

PSYCHOTHERAPY AND THE ARTS NEWSLETTER



MARCH 2011

Dear List Members !

We had great intentions to send out a newsletter by the end of February, yet here we are rushing to get it out by the end of March!

We are pleased to welcome two new members, Michele Forinash and Irene Deitch. See their bios below.

We hope that you will find time in your busy lives, to read and hopefully enjoy the contents of our newsletter. And please do send responses, news, articles – they would be most welcome!

Ilene and Heather

In this issue....

Introduction to...

News from Heather

When someone deeply listens to you - poem by John Fox

News from Ilene

Reflections on Tobi Zausner's article - Heather Hill

Poetry as Healing - John Fox

Bibliotherapy - the Book Well project

Upcoming Conferences

And finally...Ilene

Attachments:

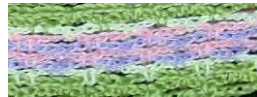
Words from the Marrow - John Fox

SFPA Glide Event flyer

INTRODUCTION TO:

Michele Forinash, DA, MT-BC, LMHC is Professor & Director of the PhD program in the Division of Expressive Therapies at Lesley University. A graduate of Columbus State University in Columbus, Georgia, she completed her master's and doctorate at New York University. She is a past president of the American Music Therapy Association. She has edited and co-edited books and has published numerous articles and chapters on qualitative research, supervision, and feminist issues.

Hello--My name is **Irene Deitch**. I'm a Professor Emeritus of Psychology, Chair Emeritus of OPTIONS: College Study Program for Older Adults; the past President - Media Psychology, Running Psychologists; Producer /Host of MAKING CONNECTIONS- Cable TV...a Fellow of the American Psychological Association, have a Lifetime Achievement Award from Brooklyn College and have interests in Death, Dying, Bereavement, Loss, Therapist and Death Education, Humor, Writing, Aging, Elder Abuse, Pet Loss...Public Interest Issues. I'm married with 2 children and 3 granddaughters.



NEWS FROM HEATHER

This year I'm launching myself into some new areas of work, though these are still related to my key passions of dance and dementia.

Firstly, I'm starting to train care staff who work with people with dementia. I think what I offer will be a little different to traditional dementia training in that there will be a strong focus on relationship* as the basis of good care, and on meaningfulness rather than "keeping busy" as the rationale for so-called "lifestyle" or "leisure" programs. In terms of how this will be taught, I will be drawing on different modes of learning – in particular, embodied, experiential learning. My other major project is a respite program for families with children with disabilities – called "Dance Family". Whereas respite is often, though not always, viewed as an opportunity for parents to have time away from their children, this program is about creating a space and an activity parents and children can share and enjoy together. I was a little daunted at programming for this very diverse group (parents, and children of varying disabilities and ages ranging from 8 -17), but in fact it is working very well – and everyone benefits from the diversity. I never cease to be amazed at the capacity of dance to act as an equalizer, bringing together all sorts of people in a way which honours both the similarities and the differences.

*As I was working on this newsletter, I checked on John Fox's website (see later in newsletter), and found a poem which absolutely sums up the importance of being present in relationship:

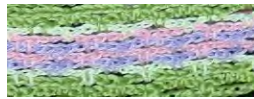
When someone deeply listens to you

When someone deeply listens to you
it is like holding out a dented cup
you've had since childhood
and watching it fill up with
cold, fresh water.
When it balances on top of the brim,
you are understood.
When it overflows and touches your skin,
you are loved.

When someone deeply listens to you
the room where you stay
starts a new life
and the place where you wrote
your first poem
begins to glow in your mind's eye.
It is as if gold has been discovered!

When someone deeply listens to you
your barefeet are on the earth
and a beloved land that seemed distant
is now at home within you.

— John Fox



NEWS FROM ILENE

As usual Ilene is involved in many events. Here are some:

SCCADTA / CA Chapter - Dance/Movement Mini-Conference

Ilene presenting on:

Posttraumatic Growth and Dance Therapy

(See details below under Conferences)

Glide Community Wellness Fair (flyer attached)

When Ilene Serlin was President of the San Francisco Psychological Association, she noted that the psychological association was not well-known or active in the community. This April 8, two years later, there will be a kick-off for a historic new partnership between the Psychological Association, Glide Memorial Church, Alliant University and the California Institute of Integral Studies (CIIS) with a Wellness Fair.

