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December 2020
Issue

GRADUATE ART THERAPY COMMUNITY NEWSLETTER

*The official campus newsletter of
Mount Mary University*

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**CULTIVATING
COMMUNITY**



CULTIVATING COMMUNITY

by Katherine Kaliban & Rachael Wuensch

INTRODUCTION

by Katherine Kaliban

Welcome to the first Mount Mary Art Therapy Community Newsletter! Organized by the department's graduate assistants, Rachael Wuensch and Katherine Kaliban with the help of Professor Belkofer, we hope to use this as a resource to keep our community connected and informed. As we move forward, we plan to feature faculty introductions, student spotlights, program-specific announcements, community events, alumni connections and much more! If there is anything specific you would like included in a future newsletter, please contact Chris Belkofer at belkofec@mtmary.edu.



<https://blog.schoolspecialty.com/wp-content/uploads/2015/08/post-images5.jpg>

MISSION

by Rachael Wuensch

The Mount Mary University Graduate Art Therapy program is committed to preparing its students to become compassionate art therapists through academic, artistic and experiential learning. By providing encouragement, empowerment, and the guidance to achieve each individual's therapeutic and occupational goals, we believe the members within this community will go on to make their mark within the art therapy profession while positively impacting the larger mental health field.

Through this community newsletter, the Graduate Art Therapy department strives to create a platform that allows all members to share their voice, recognize accomplishments and achievements, and provide resources, reminders and opportunities while fostering a new avenue for connection, community, and creation.

FACULTY INTRODUCTION

Heather Leigh, Associate Professor

by Katherine Kaliban

Dr. Leigh is a board certified, registered art therapist (ATR-BC) and a licensed clinical professional counselor (LCPC) for the state of Illinois. She has just joined Mount Mary in the Fall of 2020 as a faculty member in the graduate art therapy program. Though she is no stranger to our campus, having received her Professional Doctorate in Art Therapy from here, taught as guest lecturer, and attended the Art Therapy Spring Symposium for many years. Dr. Leigh received her BA in English from the UW-Madison and her MA in Counseling Psychology: Art Therapy from Adler University.

Prior to joining Mount Mary, Dr. Leigh was an associate professor in the art therapy department at the Herron School of Art and Design in Indianapolis, Indiana. She was also a core faculty member for art therapy and counseling at Southwestern College in Santa Fe, New Mexico, as well as adjunct faculty at Adler University in Chicago.

Dr. Leigh's research has focused on art therapy education and pedagogy. Her work on signature pedagogies for art therapy education was published in the Journal of the American Art Therapy Association. Her clinical experience is primarily in art therapy with older adults. Dr. Leigh currently serves as convener for the Coalition of Art Therapy Educators (CATE). She also is an ad-hoc reviewer for Art Therapy: The Journal of the American Art Therapy Association as well as for The Arts in Psychotherapy. Additionally, Professor Leigh previously served as the President of the Illinois Art Therapy Association.

Dr. Leigh is originally from Rhinelander, Wisconsin, but she spent the majority of her adult life in Chicago. When she is not working as an art therapist or professor, she enjoys dancing argentine tango. She is also an international traveler who loves to learn about other cultures through her travels and friendships. In addition, she loves watching foreign films, visiting art museums, listening to an eclectic range of music, and of course making art. Large, kinesthetic mixed media work is her favorite.

Welcome back to Mount Mary Professor Leigh!



Great Shout of Joy
oil pastel & oil stick on kraft paper
August 2020
Created by Heather Leigh

STUDENT SPOTLIGHT

Tiffany Blease

She/Her
2nd Year Student

Q: Where are you from?

A: Originally Randolph, WI but have lived in Milwaukee for 17 years.

Q: What is your educational background?

A: I earned my BFA from UW Milwaukee in Art Education.

Q: Could you tell us about your prior occupational experience(s)?

A: I hold two teaching licenses in Art Education and Alternative Education and taught in rural, suburban and charter schools for 12 years.

Q: Why did you choose to pursue a career in Art Therapy?

A: I saw the need for supporting mental health within our education system while teaching high school art.

Q: Why did you decide to attend Mount Mary University?

