

Meaning-Making: The Ethics and Practice of Using Art Therapy with Trauma Survivors

Art therapy can be a powerful tool in therapeutic work with trauma survivors. This experiential training offers an opportunity for all clinicians (art therapists and non-art therapists alike) to examine how art can be used ethically and effectively in trauma work. In order to deepen participants' understanding of art therapy, they will engage in art making, self-reflection and dialogue. Art therapy supplies will be provided.

Presenter Bios

Jeannette Perkal, Bilingual Art Therapist

Jeannette works as a Bilingual Art Therapist providing relational, trauma-informed counseling services to adult survivors of sexual violence at the YWCA Metropolitan Chicago. Within the Sexual Violence & Support Services Department, Jeannette specializes in working with LGBTQ- identified survivors. Jeannette received her Master's Degree in Art Therapy from the School of the Art Institute of Chicago(SAIC). Additionally, Jeannette works as an Instructor in the Art Therapy Department at SAIC. Jeannette's research interests focus on the dynamic relationship between healing and activism, challenging medical model approaches to trauma. Her art practice examines ideas of body, archive, and home.

Kate Broitman, LCPC ATR-BC, Art Therapist

Kate works as an Art Therapist at YWCA Metropolitan Chicago's Sexual Violence & Support Services. Kate received her Master's Degree in Art Therapy from the School of Visual Arts in New York and currently studies psychotherapy at the Chicago Center for Psychoanalysis.