

# Art Based Therapeutic Interventions for the Classroom **featuring Katie Kamholz**

## Two sessions - Two Afternoons - Two Hours each **MANY immediately usable interventions**

This workshop will address the social and emotional needs of students, especially designed to address increased mental health issues related to the experience of learning during a pandemic. Workshop participants will learn several art-based therapeutic interventions that can be implemented throughout class time in order to increase mindfulness & resiliency, assist with challenging class transition time, and support student learning and growth. Teachers will have access to printables for both their own art making process and to use with their students in these art interventions.

### Session 1: Creating a Safe Space in the (virtual) Classroom: Art Interventions to Support Social & Emotional Growth

- 1) Teaching through a trauma informed lens part 1
  - Art making intervention #1: Checking In
- 2) How to use ritual to create safety and security
  - Art making Intervention #2: Safety Objects
- 3) Creating connection within and with others
  - Art making intervention #3: Making art together
- 4) Opening, Closing, and the spaces in between
  - Art making intervention #4: Transition Time

### Session 2: Creating a Safe Space in the (virtual) Classroom: Art Interventions for Mindfulness & Resiliency

- 1) Teaching through a trauma informed lens part 2
  - Art making intervention #5: Getting centered
- 2) Mindfulness practices
  - Art making intervention #6: Belly Breathing
- 3) Name it to tame it- increasing mindfulness about our feelings
  - Art making intervention #7: Story Zines
- 4) Coping strategies to support resiliency
  - Art making intervention #8: Coping Cards

Who should attend?  
Classroom teachers,  
Teacher Coaches,  
Administrators,  
Parents.

4 PD hours-  
Watch live  
or recorded  
when you  
can!



Katie Kamholz is a board certified art therapist and clinical counselor with over 15 years of experience as a therapist.

The roots of her clinical approach are humanistic and client-centered, and have also been informed by neuropsychology, and evidenced-based practices of cognitive behavior therapy (CBT) and dialectical behavior therapy (DBT). She uses art therapy and body centered approaches in addition to talk therapy.

Katie believes in the power of creativity and art making to express the unspeakable and find healing.

Looking for ideas to help your on-line students deal with their stressful learning existence?

Gain SEL activities and resources to use immediately in your virtual learning format.

February 18, 2021 4-6 pm

February 25, 2021 4-6 pm

**Each of these eight art making interventions will include an instruction printable for the teacher and art making printable for the student. All art making interventions can be completed with materials that are typically found in the house: printer paper, pencils, and scissors. Some can use additional items such as collage materials (magazines), markers and glue, but are absolutely not necessary. The intention is that teachers can implement these easily and without needing any speciality "art" materials.**



Art Based Therapeutic Interventions for the Classroom featuring  
Katie Kamholz - February 18 & 25, 2021 - 4-6 pm Online (or  
recorded on your own time schedule)

Organization/School

Address: \_\_\_\_\_ City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_ Phone: \_\_\_\_\_ Fax: \_\_\_\_\_

Name/Position: \_\_\_\_\_

Email: \_\_\_\_\_

IL ASCD Membership # \_\_\_\_\_ IEIN # \_\_\_\_\_

Name/Position: \_\_\_\_\_

Email: \_\_\_\_\_

IL ASCD Membership # \_\_\_\_\_ IEIN # \_\_\_\_\_

If you need to add more names, please duplicate this registration form.

IL ASCD Member Each	1 Person Each	2 People Each	3 People Each	Full-Time Student/Retiree Each
___\$125	___\$174*	___ \$164**	___\$154**	___\$109

\* Includes IL ASCD  
Membership

\*\* 2 or more attendees from the same school district/organization.  
Does not include membership.  
(Call for info on larger team discounts 618-203-3993)

Conference Fees \$ \_\_\_\_\_

IL ASCD 1 year Membership Fee (add \$49) \$ \_\_\_\_\_

Total Registration Fees \$ \_\_\_\_\_

Registration deadline is February 11, 2021. A \$15.00 fee will be charged for cancellations made in writing prior to the deadline. No refunds will be given after the deadline. Confirmation will be sent via e-mail after your registration is processed. Registrations can be transferred to another individual by faxing information to 309-438-5364 or by emailing dscowde@ilstu.edu

Payment Information:

(Payment or purchase orders MUST accompany registration form)

\_\_\_\_ Check made payable to Illinois State University enclosed

\_\_\_\_ Purchase order ENCLOSED. Purchase order #: \_\_\_\_\_

\_\_\_\_ Charge Credit Card: \_\_Master Card \_\_Visa \_\_ Am/Ex \_\_Discover  
Account Number

Expiration: (Month/Year MM/YY) \_\_\_\_\_ and 3 Digit CVV code \_\_\_\_\_

\_\_\_\_\_  
Name on Card

Illinois ASCD is a CPS  
Approved Provider # 24595

**How to register:**

Online: Use your Visa, MasterCard, Discover, or  
American Express card at  
<http://www.illinoisascd.org>

Call: 800-877-1478 or 309-438-2160,  
Mon. - Fri. 8:00 a.m. - 4:30 p.m. and use your  
Visa, MasterCard, Discover, or American Express.

Mail: Send completed form with check or copy of  
PO to: IL ASCD Kamholz— Illinois State University,  
Conference Services, Campus Box 8610, Normal,  
IL 61790-8610.

Fax: Fax completed form to 309-438-5364  
using your Visa, MasterCard, Discover, or  
American Express or a copy of school P.O.