

44th Annual Kansas Art Therapy Association Symposium

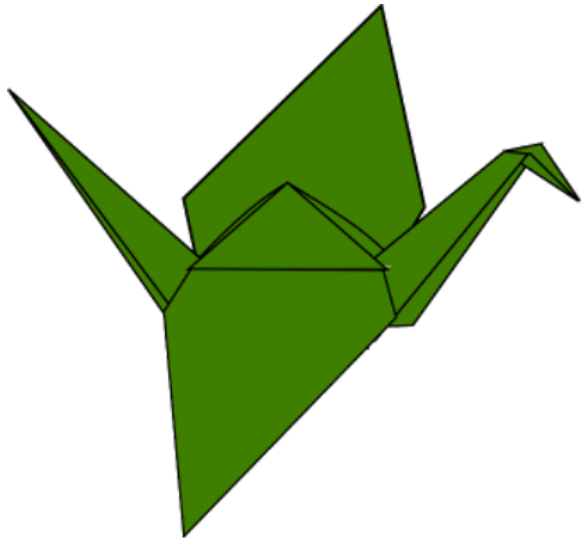


Repairing the Broken Bowl™: Healing and the Ancient Art of Kintsugi

Find your pieces, tell your story
Facilitated by Teresa Zaiger, ATR-BC
(Kansas Art Therapy Association Conference Chair)
kansasarttherapy@gmail.com

Continuing education credits available

Optional Pre-Symposium Event
Friday evening: October 20, 2023
6:30-8:00 p.m.



Join us to create origami projects for the KC Shepherd's Center in Kansas City.

They are a nonprofit organization serving older adults, by celebrating their contributions to the community and providing support and companionship to increase social activity, reduce food insecurity, and build lasting relationships. They offer a variety of programs including Meals on Wheels. The origami projects, each with a note of kindness, will accompany the 96 hot meals they deliver daily. In 2022, they served 1,400 homebound clients with 219,340 meals.



There will be two options to participate in the Friday night event: 1) stay overnight at Tall Oaks Camp and Conference Center or 2) join the free Zoom event from home individually or in small groups.

1) **If you stay overnight (a maximum of 24 guests will be allowed):**

Friday

5:00-5:45 p.m.

Check-in time at the Lifelong Learning Center (LLC) Lodge where the overnight rooms are located. Zoom event and symposium will also be held here. (From the entrance it is the first building on the left side of the camp, parking available in front of the building – see map).

5:45 p.m.

Dinner (If you are unable to arrive in time for dinner and/or you have any food allergies or special dietary needs please let Teresa Zaiger know at (kansasarttherapy@gmail.com))

6:30-8:00 p.m.

Zoom event - All supplies for the origami projects will be provided onsite.

8:00 p.m.

Campfire and s'mores/snacks provided, board/card games, game room available

Saturday

7:30-8:30 a.m.

Breakfast

A fee will be required to cover the cost of the dinner on Friday night, lodging (indoor rooms with showers), and breakfast on Saturday morning.

2) **Join the free Zoom event from home either individually or in small groups.**

No limitation on the number that may attend. Participants will need to furnish their own supplies. Some instructions will be provided. Bring your finished origami projects to the symposium on Saturday or if you are not attending the symposium then send them directly to Teresa by October 28. To request Teresa's address:

kansasarttherapy@gmail.com

If you are unable to attend the symposium on Saturday, please consider attending the Friday night Zoom event to spend some time with your fellow art therapists.

Registration information and fees at the end of flier.

Repairing the Broken Bowl™: Healing and the Ancient Art of Kintsugi

When:

Saturday:

October 21, 2023

Where:

**Tall Oaks Camp and Conference
Center, Linwood, KS**

Presented by:

**Teresa Zaiger, ATR-BC
Broken Bowl(™) Facilitator**



**Tall Oaks Camp and
Conference Center
12778 189th Street
Linwood, KS 66052**

www.talloaks.org

It is located in eastern Kansas, between Lawrence, KS and Kansas City, MO. It is about 30-45 minutes away from Kansas City, 20 minutes away from Lawrence, and about 1.5 hours away from Emporia.

The symposium will only be offered in-person per the request of the Broken Bowl™ creator, Christa Brennan. Limited to 60 participants.