At this Fair will be vendors representing groups like Suicide Prevention and Depression Screening, as well as AIDS prevention and blood pressure screening. There will also be demonstrations of biofeedback, yoga, expressive therapy students from CIIS will do interactive expressive arts therapy, and Ilene Serlin will do dance movement sessions. She and colleagues will continue with a 6-week group on Stress Reduction through Movement at Glide, as well as arts therapy groups for the children's groups.

APA Regular 2011 Convention Submission:

Caregiver Satisfaction and Regeneration: Whole Person Psychology

A whole person approach, a *Whole Person Healthcare* (Serlin, 2007a) integrates the best of medical and psychological practices into a bio/psychological/spiritual model supporting prevention, resilience and self-care. Relying on experiential as well as theoretical learning, it includes symbolic and nonverbal modes of thought and expression.

Trauma is a confrontation with mortality that can bring meaning, beliefs, existential choice and a renewed will to live. Resiliency, hardiness and optimism support effective coping patterns and growth through adversity (Joseph & Linley, 2008; Maddi & Hightower, 1999; Naparstek, 2004).

In Whole Person approaches, narrative and the arts express and record life stories (May, 1975, 1989; Sarbin, 1986; Gergen, 1991) and facilitate healing (Pennebaker, 1990). A Whole Person psychotherapy embraces diversity of technique and approaches including non-verbal and multi-modal modalities like expressive therapies and mindfulness meditation (Serlin, 2007), diverse cultures and beliefs about living and dying (Sue et al, 1999). Qualities differentiating survivors from a victims include optimism, hardiness (Kobasa, 1979; Maddi and Kobasa, 1981, 1994), coherence (Antonovsky, 1979) and resiliency and define the "survivor personality" (Siebert, 1996) and "growth through adversity" (Joseph & Linley, 2008).

Resiliency Tools include:

Meditation: a family of practices that train attention and awareness, usually with the aim of fostering psychological and spiritual well being and maturities such as joy and compassion (Shapiro & Walsh, 2007).

Art, Guided and Multimodal Imagery

The imagination helps us see that all human experience is shaped by joys and suffering, celebration and mourning. Creating art is an act of courage, a leap into the void (May, 1975; Serlin, 2009b) through which we can transform terror into beauty and imagine new possibilities for the future. Other forms of movement and somatic practices deepen the body's ability to feel, releasing memories and emotions locked in the body.

Caregiver Satisfaction and Regeneration: the SELAH model

A multimodal model for promoting caregiver satisfaction and regeneration, will be presented, drawing upon perspectives of attachment theory (Mikulincer & Shaver, 2007) and the "broaden and build" theory of positive emotions (Fredrickson, 2009), as well as on research on compassion fatigue and satisfaction (Figley, 2007). This approach, developed in SELAH, the Israel Crisis Management Center, aims to enhance a sense of hopefulness, connectedness and meaning, through tapping into helpers' strengths, rather than focusing exclusively on stress management or symptom relief.

Initially developed for supporting a volunteer network of 600 volunteers providing emergency support in the aftermath of terrorist attacks and other crisis situations, this model has been applied in different trauma organizations in Israel (Pardess, 2005).

Specific modules tailored to meet the needs of various groups of professional and non professional helpers, have been developed combining outdoor and nature-based experiential activities with mindfulness training, narrative practices and verbal and non-verbal creative modalities, creating a wide spectrum of opportunities for self expression and sharing.

Illustrations will be offered demonstrating some of the components of this modular approach and the possibilities inherent in using nature's resources and harnessing the power of metaphors of transformation and regeneration in nature.

Cultivating compassion for self (Gilbert, 2005) is offered as an additional key for preventing compassion fatigue and promoting satisfaction and growth among caregivers.

Empirical evidence, based on a series of three studies combining different methodologies, including a diary design and experimental design, will be presented. The findings demonstrate how heightening attachment security, through strategies such as guided imagery accessing memories of being-cared-for, can reduce the vulnerability to caregiver distress and enhance compassionate caregiving and satisfaction. Study limitations and directions for future research will be discussed, and practical implications for the development of training and support programs for trauma workers.

