor, Kalamazoo College, Psychology of Health, Kalamazoo, MI
- 2005 Art Therapy, Arts Outbreak, Kalamazoo Institute of Arts, Kalamazoo, MI
- 2005 Art Therapy, Presentation, Caregiver’s Conference, Kalamazoo, April 16, 2005
- 2005 Art Therapy/Staff Development, Workshop, Guidance Center Psychological Staff, Kalamazoo, MI
- 2005 Art Therapy: Presentation to doctoral students, WMU Counseling Program
- 2005 The Arts in Hospice, Facilitator, Borgess Hospice, Integrative Medicine, Kalamazoo, MI
- 2005 Capstone Project, Art Therapy Mentor to Sarah Howie: Kazoo School, Kalamazoo, MI
- 2005 Art as Communication, Workshop Presenter: Wellness Day, WMU Aphasia Clinic, Western Michigan University, Kalamazoo, MI
- 2005 Organizer for Art from the Heart Fundraiser for Borgess Hospice, Kalamazoo, MI
- 2005 Art Therapy–Presentation: Career Day, Gull Lake Middle School, Richland, MI
- 2005 Ideal City, Presentation, Relationship Centered Care, Kalamazoo, MI
- 2005 Art Therapy, Guest Professor: Kalamazoo College, Psychology of Health, Kalamazoo, MI
- 2005 Interpretation and Art Therapy, International Vedic International Conference Mind, Body, Soul and Health, Sri Sathya International Centre, New Delhi, India
- 2005 Healing Through Art, Sir Ganga Ram Hospital, Delhi, India
- 2006 Mandala, Holistic Health: Science and Practice Conference, Western Michigan University, Kalamazoo, MI
- 2006 The Role of Creativity in Healing, Panel Facilitator Holistic Health: Science and Practice, Conference, Western Michigan University, Kalamazoo, MI
- 2006 Art Therapy: Presentation to doctoral students, WMU Counseling Program
- 2006 Artist in the House, Inservice, Battle Creek High School, Battle Creek, MI
- 2006 Art Therapy in Special Education, Battle Creek High School, Battle Creek, MI
- 2006 Art Therapy and Hospice, Optimist Society, Kalamazoo, MI
- 2007 Art Therapy, Presentation to doctoral students, WMU Counseling Program
- 2007 Artist in the House, Inservice, Springfield Middle School, Springfield, MI
- 2007 Art Therapy in Special Education, Springfield Middle School, Springfield, MI
- 2007 Art Therapy and Breast Cancer, Oaklawn Psychological Services, Marshall, MI
- 2006 Art Therapy: Presentation to doctoral students, WMU Counseling Program
- 2006 Artist in the House, Inservice, Battle Creek High School, Battle Creek, MI
- 2006 Art Therapy in Special Education, Battle Creek High School, Battle Creek, MI
- 2006 Art Therapy and Hospice, Optimist Society, Kalamazoo, MI
- 2007 Art Therapy, Presentation to doctoral students, WMU Counseling Program
- 2007 Artist in the House, Inservice, Springfield Middle School, Springfield, MI
- 2007 Art Therapy in Special Education, Springfield Middle School, Springfield, MI
- 2007 Art Therapy and Breast Cancer, Oaklawn Psychological Services, Marshall, MI
- 2007 Art Therapy, Presentation to doctoral students, WMU Counseling Program
- 2008 Art Therapy and Breast Cancer, Oaklawn Psychological Services, Marshall, MI
- 2008 Art Therapy, Presentation to doctoral students, WMU Counseling Program
- 2008 Holistic Approaches to Healing, Panel, West Michigan Cancer Center, Kalamazoo, MI
- 2008 Understanding Children’s Drawings, Michigan School Counselor Association Conference,
- 2009 Art Therapy, Presentation to doctoral students, in Michigan University Counseling Programs

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Presentation Title:

Art of Peace

Track: Mind-Body Wellness
Program Level: beginner

Target Audience: Other
Program Type: Breakout Session

Have you presented or are you planning to present this program at other wellness-related conferences?

n/a

Abstract:

The Art of Peace

Focusing on the issues of stress and peace, participants will learn how art therapy helps access inner wisdom.

This experiential session will describe two art therapy techniques. A Bridge Drawing will direct participants to draw stressors in their life, and what brings them peace. A bridge drawn between the two represents support. Obstacles are shown under the bridge. Participants will gain insight by doing this process.

In another drawing participants will draw a mandala that is divided into personal challenges and strengths which furthers understanding about coping with stress.

No artistic ability required. All materials supplied.

Measurable Objectives:

Participants will learn:

Basic concepts about the use of art therapy to gain insight into stress and peace

How to use a Bridge Drawing (art therapy themed drawing) for themselves or client

How to use a mandala drawing technique that focuses on individual strengths and challenges.

Program Outline:

Program Outline (1 ½ hours)

- A. Basic information about art therapy and how it helps unlock unconscious material.
- B. Bridge drawing process
 - 1. Description of the Bridge drawing process
 - 2. Examples of Bridge Drawings
 - 3. Experiential activity (doing a bridge drawing) and processing with a partner.
- C. Mandala Drawing process focusing on strengths and challenges
 - 1. Description of the Mandala drawing process
 - 2. Examples of Mandala Drawings
 - 3. Experiential activity (doing a mandala drawing) and processing with a partner.
- D. Discussion

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Program Bibliography:

Journals

The Arts in Psychotherapy, Pergamon, Elsevier Science, Tarrytown, NY 10591
American Journal of Art Therapy, Vermont College of Norwich University, Montpelier, VT 05602
Art Therapy Journal of the American Art Therapy Association, 1202 Allanson Road, Mundelein, IL 60060

Books

Capacchione, Lucia (1989). The Creative Journal. Hollywood, CA: Newcastle Publishing Co. Inc.
Cornell, J. (1994). Mandala: Drawing Luminous Symbols for Healing. Quest Books.
Dissanayake, Ellen (1988). Homo Aetheticus, What is Art For? University of Washington Press
Fincher, Susanne (1991). Creating Mandalas for Insight, Healing and Self-Expression. Boston: Shambala
Hays, R. & Lyons, S. (1981) The Bridge Drawing: A projective technique for assessment in art therapy. Arts in Psychotherapy. (8) pp. 207-217
Ganim, Barbara and Fox, Susan (1999) Visual Journaling. Quest Books, Theosophical Publishing House
Malchiodi, Cathy, (2002) The Soul's Palette. Boston: Shambala.
Malchiodi, Cathy, (1998) The Art Therapy Sourcebook. Lowell House
McNiff, Shaun. (1992). Art as Medicine. Boston: Shambala
Rogers, Natalie (1993). The Creative Connection. Palo Alto: Science & Behavior Books
Rubin, Judith (1998). Art Therapy, An Introduction. Brunner Mazel

Program Relevance to Conference Theme:

In our current culture, stress is rampant and we as health care professionals need a toolbox of ways to cope with it. We need to stay healthy so we can help others.

This experiential session will describe two art therapy techniques that will help participants cope with personal stress, and give them a tool that can be used with clients. These are easy to do, quick, inexpensive, and can be done by anyone regardless of talent, skill, or background.