A: I have been living and teaching in the Milwaukee area for about 18 years and love the city. When I was doing research for what school to attend I found that Mount Mary is one of the best schools for Art Therapy and how lucky was I that it was right in my backyard.

Q: Have you gained internship experience? If so, where did you intern? What were some highlights or personal accomplishments you achieved while working at your site?

A: Last semester, I had the opportunity to intern at Pathfinders Youth Shelter, where I worked with youth ages 12-18 in independent art therapy sessions and facilitating groups. Pathfinders taught me a lot about crisis intervention and helping our youth with developing various life skills. I really enjoyed the camaraderie and working with the team of professionals and volunteers at the shelter. This semester I am gaining experience within community art therapy at Bloom Center of Art and Integrated Therapies. Here I am facilitating community outreach via our social media platforms, leading community art studios and working with our MPS partnership, facilitating art therapy within the education system through group and individual sessions in elementary and middle school students. A focus on telehealth has been a great learning experience at Bloom and how I can utilize my skills to help our communities in a different way. I am excited to work more within the education systems and provide art therapy to students within MPS.



For Mom
Watercolor & digitally altered
image on paper
Created by Tiffany Blease

STUDENT SPOTLIGHT

Tiffany Blease

She/Her
2nd Year Student

Q: Are there certain populations you are passionate about or enjoy working with?

A: I find that my passion lies within teaching and my teaching background. I would like to bring art therapy to the educational system to not only help our students cope with our ever changing world and challenges we face, but also the staff who are the caregivers to our youth.

Q: What are some art materials you enjoy working with?

A: I really love to draw and paint, and am drawn to watercolors mostly. I do, however, like to experiment with most mediums and see where it takes me.

Q: Are there any achievements or awards you have received that you would like to share? If so, what are they?

A: I am a certified 200 hour Yoga teacher.

Q: What are other hobbies or interests you enjoy?

A: Besides art, I love to go kayaking in the warm months and be outside when I can. I also love to do yoga, venture and discover new places and read.



Solitude
Watercolor on paper
Created by Tiffany Blease

Thank you Tiffany for sharing your experiences and your passion to better the educational system by incorporating and providing art therapy services to students. The Graduate Art Therapy department and Art Therapy community are delighted you chose Mount Mary University and we look forward to hear about your future successes and achievements.

STUDENT SPOTLIGHT

Jaclyn Hofstetter

She/Her

2nd Year Student

Q: Where are you from?

A: I'm from Chicago, Illinois.

Q: What is your educational background?

A: I earned my Bachelor's of Art in Psychology and Pre-Art Therapy with a Cognitive Neuroscience minor and a concentration in the honors program at University of Saint Francis in Fort Wayne, Indiana.

Q: Could you tell us about your prior occupational experience(s)?

A: Some of my prior experiences include:

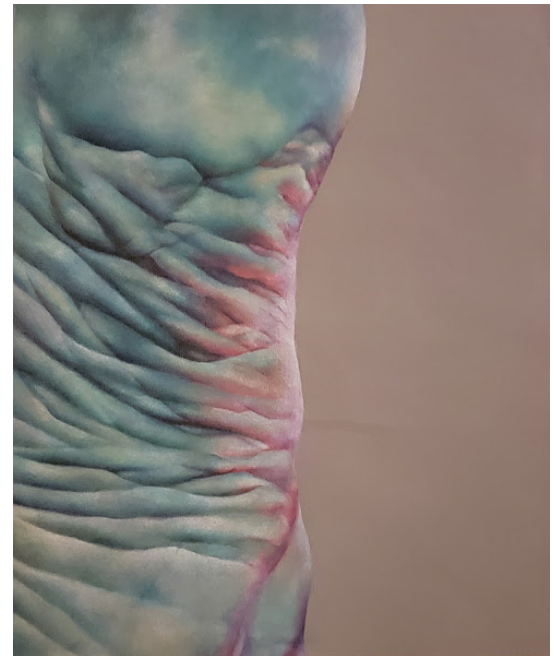
- Erin's House for Grieving Children - undergraduate art therapy internship
- Jester's Art Program - art therapy intern for adults with disabilities
- Parkview Behavioral Health - art therapy volunteer
- Fort4Fitness - volunteer and logistics coordinator at a community health organization
- Tutor - I tutor high-level math like trig and calculus as well as for ACT and SAT prep

Q: Why did you choose to pursue a career in Art Therapy?