Chairs:

Ilene Serlin, Ph.D, BC-DMT

Charles Figley, Ph.D

Participant: Eleanor Pardess, Ph.D (from Israel, Selah trauma center)

Discussant: Kathryn Norsworthy, Ph.D (Chair, International section, Div. 56, Trauma Psychology, of APA

APA is from August 4-7 in Washington DC.

Times and place of this symposium TBA

Discussant on a panel on Alternative and Complementary Medicine

More information on this in the next newsletter



REFLECTIONS ON READING TOBI ZAUSNER'S ARTICLE ON RESILIENCE AND THE ARTS.

Heather Hill

INTRODUCTION

I very much enjoyed reading Tobi Zausner's article "Creativity, Resilience and Chaos Theory" in our last newsletter. It immediately sent me off into my own thoughts on resilience and the ideas I have formed about it through my work. In this postscript to Tobi's article, I hope to contribute some further perspectives from my studies around dementia and personhood, as well as to shine a light on what is perhaps a less acknowledged perspective, namely the embodied experience and expression of resilience.

But first to my starting point, which was my doctoral study of person-centred care in dementia. Rejecting a strictly biomedical perspective on Alzheimer's, psycho-social perspectives (eg Kitwood's person-centred care) suggest that dementia is not merely a result of plaques and

tangles in the brain but rather a complex interplay of brain pathology, life events, personality, personal coping skills and the present emotional and social environments. Indeed autopsies have shown that some people whose brains show minimal pathology on autopsy exhibited extreme dementing behaviour in life, while others with massive amounts of pathology appeared cognitively intact right up to death. To me, this suggests there is some issue about resilience – the ability of the human organism to adapt, accommodate, be flexible in the face of various assaults whether they be adverse events, brain pathology, or any other challenges.

Kitwood stated that the key task in dementia care should be the maintenance of personhood. This approach to dementia care emphasises that caregivers can make a difference, by helping the person's own efforts to cope with his/her changing world, through supportive and empowering relationships and attention to the physical, emotional and social environments the person inhabits. In my studies of how best to maintain personhood, I looked at the literature on resilience and on wellbeing/flourishing for frameworks which might support different priorities of care in dementia from the current biomedical model. The latter focused on disease and the person as victim; person-centred care focused on empowering the individual and supporting their own efforts to deal with their new and ever changing situation.

PERSPECTIVES ON RESILIENCE

I offer some brief notes on three theorists I found of special interest as I pursued my studies in dementia:

Grotberg - resilience and children.

Grotberg writings on children identified three major sources of resilience:

I have people around me who love me, and whom I can trust.

I am a worthwhile person

I can handle what comes my way, work out how to solve problems.

Antonovsky's Sense of Coherence

Some of the same concepts and themes emerge in the writings of Antonovsky. Rather than looking at the pathogens causing ill health, Antonovsky preferred to look at what kept people healthy. He developed the concept of Sense of Coherence (SOC) which provided a framework and measure of a person's ability to cope - resilience. He defined the SOC as follows

"a global orientation that expresses the extent to which one has a pervasive, enduring though dynamic feeling of confidence that (1) the stimuli deriving from one's internal and external environments in the course of living are structured, predictable and explicable [comprehensibility]; (2) the resources are available to one to meet the demands posed by these stimuli [manageability]; and (3) these demands are challenges, worthy of investment and engagement.[meaningfulness]"

This is not restricted to the personal qualities of the individual, but includes the interplay of individual resources and the demands of the environment.

Csickszentmihali – flow activities.

Csickszentmihalyi introduced the idea of flow, and named as flow activities those activities, done for their own sake, which were neither too hard (invoking anxiety nor too easy (invoking boredom). During such flow activities mind, body and emotion were united. Importantly he identifies these activities as strengthening the self. One of the flow activities he identifies is dance.

In terms of my concern with maintaining personhood in dementia, these provided some ideas as to the ways in which care staff could support and empower people with dementia.

RESILIENCE EMBODIED

As a dance therapist with people with dementia as well as with adults and children with mental health issues or other disabilities, one important aspect of my work with these groups has been in the area of strengthening the self and finding a strong core which allows one to interact with but not be overwhelmed by the world. The wonderful thing about working in the dance/movement mode, is that one can “concretise” issues such as resilience.