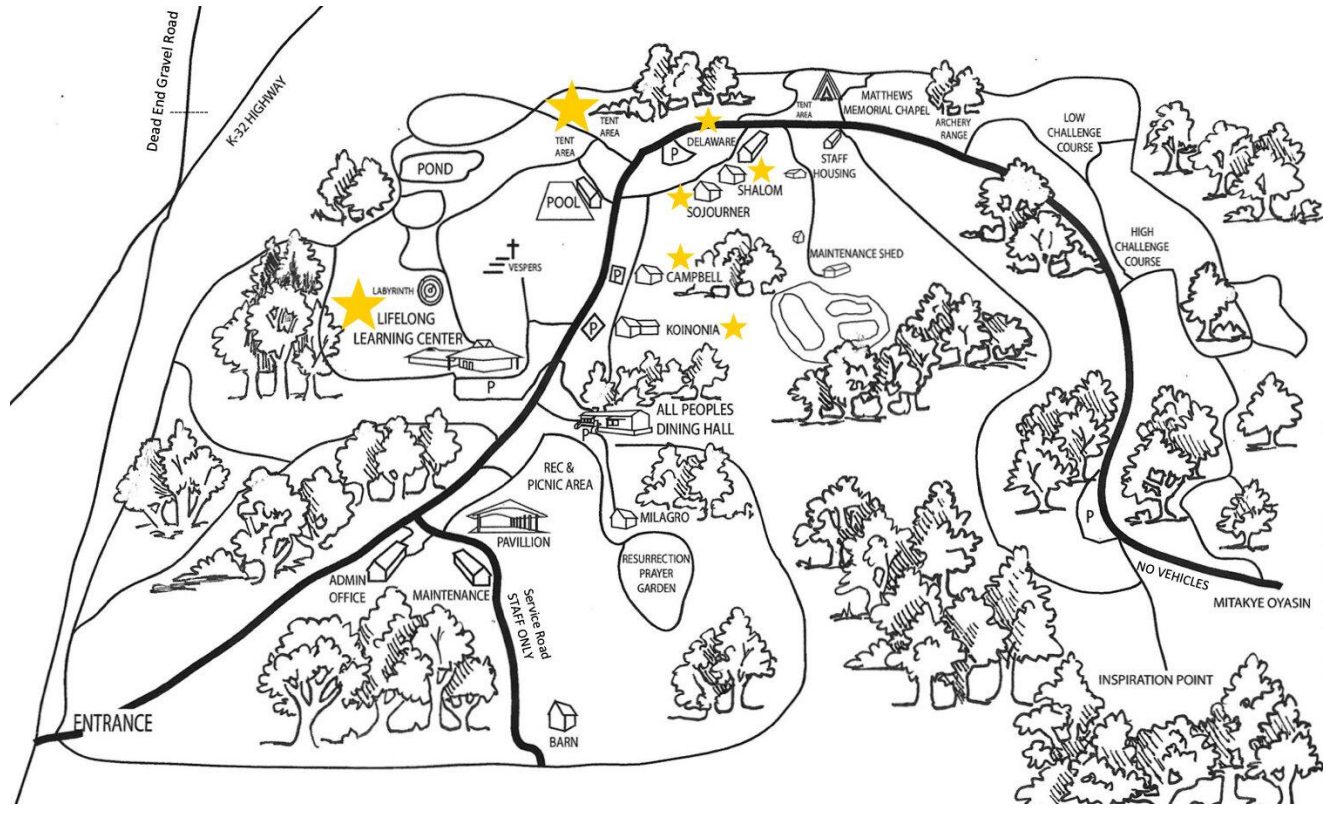
Look for the purple KATA signs on K-32 Highway to turn onto 189th Street.

We will meet in the Lifelong Learning Center (LLC) Lodge which is the first building located on the left from the entrance. Parking available in front of the building.

Directions:

<https://www.mapquest.com/us/kansas/tall-oaks-conference-center-372338771>





Course Description:

The Broken Bowl™ workshop incorporates some of the concepts of the Japanese philosophy of wabi-sabi (an aesthetic that embraces the imperfect and transient) and the ancient practice of kintsugi (the painstaking practice of repairing broken pottery with gold). Exact differences between Broken Bowl™ and kintsugi will be discussed at the symposium. These concepts view the cycle of breakage and repair as being a part of an object's history instead of something to discard or disguise. This facilitates confronting change, accepting change, and making the decision to move forward with the pieces that are left. This process brings together the expressive arts with attachment theory, Dialectical Behavioral Therapy, the stages of grief, and Neimeyer's constructivist theory of meaning-making. The workshop consists of 6 stages including: 1) attachment, 2) setting intention, 3) breaking the bowl, 4) painting the pieces, 5) repairing the parts and finally, 6) processing. Participants will learn about attachment, integration, resiliency, and how to make meaning out of brokenness. Keep in mind this workshop may trigger strong emotions regarding loss. Providing safety and containment will be the priority with time to reflect on the process through journaling occurring throughout the workshop.

