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Morton Center Updates

Greetings!

It's summer. Do you know how I know? Because a few weeks ago I had the worst sinus infection for a week, just like I always do. Well, except for last year because I stayed home most of the time and was wearing a mask and washing my hands like crazy.

Some things getting back to a semblance of normal are great. Others? Not so much.

But I digress.

Last year was hard. As a mom, I watched my girls really struggle. There were times that my heart was absolutely broken for them.

They missed so very much, as did a lot of kids.

But this summer... we're making up for lost time.

We've started summer camps and playdates.

We've got basketball camp, and art camp lined up.

Their joy is palpable.

Heck, just being able to get outside and play with neighbor kids is almost as good as going to Disney for them!

And this makes my momma heart happy. It even makes up for the sinus infection that put me in bed for almost a week!

I hope you're able to begin to experience a little fun and freedom as the weather gets better and COVID begins to retreat. I hope you feel safe enough to get out. To watch children play and laugh. To have a good meal that you didn't cook or that's not at your own table. To finally hug a loved one or a friend.

We all need those things. We need them.

I know many people are still experiencing anxiety. I'm not completely over all the trauma myself, honestly. Maybe you too. It's going to take a while. But as I see my own girls play with abandon and giggle with their friends... well, the only way I know to describe it is that it "unclogs" me. I feel a little more free.

I hope you have a beautiful week full of joy!

*Priscilla McIntosh*Priscilla McIntosh
Chief Executive Officer
The Morton Center, Inc.**Tips & Research****Creative Arts Therapies in SUD Recovery - Expressing Emotions Beyond Words**by Sue Coyle, MSW
First published on [SocialWorkToday.com](https://www.socialworktoday.com)
Volume 20, No. 4, p. 16

Practitioners use creative and expressive therapies to help clients struggling with substance use disorders cope with feelings that have eluded verbal expression.

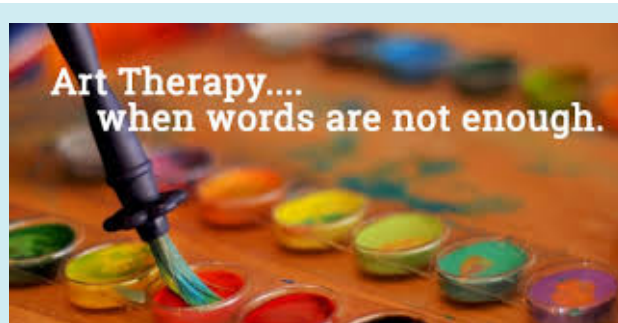
"I'm not an artist."

Kirsten Tischer, an art therapist at the Oxford Treatment Center in Oxford, MS, often hears these words, or a variation thereof, when new clients enter her group space. They are, in fact, thoughts she echoed as a student. "I grew up hating art," she says. "I grew up believing that I was terrible at art." It wasn't until Tischer got to college and started to learn about art therapy that "I found that there is no good and bad. It's expression. It's a way to conceptualize. Art is a way to process and heal and grow," she explains.

Tischer uses art in group and individual sessions to help the residents, all of whom are addressing substance use disorders (SUDs), communicate and open up not only to her but to the group and to themselves as well.

The use of art therapy in such a setting is not unusual. In fact, practitioners focusing on SUDs throughout the country use creative and expressive modalities regularly.

[Click to read the complete article first published by SocialWorkToday.com.](#)

Art Therapy...
when words are not enough.**The Clinician's Point of View****Accessing Art Therapy**
by Katherine Phillips, LPATA, LCADC, ATR
Counselor at The Morton Center

Art therapy is defined by the American Art Therapy Association as an "integrative mental health and human services profession that enriches the lives of individuals, families, and communities through active art-making, creative process, applied psychological theory, and human experience within a psychotherapeutic relationship." The last component of that definition is key – "within a psychotherapeutic relationship"; to participate in art therapy, the presence of a professional art therapist is required.

Many folks are unaware that practitioners are required to complete a Masters-level program and go through rigorous licensure requirements before they can call themselves a Licensed Professional Art Therapist (LPAT). In the state of Kentucky, Associates are required to complete 100 hours of clinical supervision and 1,000 hours of client contact before they can apply to become a Registered Art Therapist – and that is just the first step toward becoming fully licensed by the state. All of this to say, art therapists practicing here in Kentucky are determined, well-trained, and professionally licensed to offer the unique services we provide.

However, that does not mean that art therapists are the gatekeepers to accessing the therapeutic qualities of art. Artmaking and the creative process can be inherently therapeutic to those who mindfully engage in them. It is not necessary to have a professional present for a person to benefit from the healing qualities of art. (This is similar to recognizing that talking with a friend can be therapeutic, but you may not call it "therapy" per se.) This is what we in the field would call "art as therapy".