The experience of being centered is grounded in our sense of weight. Activating the movement potential of the pelvis awakens a true power and groundedness that allows us both to sink into the support of the earth and to reach out to others. Weight is related to support, both self-support and the capacity to encompass another's needs. (P.102)

Hendricks, G & Hendricks, K. (1983). The moving center: Exploring movement activities for the classroom. Englewood Cliffs, NJ: Prentice-Hall.

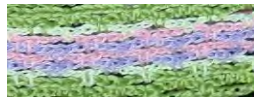
Thus in dance/movement therapy we work with finding and strengthening one's physical centre, with exploring stability and with maintaining a strong, stable core while interacting with a changing environment. Often we see instead of a strong core from which to move out to the world, we see rigidity, tension – holding in for fear of being swallowed up by external forces. Children with an intellectual disability often have no sense of centre (Sherborne) and many movement activities can be created around this. Children enjoy “being a rock”, when the child sits on the floor with legs bent, feet firmly planted on the ground and hands supporting behind him/her on the floor. Then the therapist or helpers try to move the child through sustained pushing from all sorts of different angles. The aim is not to make it too easy, rather it is to get the child to push to his/her very limits before the therapist releases her push. This exercise at a physical level tends to make the child very aware of his/her centre. As the child is pushed from different angles, the child mobilises his/her energy to meet the challenges at different parts of the body. Therapists working with children can “feed in” strength to the child, through a process of gently pressing till there is a response, pressing some more and so on – helping the child to practise using and to increase his/her strength.

I've learnt a lot about the qualities of resilience through these very physical explorations. On one occasion, I asked a group of psychiatric hospital patients to create as a whole group a stable structure. As I tested their structure, we realised that there needed to be some “give” in the structure. What became clear to me was that it is flexibility not rigidity which is the hallmark of being strong (resilient).

Finally, I particularly like Tobi's note about resilience itself being a creative act and that every action of resilience builds on one's ability to deal with the next challenge. In my work in dementia and dance therapy, I believe that I am trying to support my clients to engage in and practice resilience in supportive and enabling emotional and social environments. I would welcome others adding new perspectives they have come across through their particular professional fields of practice and/or study.

REFERENCES:

- Antonovsky, A. (1988). *Unraveling the mystery of health: How people manage stress and stay well*. San Francisco: Jossey Bass.
- Csikszentmihalyi, M. (1990). *Flow: The psychology of optimal experience*.
- Grotberg, E. (1995). A guide to promoting resilience in children: Strengthening the human spirit. *Early Childhood Development: Practice and Reflections, No. 8*. (Available from Bernard van Leer Foundation, The Hague, The Netherlands.)
- Kitwood, T. (1997). *Dementia reconsidered*. Buckingham Open University Press.
- Sherborne, V. (1990). *Developmental movement for children*. Cambridge: Cambridge University Press.



POETRY AS HEALING

John Fox, in a recent email, wrote:

I'm sending two things -- one a poem about dance written in a session at Shands Hospital in Gainesville, FL in 2004. The participants were a patient, Bertis Mackey, who was dealing with the painful effects of sickle cell, a dancer in residence (and director of the Arts in Medicine program at Shands) and myself. This was included in the film Healing Words: Poetry and Medicine. Bertis at that point had danced with Jill for nine years, since she was six and of course dealing with sickle cell. Remarkable experience to watch them, be present for that.

I introduced the line "When we dance..." and they responded, as did I, once. What you read is the poem that came from that

WHEN WE DANCE

When we dance the air softens
I feel like I am floating on a cloud
And the hospital disappears
When we dance our hearts are beating together
It feels like a field of flowers that open
It is like stars that shine.

When we dance I forget about the pain
When we dance, I feel like it's a dream
When we dance all my thoughts go away
and our bodies are thinking together,
It makes me really happy
When we dance, I have no feelings in my body
I let it all out.

*Bertis Mackey,
Jill Sonke-Henderson, John Fox
from the film: *Healing Words: Poetry and Medicine**



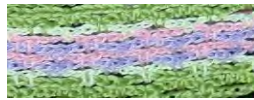
John's second contribution is an article, "Words from the marrow" which is being sent along with this newsletter.