Learning Objectives:

- 1. Participants will be able to define the concepts of wabi-sabi and kintsugi.**
- 2. Participants will be able to explain the connection between the therapeutic theories on attachment, radical acceptance, emotion regulation, grief, and meaning-making with the Broken Bowl™ process.**
- 3. Participants will be able to implement the 6 stages of the Broken Bowl™ process: attachment, setting intention, breaking the bowl, painting the pieces, repairing the parts, and processing.**

AGENDA:

| | |
|-------------------------|---------------------------------------------------------------------------------------------------------|
| 8:30-9:00 a.m. | REGISTRATION |
| 9:00-9:45 a.m. | Welcome Wabi-sabi and Kintsugi Use of Therapeutic Theories with Broken Bowl™ |
| 9:45-10:30 a.m. | Bond and Break Ceremony: Attachment, Setting Intention, Breaking the Bowl |
| 10:30-12:30 p.m. | Painting the Pieces |
| 12:30-1:30 p.m. | LUNCH (provided) |
| 1:30-2:30 p.m. | Repairing the Bowl |
| 2:30-3:00 p.m. | Finish Decorating Bowl |
| 3:00-3:30 p.m. | Process/Journaling Time |
| 3:30-4:00 p.m. | Sharing Exercise Questions/Answers |
| 4:15-5:15 p.m. | Kansas Art Therapy Association Membership Meeting |

Broken Bowl™ Creator:

The Broken Bowl™ workshop was originally created by Christa Brennan, LPC, LCAT, ATR-BC, CADC II. She is a licensed Creative Arts Therapist who specializes in trauma, existential crisis, identity issues, marriage and family, stress, anger, grief, loss, and addiction. She uses elements of art therapy, drama therapy, and is certified in EMDR. She graduated with a master's from the College of New Rochelle, and served on the board of the New York Art Therapy Association. Currently, she lives in Portland, OR and has a private practice.

Facilitator:

Teresa Zaiger, ATR-BC, completed the Broken Bowl™ Workshop and separate Facilitator Training both led by Christa Brennan in 2023 (please see note below about becoming a facilitator). Teresa obtained a bachelor's degree in Social Work from Southwest Missouri State University and a master's in Art in Art Therapy from the University of Louisville. She has worked at Saint Luke's North Hospital, Smithville for 24 years. She provides art therapy services in the adult behavioral health unit. She served for 10 years on the Art Therapy Credentials Board, Inc. (ATCB) certification exam committee, developing and reviewing questions for the ATCB exam. Teresa has also provided supervision to numerous bachelor and master level art therapy students. She previously served on the KATA board in the position of treasurer for 6 years and currently holds the positions of Conference Chair and Co-Nominating Chair.



***Please be aware that this symposium is an introduction to Broken Bowl™. If you want permission to use this modality, Christa will allow you to bypass her Broken Bowl™ workshop and go straight to participating in her facilitator training. During that training, she gives information about clinical applications, potential risk, and how to adapt this workshop to your population. She is providing the facilitator training online and in-person through the Expressive Therapies Summit. Before signing up for her facilitator training, you must first let her know you attended this workshop today, send her a photo of your bowl, describe your experience with the broken bowl process (providing some of your reflections from the questions you answered through the journaling exercises in a brief statement), and why you want to be a facilitator. Her email and other contact information will be included on the handout at the symposium.**

The symposium is designed to meet criteria for continuing education credits for licensed professional counselors designated by the Behavioral Sciences Regulatory Board for the state of Kansas, Committee for Professional Counselors in the state of Missouri, as well as continuing education criteria for the Art Therapy Credentials Board. To determine if this program will qualify for continuing education requirements, check with your professional board. The program is intended for professional art therapists, art therapy graduate students, and other master level mental health professionals.

Learning sessions are designed to enhance professional practice, values, skills, and knowledge in the areas of 1) psychological and psychotherapeutic theories and practice and 2) art therapy theory and practice.

Symposium: Total number of clock hours for continuing education = 6.0

KATA Membership Meeting: Total number of clock hours for continuing education = 1.0

References

Henderson, N. (Ed.), (2007). *Resiliency in Action: Practical ideas for overcoming risks and building strengths in youth, families, and communities.* Resiliency in Action, Inc.

Kurtz, E. & Ketcham, K. (1993). *The Spirituality of Imperfection: Storytelling and the search for meaning.* Bantam Books

Van Der Kolk, B. (2015). *The Body Keeps the Score: Brain, mind, and body in the healing of trauma.* Penguin Random House

Supplies Provided:

- *Gessoed ceramic bowls**
- *Quick Hold Glue**
- *Masks**
- *Pair of gloves**
- *Plastic Zip-lock bags**
- *Q-Tips**
- *Paint**
- *Paint brushes**
- *Water cups**
- *Paper plates for paint palette**
- *Decorative paper**
- *Decoration (ribbon, stickers, jewels, mini seashells, wood shapes, dried flowers, etc.)**
- *Tissue paper**
- *Some collage images**
- *Mod Podge**
- *Glue brushes**
- *Paper towels**
- *Hammers**
- *Colored pencils**
- *Scissors**
- *Hairdryers**
- *Gold paint markers**
- *Journals**