A: I chose to pursue a career in Art Therapy because I have always loved art and psychology and it is the perfect fit for my academic interest areas. I actually thought I made up art therapy when I was a senior in high school trying to decide on a college major. I remember sitting in my AP studio art class and thinking about how much I liked my AP psychology class and thought "oh wouldn't it be nice if there was a career that used art for therapy" I then googled it and found art therapy and knew it was what I was meant to do.

Q: Why did you decide to attend Mount Mary University?

A: I decided to attend Mount Mary University because I liked the background of the professors and the energy on the campus when I came for my tour. I also had the opportunity to continue to play golf for the school at Mount Mary which was very exciting. The cost was also a good fit for me financially.



Crunch

Prisma Color Colored Pencils on
colored cold pressed paper
Spring 2019
Created by Jaclyn Hofstetter

STUDENT SPOTLIGHT

Jaclyn Hofstetter

She/Her
2nd Year Student

Q: Have you gained internship experience? If so, where did you intern? What were some highlights or personal accomplishments you achieved while working at your site?

A: I interned at Curative Care for one semester and thought it was a great transition internship between my undergraduate experiences and graduate-level work. I am currently at the Multicultural Trauma and Addiction Treatment Center of Wisconsin and absolutely LOVE it there. I am the only art therapy intern which gives me a lot of room to make the internship impactful to me as well set the groundwork for future art therapy interns. The agency is very diverse with its client base as well as clinicians which has provided me with a great amount of information. I have recently had a few breakthroughs with clients that have been at the agency for some time before I started as intern. During team meetings for these clients the care team expressed that the clients have not responded to any other treatment modality as well as they respond to art therapy. This reaffirms my desire to continue to educate myself and pursue art therapy.

Q: Are there certain populations you are passionate about or enjoy working with?

A: I have really enjoyed all the populations I have worked with but I would say that I am most passionate about clients who have experienced major trauma especially with children and clients with a personality disorder.

Q: What are some art materials you enjoy working with?

A: My go to art materials are colored pencils and watercolors. When I have a little more time to create art I love to use oil paints.

Q: Who would you say is your biggest inspiration and why? This individual can be an artist, therapist, or close family member or friend!

A: It is hard for me to pick just one inspirational person, but I think that my dad is biggest inspiration because he is so hard-working and always puts others before himself.



Regal Mother
Oil Paint on Canvas
Summer 2019
Created by Jaclyn Hofstetter



Transitions
Watercolor & Gouache on cold
pressed paper
Summer 2019
Created by Jaclyn Hofstetter

STUDENT SPOTLIGHT

Jaclyn Hofstetter

She/Her

2nd Year Student

Q: Are there any achievements or awards you have received that you would like to share? If so, what are they?

A: In undergrad, I was the valedictorian for both the School of the Liberal Arts and Sciences and the School of the Creative Arts which is something I am very proud of. I also was a recipient of the Myra Levick Scholarship from AATA and received the President's Volunteer Service Award for exceptional service in the community.

Q: What are other hobbies or interests you enjoy?

A: I love being outdoors and participating in activities such as hiking, biking, and kayaking. I currently play Division 3 golf for Mount Mary University and try to get out on the course any chance I can get. I also like to exercise and lift weights. Interesting fact: My boyfriend and I love nachos and have gone to tons of different specialty restaurants to try each place's variations. We have a rating scale and everything and have tried them all over the country.

Q: Do you have any advice or final thoughts you would like to share with the Graduate Art Therapy community?

A: Every moment is an opportunity to learn and I encourage everyone to take in the moments.



Industry
Oil Paint on Canvas
Winter 2018
Created by Jaclyn Hofstetter

The Graduate Art Therapy department appreciates your willingness to share your insights and accomplishments within the mental health and art therapy fields. We are also glad to hear that Mount Mary University is great fit for you and has provided you with opportunities to grow and pave new paths for future art therapists to come.

