

## **Staying with it – creating resistance, recuperation and stabilization in dark times**

**Nancy Beardall, Karen Estrella, Raquel Chapin Stephenson, Rebecca Zarate**

How do we sustain our creativity and collective action toward change in the face of injustice? As creative arts therapists we are called to sing about the dark, and often in the dark - but how can we simultaneously attend to our internal process and care for self and others amidst the need for social action in the face of unrelenting injustice? How do we stay with the creative therapeutic process when faced with despair, hopelessness, and frustration as experienced by ourselves, clients, communities, and society? This workshop will present an arts-based approach that includes studio-based critical improvisation and a method of clinical listening and cultural listening. This listening method engages skills of reflexivity, intention, and cultural metaphors as they emerge in the creative process. Following the procedure of a facilitated group improvisation and thematic analysis of the art created, significant moments in a group creative process will be identified and lifted to explore the topic of injustice. Emerging from attention to the complexities of the internal psychodynamic process alongside the drive for social action and change, the thematic analysis will build into a group artistic presentation.

Workshop participants will learn how to utilize a data-driven, arts-based method that attends to these dichotomies, with particular focus on building empathy and advocacy. Participants will recognize personal and intrapersonal moments of empathy, and moments of alignment, misalignment, resistance, discord, excitement, recuperation, and re/engagement. Participants will be encouraged to consider how this method can be utilized in the classroom for learning and social change.

## Biography

**Dr. Nancy Beardall, PhD, BC-DMT, LMHC, CMA** is an Associate Professor, Distinguished Faculty, past co-ordinator of the DMT program, part of the team that designed the Hybrid program at Lesley University. Dr. Beardall's school-based work has focused on the physical, cognitive, social/emotional, and relational development of a comprehensive wellness and violence prevention program through dance/movement and the arts with students K-12 of all populations. Her community building programs through the arts have involved students, faculty, parents, and community members and have been the recipient of numerous grants and awards. Dr. Beardall has served as the Chair of the ADTA Committee on Approval, Education Committee Member, member of the MDC and numerous task force groups and is currently the Book and Film Editor of the *American Journal of Dance Therapy*.

**Dr. Raquel Chapin Stephenson** is a Professor of Art Therapy and Faculty Fellow in the Institute for the Arts in Health at Lesley University. As a Fulbright Scholar, she taught at Tallinn University in Estonia and continues as a guest lecturer. She recently published *Art Therapy and Creative Aging: Reclaiming Elderhood, Health and Wellbeing*. She was co-founder and teaching artist for the Creative Approaches to Healthy Aging program, funded by two NEA ArtWorks Grants, and founded New York University's Creative Aging Therapeutic Services. She serves on the National Advisory Council of Arts for the Aging, the Advisory Council for First Aid of the Soul: Psychosocial Support for Ukraine, and the Advisory Council of the Art Therapy Project, the editorial board of the International Journal of Creativity and Human Development, and she is a member of the UNESCO-UNITWIN Chair on Life Design, Decent Work and Sustainable Development.

**Dr. Karen Estrella, PhD, LMHC, REAT, MT-BC, ATR-BC** is a core faculty member of the expressive arts therapy specialization, in the Department of Graduate Expressive Therapies at Lesley University. As a Registered Expressive Arts Therapist, Dr. Estrella's work has focused on developing expressive arts therapy theory and practice. In addition to being a REAT, Dr. Estrella is a licensed mental health counselor and an active music therapist and art therapist, practicing community based mental health counseling. Dr. Estrella has an interest in training,

clinical practice, and supervision of expressive therapies; multicultural approaches to expressive therapies; arts-based and narrative research; psychodynamic psychotherapy and supervision and its applications to expressive therapies; and social action and activism through the arts, particularly when integrated with therapeutic practice.

**Dr. Rebecca Zarate** is Associate Dean for Research in the College of Fine Arts, University of Utah, USA. Rebecca is a music psychotherapist, musician, researcher, and educator of music therapy and the arts therapies. Her writing and research focus on stress and anxiety and improvisation-based music therapy in clinical, social and cultural/ community contexts, and writes and presents on this from clinical, critical, and cultural perspectives. She is the author of the book, *Music, Pyschotherapy and Anxiety in Social, Clinical, and Community Contexts*, which brings together these areas in an intersectional and transformational approach. Driven to collaborate for expanding community health, Rebecca is interested in interdisciplinary projects that support social transformation and sustainable mental health practices. She has held leadership positions internationally and nationally for her professional associations, community-based non-profits and is the co-editor for the *Journal of Creative Arts in Education and Therapy*.

### **Recent publications and conference presentations**

Nancy Beardall

Beardall, N., Allen, W and Lesley University students (2023)., **Dismantling privilege from the inside out: an exploration of the embodiment /expression of whiteness.** ADTA Annual Conference, Denver, Co. (2023).

Beardall, Furcron, Koshland, Kornblum & Prakash (2023). **Dance/movement therapy and violence prevention in the schools,** ADTA Spring Virtual Summit.

