

NJACC

NEW JERSEY ASSOCIATION FOR CREATIVITY IN COUNSELING

FEBRUARY, 2008

No 3 Newsletter

" CREATIVE ASPECTS IN THE COUNSELING SESSION WORKSHOPS"

The NJACC met on December 1, 2007 and enjoyed the wonderful afternoon workshops by four outstanding counselors.

Dr. Kathleen Brennan presented "Using The Role Method of Drama Therapy, Seeking Balance. Through the use of poetry, Slinkys, and guided imagery, Dr. Brennan showed how we not only play myriad roles in our lives but for each role we play, there are opposing counter roles. These roles are kept in balance and aesthetically distanced from each other by an internalized figure called the guide. Through the imagery of warrior and poet presented in Richard Kent's poem, "The Balance" the group experienced role and counter role. The Slinkys serves as a transitional object to help each participant's inner guide address personal poet and warrior issues. The guided imagery was designed to help identify and honor both the role and encounter role in each of us.

Susan Godwin, LPC, ATR-BC presented "The Pizza Pie Technique" in which a group had to decide upon 6 emotions/feelings and label each pie wedge "crust" with the feelings. Each person drew both realistically and abstractly each emotion in the pizza pie slice. Each person then moved around the "pizza circle" until each person had made a creation in each slice. The group then discussed their emotions.

Participants also played "A Therapeutic Board Game for Boys" developed by Patricia Lindstrom, MA. This board game gets boys engaged in conversation, decision making, and disclosure. The players move by a roll of dice and wherever they land have to answer a question. The goal is to move around the board back to the home space and in the process discuss likes, dislikes, interests, and issues.

Pamela Malloy, MA, LPC lead "The Creative Use of Mandalas," based on Carl Jung's theory that an individual who begins to create mandalas is progressing in their healing process. Pamela shared how creating mandalas can be used as an experiential tool in both individual and group sessions and allows the expression of the subconscious through a spontaneous process.



Pictured from left to right: P.Lindstrom
K.Brennan, S. Godwin, P. Malloy



IDEAS FOR CREATIVITY

The following is a partial list of creative ideas in counseling developed from the post- it board at the April, 2007 NJCA Conference. Participants were asked to write a creative idea. Try one of them at your next session!

- Pet Therapy (have two certified dogs)
- I use the pillow (or doll or animal) for student to talk to, yell at, confide in, etc. Works well
- Energy psychology, EFT, energy medicine
- Magic Book - I take a mediation book or affirmation book. I use "You Can Heal Your Life", by Louise Hay
When I don't know where therapy is going, I tell the client - Let's open the magic book and see what it tells you. It always relates to the client.
- Have a pretend ball of energy and pass to the next person to make anything you want of it.
- "Tell about the time you felt proud."
- "Name three things you did today that were good for you."
- Fortune Teller game - Create a Fortune Teller game.

About Our Organization

We are in need of volunteers to continue to strengthen and develop creativity in the counseling session. Please volunteer to be part of the NJACC. Open positions include President-Elect, Secretary, Membership Chair, Workshop Chairperson. We hope to see everyone at the NJCA Conference on April 27, 28, 29, 2008 at the Double Tree Hotel, Somerset, New Jersey.

NJACC BOARD

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