



# Mindfulness in Art Therapy

By

Vivian Mosier, MS, LPC  
Barbara Baeuchle, LPC, ATR



### **Mindfulness in Art Therapy** - Vivian Mosier, MS, LPC & Barbara Baeuchle, LPC, ATR

In this presentation you will learn more strategies to incorporate mindfulness into your art therapy practice. We will identify the origins of the practice, applications, and research of mindfulness. We will be demonstrating techniques to help clients with mindfulness and help clinicians build their own mindfulness techniques. With basic art supplies you will experience some simple practices you can use for yourself and the people you work with. You will also receive a reference list of helpful resources.

#### **Learning Objectives**

- ❖ Build understanding for the term Mindfulness and how it can help our clients.
- ❖ Learn about research-based resources that will help incorporate mindfulness and art therapy.
- ❖ Build hands on mindfulness practices with art to enhance your self-care as a clinician.
- ❖ Learn about technology-based resources to use with children, adults, and families.

#### **Art Materials List**

- ✚ White paper, preferably 12x18 inches but 8.5x11 will work
- ✚ Markers
- ✚ Medium gauge wire. Floral wire or pipe cleaners work well
- ✚ Pencils
- ✚ Colored pencils

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