D.A.T. RECOGNITION

Dr. Michelle Napoli

DAT, ATR-BC, REAT, LMHC

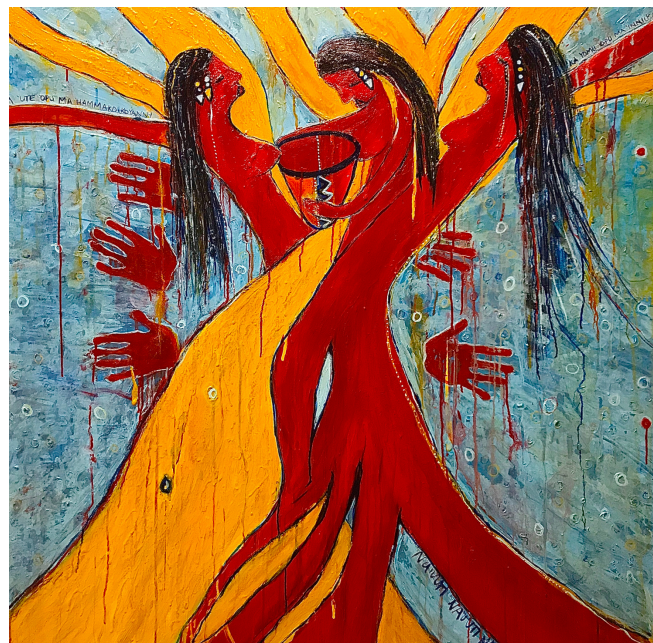
by Rachael Wuensch

Graduate Art Therapy Department would like to take a moment to acknowledge the success achieved within our Doctoral Art Therapy program at Mount Mary. Recent doctoral graduate, Dr. Michelle Napoli received the 2019 Best Paper Award which is published within in the Journal of the American Art Therapy Association.

Dr. Napoli's paper focused on her research conducted while working towards her doctoral degree at Mount Mary University. Due to the competitive nature of this award, we are ecstatic to highlight the hard work of Dr. Napoli and the doctoral department as they continue to contribute to the growth of the art therapy profession.

If you are interested in reading Dr. Napoli's work, "Ethical Contemporary Art Therapy: Honoring an American Indian Perspective.", you can access her article through your MYAATA account under Research. Dr. Napoli's article is located within volume 36, issue 4 of the Art Therapy: Journal of the American Art Therapy Association.

Again, congratulations Dr. Napoli on the 2019 Best Paper Award and your contribution to the literature within art therapy profession! We are looking forward to read future articles and research in the years to come.



Teleeka Hammako 'Alwas
("Three Grandmothers Tree")
Created by Michelle Napoli

STUDENT REMINDERS & OPPORTUNITIES

COVID - 19 Updates

For Mount Mary COVID-19 updates, continue to check your school email or refer to the Coronavirus resources tab listed on the main page of your My Mount Mary account. The department hopes you are able to stay healthy and safe throughout finals, over holidays, and during winter break.

Liability Insurance

For second or third year students starting or continuing internship this spring, make sure to renew your liability insurance through the American Art Therapy Association. By renewing your student plus membership you also renew your liability insurance. Once the renewal of your student membership is complete, email AATA requesting for a PDF copy of your liability insurance. From there, forward the PDF copy to our Internship Coordinator, Monique Matic at matm@mtmary.edu. **It is important to note that students will not be able to engage in their internship until Monique receives the proper documentation. The deadline for this is January 15th (1/15).** If you have any questions regarding this process, please reach out to Monique Matic.

Student Spotlight Submissions

If you enjoy learning about your fellow peers within the program and are interested in sharing your experiences and insights, please reach out to Rachael Wuench (wuenschr@mtmary.edu) or Katherine Kaliban (kalibank@mtmary.edu) for more details! The department appreciates learning more about the individual student perspective and will continue to provide insight and connection within the community throughout the academic year.



https://my.mtmary.edu/ICS/Campus_Life/Campus_Groups/Graduate_Art_Therapy/

Wrap dolls pictured on the left were created during a group art experiential last fall (2019) within Professor Matic's ATH 762, Group and Institutional Dynamics class.

Please contact matm@mtmary.edu for more info on the use of wrap dolls as a creative intervention within a group setting.