***Please be aware the glue used to repair the bowl gives off a strong fume and may cause headaches. Take special care if you have asthma. Masks will be available, and we will move outside during the gluing process.**

Supplies to Bring:

- *Photo of sacred or sentimental items that may inspire your bowl theme**
- *Specific colors of acrylic or tempera paint you want to use**
- *Paint markers, Sharpie markers**
- *Specific paint brushes you want to use**
- *Nail polish**
- *Specific paper (decorative paper, tissue paper, collage images, or photographs for decoupage)**
- *Specific decorative items**
- *Cushion for your chair if you are concerned about your comfort**
- *Optional chair to use outside (there will be some outside seating available during the repair of the bowl)**



COVID-19 Safety Measures:

We want the in-person event to be safe for everyone. Masks will not be required at this time. However, should the risk level rise by October, we may change that policy and require masks. It is strongly recommended that participants are vaccinated.

KATA T-shirts and SATO (Student Art Therapy Organization from Emporia State University) booth:

KATA T-shirts will be available to purchase including the special 50th anniversary T-shirt for KATA designed last year. SATO will also have items to sell that support their organization in the coming year.

Information about the Kansas Art Therapy Association:

The Kansas Art Therapy Association, Inc. (KATA), is a chapter member of the American Art Therapy Association (AATA), an organization of professionals dedicated to the belief that the creative process involved in art making is healing and life enhancing. According to AATA, the definition of art therapy “is a mental health profession that enriches the lives of individuals, families, and communities through active artmaking, creative process, applied psychological theory, and human experience within a psychotherapeutic relationship.” AATA’s mission is “to advance art therapy as a regulated mental health profession and build a community that supports art therapists throughout their careers.” AATA’s vision is “a world where everyone has access to professional art therapy for improved mental health and well-being.” KATA’s mission is to serve and educate the state of Kansas and the Kansas City Metro area. KATA was founded in 1972 and has been a 501(c)(3) nonprofit organization since 1986.

Stay after the symposium for the KATA membership meeting to hear about the latest developments with our organization.

Registration Fees (Deadline to sign-up: October 12):

OPTIONAL PRE-SYMPOSIUM FRIDAY NIGHT EVENT: Origami projects for the KC Shepherd's Center - Meals on Wheels program

FRIDAY: October 20, 2023

1. **Free Zoom event if joining from home (no limit of participants to join)**

To register:

**[https://bookwhen.com/kansasarttherapy#focus=ev-sc
7b-20231020170000](https://bookwhen.com/kansasarttherapy#focus=ev-sc7b-20231020170000)**

**select: “KATA Friday Night Origami Event:
Free Zoom”**

A link to the Zoom event will be provided by email after registration.

(If only one of the three events for the weekend is displayed after clicking on the Bookwhen link, choose the gray button “Select more” near the bottom of the web page).

2. Free Zoom event and staying overnight at Tall Oaks Camp and Conference Center: fee includes dinner Friday night, lodging, and breakfast on Saturday.

Limited to 24 participants. No refunds given.

KATA Member, Non-KATA Member, KATA Student Member, and Non-KATA Student Member: \$55.00

**** (Two students can receive a reduced price of \$25 by volunteering to help setup for the symposium on Friday night and stay to clean up on Saturday afternoon. The first two students who send an email to Teresa Zaiger (kansasarttherapy@gmail.com) to volunteer, will receive a refund of \$30 at the end of the day on Saturday).**

***** (Each room will accommodate 4 people with two regular single beds and one bunk bed. Please let Teresa Zaiger (kansasarttherapy@gmail.com) know if you want to be roommates with anyone specific and if you don't want to sleep in the top bunk bed. Each room has a separate restroom and shower. Please bring your own bedding, pillow, and towels).**

To register:

<https://bookwhen.com/kansasarttherapy#focus=ev-sc7b-20231020170000>

**select: “KATA Friday Night Origami Event:
Free Zoom and Lodging Fee”**

(If only one of the three events for the weekend is displayed after clicking on the Bookwhen link, choose the gray button “Select more” near the bottom of the web page).

SYMPOSIUM (Deadline to register: October 12)

Saturday: October 21, 2023

Limited to 60 participants. No refunds given.

In-person option only:

| | |
|--------------------------------|-----------------|
| *KATA Member | \$90.00 |
| Non-KATA Member | \$110.00 |
| *Student KATA Member | \$40.00 |
| Student Non-KATA Member | \$60.00 |

***(please remember to renew your KATA membership prior to the symposium to receive the reduced rate)**

To register:

<https://bookwhen.com/kansasarttherapy#focus=ev-sc7b-20231020170000>

select: “44th Annual KATA Symposium:

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