For further information on the Institute for Poetic Medicine and on John's workshops, go to his website: <http://poeticmedicine.org/index.html>



BIBLIOTHERAPY

I (Heather) recently read an interesting article on the "Book Well" project which has been running in Melbourne and in other towns in Victoria, Australia. According to the manager of the project it is about, moving "beyond a book-club approach to literature into a therapeutic realm". See the full article at <http://www.theage.com.au/national/between-the-lines-20110313-1bssj.html> As a lover of books, I particularly liked the comment that the ancient Greeks often put over the entrance of their libraries the notice: "place of healing for the soul".



CONFERENCES

SCCADTA / CA Chapter

DANCE/MOVEMENT MINI-CONFERENCE

May 1st, 2011
9:30 - 4:30

Anna Halprin's Historic Mountain Home Studio
Kentfield, California

*Attendance of this conference meets the qualifications for 6.0 hours of continuing education credit for DMT's as required by the **American Dance Therapy Association**.*

SCHEDULE

9:15 -- 9:30 Registration/Check In

9:30 -- 12:30 Morning Session – Posttraumatic Growth and Dance Therapy
with Ilene Serlin, Ph.D, BC-DMT

12:30 -1:30 Lunch Included with catering by Woodland's Market

1:30 -4:30 Afternoon Session -- Creative Transition
with Marybeth Weinstock, Ph.D, BC-DMT And Taira Restar, M.A.

Morning Session: Post Traumatic Growth and Dance Therapy with Ilene Serlin, Ph.D, BC-DMT

This workshop will include experiential and didactic components. It is becoming an established clinical observation that trauma exists in the body as well as the mind, and some specialized mind/body trainings are available. Trauma also shatters identity and experience, and nonverbal and symbolic approaches reawaken cognitive function. Approaches that integrate sensate and cognitive approaches to deal with the multiplicity of trauma experiences are needed, as well as existential approaches that deal with the confrontation with mortality.

Dance/movement therapy provides a symbolic and nonverbal approach, and is uniquely suited to working with trauma. This workshop will utilize a Posttraumatic Growth approach that is holistic and helps participants develop resiliency and courage.

Given the need for clinicians to work with returning veterans from Iraq and Afghanistan and their families, clinicians can be trained to incorporate whole person methods into their own clinical practices. Cross cultural examples from Israel and the United States will provide a context for an examination of the cultural basis for diagnoses and treatment of PTSD. A culturally sensitive understanding of trauma will explore community acceptance and resilience with symbolic enactment of fragmentation and hopes for healing.

Dr. Ilene Serlin is a clinical psychologist and registered dance/movement therapist. She is the founder and Director of Union Street Health Associates and the Arts Medicine Program at California Pacific Medical Center. She is a Fellow of the American Psychological Association, Past President and Council Representative of the Division of Humanistic Psychology of the American Psychological Association, on the Editorial Boards of the Arts in Psychotherapy, the Journal of Dance Therapy, and the Journal of Humanistic Psychology, and has taught and published widely in the US and abroad. Dr. Serlin's approach draws on her extensive background, training and experience in dance and the arts, Gestalt and depth psychotherapy and behavioral medicine. Website: www.ileneserlin.com

Afternoon Session: Creative Transition with Marybeth Weinstock, Ph.D, BC-DMT and Taira Restar, M.A.

The afternoon session will begin with Marybeth presenting the findings of her dissertation on *Women Dancers in Midlife: Coping with the Transition* and Taira discussing her work as an Arts Educator and Tamalpa Institute teacher. They will then present on how they combine their work including Anna Halprin's influence. The rest of the workshop will be a sampling of workshop experiences which have included breath, somatic movement, improvisational dance, drawing, writing, ritual and play as a means to explore, converse and celebrate the passage of a women's body into and through midlife.

