

# WASHINGTON COMMUNITY & TECHNICAL COLLEGE COUNSELORS ASSOCIATION

www.wctcca.org

## WCTCCA Spring 2022 Conference Thursday May 12th & Friday May 13th, 2022 Art Therapy 101: Integrating artistic expression with students



**7 Continuing Education clock hours** (CE's) are included for professional activities during this conference. These CE's are being provided by Cascadia Training.

*The WCTCCA Spring Conference will be held in the beautiful mountain setting of the Rainbow Lodge Retreat Center in North Bend. As always, there will be opportunities to network with colleagues from across the state, learn from quality professionals and recharge your batteries so you can return to the caring work that you do every day.*

### WCTCCA Steering Committee

Chairperson: Devon Klein, Green River College  
Vice Chairperson: Megan Irby, Pierce College  
Treasurer: Kristi Leksens, Everett Community College  
Secretary: Jennifer Houge, Lower Columbia College  
Past Chairperson: Heidi Matlack, Yakima Valley College - Grandview Campus  
Technology Officer: Matthew Cullen, Green River College  
Western Region Rep: Sarah Hoaglin, Renton Technical College  
Member at Large: Margaret Vlahos, Whatcom Community College  
Eastern Region Rep: Position to be filled

**For conference information/questions contact:  
Jennifer Houge, Email: [jhouge@lowercolumbia.edu](mailto:jhouge@lowercolumbia.edu)**

## Art Therapy 101

Thursday May 12, 2022 10:30am –4:30pm

Friday May 13, 2022 10:00am—12:00pm



*Rebecca Bloom, MA, LMHC*

*I'd like to help you find the helpful and knowing artists that lives within you, within all of us.*

*I am committed to my own creative process and am enjoying nature photography and felting.*

Rebecca Bloom received a Masters in clinical art therapy and creativity development at Pratt Institute in Brooklyn, New York. She is a Board Certified Art Therapist and Washington State Licensed Mental Health Counselor with over twenty years experience. She has provided counseling, training, and consulting services in the areas of youth and family services as well as adults struggling with addiction and mental health issues. Having worked in diverse racial, cultural, and socioeconomic settings, she works hard to bring cultural competence to her work. For eight years, she taught in Antioch University Seattle's masters Art Therapy program. Her latest book is *Vicarious Trauma Illustrated*.

### Art Therapy 101:

Art Therapy is a creative based therapy modality that acts on the belief that externalizing the internal process is inherently therapeutic. The process of “making something with your hands” offers clients the opportunity to see their issues in a new way, sometimes giving a sense of distance and release, other times offering an opportunity to see an experience in a completely new way. The art process usually includes verbal therapy as participant’s address their life experience and find, through creatively expressing how they may feel stuck, a new road forward.

Sometimes, the work may be as simple as, “I made that, I am not an artist, but this is how I feel, look, can you see what I mean?” Other times, clients can find, through rejecting what they have made, a safe way to explore letting go of maladaptive coping strategies. Through a variety of directives (art exercises) suggested by the therapist, or through self directed exploration of the materials by the client, a new visual narrative is created, and the client gets a deeper sense of how they got where they are. As the therapist stores the artwork over time, an art review can offer a powerful way for the client to see the changes in their experience.

Please note: original art featured in this brochure is provided courtesy of our presenter

# Conference Details

Rainbow Lodge Retreat Center  
46820 SE Mount Si Road  
North Bend, WA 98045  
(425) 888- 4181

## Directions:

Rainbow Lodge is a few minutes from Exit #32 off I-90.

◇ From Seattle take I-90 east from Seattle to exit #32 (436th Ave.). take a left on 436th, back over freeway to stop sign.

◆ From East of mountains, take I-90 west to exit #32 (436th Ave.). take a right on 436<sup>th</sup>. Follow 436<sup>th</sup> until you come to a "T".

⇒ Turn left onto North Bend Way.

⇒ Take the first right - SE Mount Si Road.

⇒ Drive three miles (on a very windy road) - Rainbow Lodge is on the left



## Conference Schedule

### Thursday , May 12, 2022

9:30-10:00	Arrive/Check In
10:00-10:30	Welcome
10:30-12:30	<b>Art Therapy 101: Part I</b>
12:30-1:30	Lunch
1:30-4:30	<b>Art Therapy 101: Part II</b>
4:30-5:30	Social Hour: Get to Know Your Colleagues
5:45-6:30	Dinner
7:00-8:30	Fireside Socializing and Games

### Friday May 13, 2022

7:45-8:15	Breakfast
8:30-10:00	WCTCCA Business Meeting— All Welcome, Please join us!
10:00-12:00	<b>Art Therapy 101: Part III</b>
12:15—12:45	Check Out * Rooms must be vacated by 12:45 ⇒ <b>Bed linens must be removed by each guest and placed outside the room and bed remade <u>or you will be sur-charged \$10.</u></b>

## RAINBOW LODGE POLICIES

◇ **Bring your own towel and personal items.**

◇ Park in the designated parking area.



◇ Smoking permitted in outside covered areas only.

◇ Alcohol policy: Beer and Wine only.

◇ Bedding is provided.

◆ No smoking or candle/incense burning permitted inside the lodge. Outside covered areas provided for smoking.

◆ No pets.

### IMPORTANT!

⇒ **You must remove your own bed linens and remake the bed prior to check-out or you will be sur-charged \$10.**



# WCTCCA SPRING 2022 CONFERENCE REGISTRATION FORM

**Application Priority Deadline: April 30, 2022**  
*Registration received after this date will incur a \$30 late fee*

**+ Conference Fees**

- \$30 Annual Membership Dues for **2020/2021** (if not already paid)
- \$75 Conference Fee for WCTCCA Members

-or-

- \$115 Non-WCTCCA Member Conference Fee

**+ PLUS (Identify whether you are staying the night, just day use fees or attending virtually)**

**Over Night Cost:**

- \$118 -Single Room Overnight Accommodations (includes Day Use Fees and all meals both days) -
  - Check if willing to share room occupancy if necessary. If so do you have a roommate preference?  
Name: \_\_\_\_\_

--OR--

**Day Use Only Fees:** (Indicate whether you are coming for just one day or both)

- \$71 Day Use only **Thursday May 12, 2022** includes meals (No Overnight)
- \$55 Day Use only **Friday May 13, 2022** includes meals (No Overnight)

--OR--

Attending virtually (no lodge fees)

\$\_\_\_\_\_ Total Amount Submitting

\$30 Additional late registration fee for applications re-

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_ Email: \_\_\_\_\_

College/Institution \_\_\_\_\_

Payment Type ( ) Personal Check ( ) Institutional Check check/PO# \_\_\_\_\_

Please Note any special Allergies/Dietary Needs: \_\_\_\_\_

*Please keep a copy of this completed form for your records.*

**Make Payable to: WCTCCA**

**Mail Registration Form & Payment To:**

Kristi Leksen  
Everett Community College  
CSS, MS 36  
2000 Tower St.  
Everett, WA 98201