

**APRIL 22  
2020**

**FLORIDA ART THERAPY SERVICES &  
PARK ROYAL HOSPITAL PRESENT:**

**12PM - 1PM**

**PARK ROYAL HOSPITAL  
LEARNING CENTER  
9241 PARK ROYAL DR.  
FORT MYERS, FL 33908**

# **BRIEF INTRODUCTION TO ART THERAPY**

**FREE CEU**

In this lunch and learn, participants will be introduced to the origins of art therapy as a mental health discipline. They will learn how art processes and art media can be used in mental health treatment to address a wide range of mental health conditions and as a mechanism for deepening self-awareness. In addition, they will be introduced to potential risk factors of using art media with clients. The presenter will review an example of an art intervention, linked to appropriate treatment objectives, grounded in the theory of the Expressive Therapies Continuum. Participants should expect to participate in a brief art experiential activity during the hour-long presentation.

Learning Objectives:

- 1.) Participants will be able to define art therapy as a mental health discipline.
- 2.) Participants will be able to state at least one treatment plan objective that can be completed using a projective drawing intervention.
- 3.) Participants will be able to describe the clinical rationale of using the theory of the Expressive Therapies Continuum for media selection in art therapy.



## **Reina Lombardi, ATR-BC, ATCS, LMHC-QS**

*Reina Lombardi is a Registered Board Certified Art Therapist, Art Therapy Certified Supervisor and Licensed Mental Health Counselor and the founder and owner of Florida Art Therapy Services, LLC. She, alongside of her small team of creative arts therapists, provide individual, family and group art therapy services in their Fort Myers office and deliver contracted group services to various agencies within Lee and Collier County. In addition, she offers individual and group supervision services for developing clinicians and continuing education training opportunities to further enhance their skills. The practice hosts 4 free training events or workshops a year aimed at providing helpful resources to both the families served within the practice and to other clinicians in the area so they can enhance the lives of those they serve. Reina is a contributing author in multiple academic texts and frequent speaker and presenter on the topic of art therapy both locally and nationally. Reina is also the founder of Creative Clinician's Corner, LLC, a practice building resource and consultation service to help creative therapists build and scale a creative driven therapy practice. She is the host of The Creative Psychotherapist podcast, where she interviews successful creative arts therapists about the about the tools and strategies they used to grow their dream practices, as well as how they have hustled to create additional streams of income using their knowledge and creativity by developing products and services that enhance their therapy practices.*

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