Community of Scholars, Lesley University, Beardall, Baldwin, Lites, Silva & Jennings (2023). **3D and beyond, future vision: DMT and social work dual license program.**

Rivera, M. Furcron, C. Beardall, N. (2022). **Embodied conversations: culturally and trauma informed healing practices in dance/movement therapy.** In: R. Dieterich-Hartwell and A. M. Melsom (Eds.), *Dance/movement therapy for trauma survivors: Theoretical clinical and cultural perspectives.* Routledge.

Beardall, N., Chang, M., Goodill, S., Hastie, S., Millrod, E. (2021). **Report for the educators and DMT community, on website, frameworks for movement observation and critical pedagogy,** ADTA.org

Raquel Chapin Stephenson

Stephenson, R.C. and Rüütel, E. (2022, September). **Capture the moment: art therapy practical training with older people who have dementia.** Paper presentation at the European Consortium of Arts Therapies Educators Conference, Vilnius, Lithuania.

Stephenson, R.C. (2022, November). **Art and joy: reframing late life potential, creativity and benefits of the arts.** Presentation at the National Assembly of State Arts Agencies 2022 Virtual Creative Aging Institute.

Stephenson, R.C. (2021). **Art therapy and creative aging: reclaiming elderhood, health and wellbeing.** Routledge. <https://doi.org/10.4324/9780429352751>

Stephenson, R.C. (2021, December). **Creative helix: a continuum of expression for older adults.** Paper presentation at the American Art Therapy Conference (virtual).

Sajnani, N., Fancourt, D., Stephenson, R.C., Bradt, J., Edwards, E. (2021, November). **Measuring the health benefits of the arts.** Panel presentation at [The WHO Arts in Health Healing Arts Symposium](#), The Metropolitan Museum of Art, New York.

Karen Estrella

Estrella, K. (2023). **Expressive arts therapy: a profession in the "wild zone,"** *The arts in psychotherapy*. 82. <https://doi.org/10.1016/j.aip.2022.101992>

Estrella, K. (2023). **The integrative process of expressive arts therapy.** In: C. Malchiodi (Ed.), *Handbook of expressive arts therapy* (pp. 81-97). Guilford Press.

Estrella, K. (2022). **Commentary: Troubling care.** *The arts in psychotherapy*. 80. <https://doi.org/10.1016/j.aip.2022.101946>.

Estrella, K. (2022, January). **Beg, borrow and steal - where do the arts in expressive arts therapy come from?** Workshop presented at the 14th International Expressive Arts Therapy Association Conference: Rejuvenation! Online.

Vital, L.M., Chang, M., Chhabra, M., Estrella, K., Li, P., Malebranche, D., Napoli, M., Saleem, R., & Walker, S. (2020, November). **Women of color navigating space in PWIs.** Panel presented at Northeastern University Women of Color in the Academy, *Virtual Conference*, Boston, MA.

Rebecca Zarate

Zarate, R. (2022). **Music psychotherapy and anxiety in social community and clinical contexts.** Jessica Kingsley. <https://uk.jkp.com/products/music-psychotherapy-and-anxiety>

de Witte M., Orkibi, H., Zarate, R., Karkou, V., Sajnani, N., Malhotra, B., Ho, R.T.H., Kaimal, G., Baker, F.A., and Koch, S.C. (2021). **From therapeutic factors to mechanisms of change in the creative arts therapies: A scoping review.** *Frontiers in Psychology*, 12, 678397. doi: 10.3389/fpsyg.2021.678397.

[https://www.frontiersin.org/articles/10.3389/fpsyg.2021.678397/full?utm\\_source=F-NT&utm\\_medium=EMLX&utm\\_campaign=PRD\\_FEOPS\\_20170000\\_ARTICLE](https://www.frontiersin.org/articles/10.3389/fpsyg.2021.678397/full?utm_source=F-NT&utm_medium=EMLX&utm_campaign=PRD_FEOPS_20170000_ARTICLE)

Sajnani, N., Beardall, N., Chapin Stephenson, R., Estrella, K., Zarate, R., Socha, D., & Butler, J. (2019). **Navigating the transition to online education in the arts therapies.** In: R. Hougham, S. Pitruzzella, S. Scoble, & H. Weingrower. (Eds.). *Traditions in Transition in the Arts Therapies* (pp. 153-170). Plymouth, Devon, UK: University of Plymouth Press.<http://ecartepublications.co.uk/traditions-in-transition/#p=154>

Zarate, R., & Beardall, N. (2018). **Reflections on critical arts-based teaching in music therapy and dance/movement therapy.** *Critical Pedagogy in Creative Arts Therapies*.  
<https://www.criticalpedagogyartstherapies.com/single-post/2018/07/30/Alternative-Facts-Reflections-on-a-Critical-Arts-Based-Project-and-Co-Teaching-in-Graduate-level-Music-Therapy-and-DanceMovement-Therapy>