



Ellen G. Horovitz, Ph.D., ATR-BC, LCAT, RYT is Professor / Director of Graduate Art Therapy and the Art Therapy Clinic at Nazareth College

of Rochester. She has authored numerous articles, book chapters, films, books including *The Art Therapists' Primer: A Clinical Guide to Writing Assessments, Diagnosis and Treatment*. Currently a Board Director for the American Art Therapy Association and SAH, Dr. Horovitz is also media editor for *Arts and Health: Research, Policy and Practice*. She is also a registered yoga teacher (RYT) and member of IYAT (International Association of Yoga Therapists) and a Reiki Certified, Level II. She will be offering Yoga and Art Therapy through the Creative Arts Therapy Clinic.



Lori Higgins, MS, MS, ATR-BC, LCAT is the Art Therapy Clinic Supervisor and Assistant Professor/ Clinical Faculty of Nazareth College of Rochester. Ms.

Higgins is a recipient of the "Award for Excellence in Art Therapy" from Nazareth College of Rochester. She holds a second Master's of Science degree in Special Education, specializing in emotional and behavioral disorders. Her background includes employment as the director of an adolescent boys unit at Gerard of Minnesota, a residential psychiatric treatment hospital for children and adolescents. Ms. Higgins also has over fifteen years with special needs children and adults, home-based family therapy, crisis line advocacy and co-facilitation of group therapy for emergency services and domestic violence. Ms. Higgins is a certified Reiki Master and offers Reiki in the clinic.

The Nazareth College Art Therapy Clinic - Fall 2009

About Art Therapy: The creative process involved in the making of art is healing and life enhancing. Trained art therapists facilitate self awareness, stress reduction, artistic creativity, cognitive gain and self expression.

What We Do: The Art Therapy Clinic at Nazareth College offers a confidential setting for expression of feelings. Art therapists advance cognitive, emotional, physical and spiritual repair. The therapeutic process evolves from non-verbal expression into facilitation of a fuller spectrum of human communication. Each person is assessed in order to proceed in a therapeutic manner most beneficial to the individual. Art therapists are licensed professionals trained in both Art and Psychology. They are skilled in various art media, and qualified practitioners in assessment, diagnosis, research and treatment. They provide diagnostic information and consultation to allied health professionals.

Who We Serve: Art Therapists work with all ages. We are an interdisciplinary clinic and we serve children, adolescents, individuals, couples, families, groups, and communities.

New This Fall: Dr. Horovitz will be offering Yoga Therapy and Reiki in addition to Art Therapy services. Ms. Higgins will offer Reiki in addition to Art Therapy services.

About Yoga Therapy: The practice of Yoga contributes to wellness and results in physiological benefits, psychological benefits, biochemical effects when based on the regular practice of traditional *âsana*, *prânâyâma*, and meditation. Yoga therapy is the process of empowering individuals to progress toward improved health and well-being through the application of the philosophy and practice of Yoga (Definition from the International Association of Yoga Therapy)

About Reiki Healing: Usui Shiki Ryoho (the Usui System of Natural Healing), known as Reiki, is a form of healing and spiritual awakening, received and developed 100 years ago by a Japanese man, Mikao Usui, and brought to the West via Hawaii in 1937. It is passed on from one person to another through specific initiation rites, teachings and defined forms of practice. The Japanese word reiki can be translated as 'universal or spiritually guided life force' and the Usui System is a way of working with reiki for healing of self and others. The word healing is used in the sense of regaining harmony and wholeness and Usui Shiki Ryoho addresses the whole person, physical, emotional, mental and spiritual.

Yoga Therapy and Reiki Treatments will be added to Art Therapy services.