Marybeth Weinstock Ph.D., BC-DMT has been a Dance/Movement Therapist in hospitals, schools, and in private practice for almost 40 years. Her dissertation for her Ph.D. in Clinical Psychology was entitled "Women Dancers in Midlife: Coping with the Transition". Marybeth's work is informed by her belief in and practice of meditation, transformation, and joy. Website: www.creativetransition.net

Taira Restar M.A. is an ordained minister, artist, and arts educator. She is on faculty at Tamalpa Institute. She teaches and performs with her mentor, Anna Halprin. Taira has worked with children and adults for over 25 years. Website: www.tairarestar.com

Directions to Mountain Home Studio. Website: www.annahalprin.org

Mountain Home Studio

15 Ravine Way
Kentfield, CA 94904

From San Francisco:

Take Highway 101 North over the Golden Gate Bridge.

Take the San Anselmo exit which will put you on Sir Francis Drake Boulevard, heading West.

Turn left onto College Avenue. Pass College of Marin.

At the stop sign, turn right onto Woodland Road (the Exxon gas station is on your right)

Then turn right onto Goodhill Road.

Take Goodhill up the mountain 1 mile and then turn left onto Crown Road,

And left again on Ravine Way (the first street after Crown).

Mountain Home Studio is at the end of Ravine Way.

Park along the right hand side of Ravine Way, not in the turnaround.

If the parking spaces are all full, park on Crown Road and walk down.

As you approach the end of Ravine Way (a private driveway and residence will be straight ahead), enter through the wooden gate to the right of the SENSO UNICO sign. Walk down the long stretch of stairs. At the bottom is the entrance to the lounge, where registration takes place. The studio is above the lounge.

From the North:

Take Highway 101 south to Sir Francis Drake Boulevard/San Anselmo exit.

Turn right onto Sir Francis Drake Boulevard - heading West.

Follow the same directions as above.

From the East Bay:

After crossing Richmond Bridge, take the exit for Sir Francis Drake Blvd.

This will take you under Highway 101 and onto Sir Francis Drake Blvd. Follow directions as above.

****For workshop logistics contact Gwen Angert, Programming Chair: gwengym@aol.com Phone: 562-221-2790**

Registration Form

Name _____

Address _____

Phone _____

E-mail _____

Make Check Payable to SCCADTA
(soon to be California Chapter of the ADTA)

Mail Check and This Page To:

Claudine Magsam, Treasurer

12161 W. Sunset Blvd.

Los Angeles, CA 90049

Fees

Pre-register by April 1st, 2011

\$65 SCCADTA members

\$75 Non-Member

Pay at the Door:

\$75 SCCADTA member

\$85 Non-Member

**Master's level Students Flat Rate of \$40

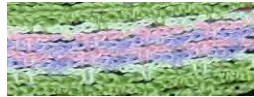
For registration concerns, contact Claudine Magsam, Treasurer, at claudinedmt@yahoo.com

PSYCHOLOGY AND THE OTHER CONFERENCE 2011
Oct 1-4
Cambridge, MA.

From website:

Erich Fromm bemoaned the divorce of psychology from philosophical and religious traditions and, in many ways, this artificial separation from our historical and conceptual siblings has only increased. The purpose of this conference is to enrich conversations at the intersections of philosophy, psychology, and theological/religious studies, particularly emphasizing scholarship around the notion of the "Other." The term "Other" constitutes a shared space for continental thought, theology, and a variety of psychological discourses. This phenomenon bears significantly on ethical, epistemological, and phenomenological scholarship in each of these fields. As an interdisciplinary conference, presentations will explore the rich discourses that have emerged around the concept of the "Other" in various intellectual traditions, ranging from phenomenological work like that of Emmanuel Levinas to the work of John Zizioulas in theology or that of Jessica Benjamin in psychoanalysis. We invite psychologists, psychoanalysts, psychiatrists, social workers, philosophers, sociologists, anthropologists, theologians, clergy, and graduate students of all persuasions to participate in this year's event. Our hope is that our conversations and collaborations will challenge and deepen our various disciplines.

<http://www.psychologyandtheother.com>



AND FINALLY..... CONGRATULATIONS to Ilene who is not only a passionate dancer but an avid writer of articles and blogs!

From an email from the Psychology Today editors:

We wanted to let you know that your recent blog post "The King's Speech, Trauma, and Good Psychotherapy" has been chosen as an "Essential Read" in Therapy.

The Essential Reads are found at the top of
www.psychologytoday.com/node/16103

Thanks for your great contributions,
Psychology Today Editors