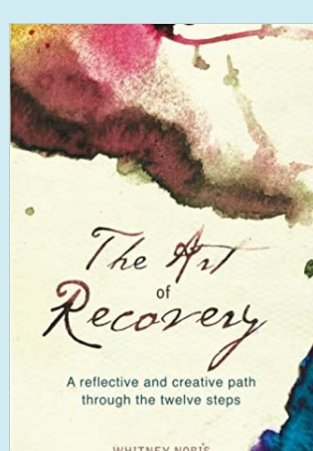
Since the early part of last year, Covid-19 has restricted our ability to see clients in person. Many of these clients were both interested in art therapy and curious about activities they could do themselves while at home. Some of our most frequent recommendations included drawing and/or coloring mandalas, Zentangles, or creating an image to represent the emotions they were experiencing. We encouraged our clients to explore their feelings while in the creative process and to practice mindfulness by being fully present in that moment of creativity.

If you are curious about exploring art as therapy, I encourage you to explore new media – like knitting, painting with watercolors, or papercraft. If you are curious about exploring art therapy and working with a qualified art therapist nearby, you can search for actively licensed professionals in your area by going to https://loop.ky.gov/active_lic_dir.aspx and selecting your region and county.

Zentangles and Mandalas are
often used in art therapy.**Staff Spotlight****Alexander Geiman, LPAT, LCADC, ATR-BC**
Clinical Manager at The Morton Center

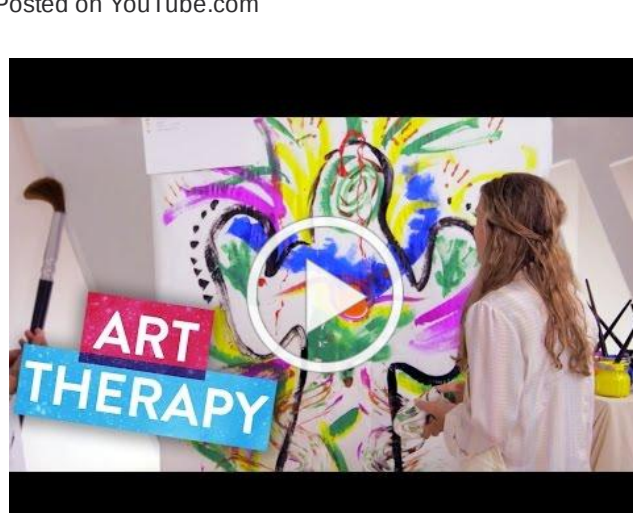
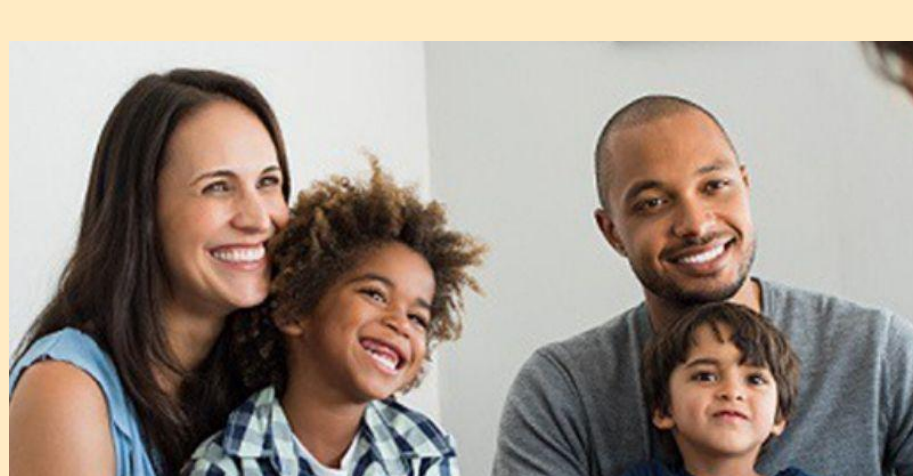
Alex received a Bachelor of Arts in Studio Art from the University of Louisville in 2016, and a Master of Education in Counseling and Personnel Services with a concentration in Art Therapy from the University of Louisville in 2018. He began working at the Morton Center as a student intern in August of 2017 and has been employed as a professional art therapist at The Morton Center since May of 2018.

Alex's interests lie in incorporating artmaking and experiential techniques in the therapeutic process. He believes that by utilizing an eclectic therapeutic approach wounds from the past can be acknowledged, tended to, and healed. Alex works with individuals to develop emotional connectedness, which allows for individuals to begin to process traumatic experiences and grief. For hobbies, Alex enjoys reading, running, video games, painting, traveling, and hiking.

**Reading List****The Art of Recovery**
by Whitney Nobis

Recovery from substance abuse can be one of the most difficult endeavors for a person, but art therapy can provide healing on all levels. In this one-of-a-kind workbook by Whitney Nobis, MS, those on the path to recovery will have the opportunity to explore the twelve steps in a new way--through their creative sides. Each step has multiple reflective questions and art projects for readers to work through to uncover hidden thoughts important to the healing process. And the best part--you don't have to be an artist to reap the benefits of art therapy. Take a step toward healing with The Art of Recovery.

[Click here to purchase on Amazon.com](#)

Video Spotlight:**How Does Art Therapy Heal the Soul? | The Science of Happiness**Created by: Mike Bernstein and Matt Pittman
September 3, 2013 - Posted on YouTube.com**Summer Programming News: Concerned Persons Program****Upcoming Topics:**6/22 - Communication Challenges & Conflict Resolution
6/29 - Enabling
7/6 - Codependency in Families
7/13 - How to Talk to Loved Ones about Substance Use**CONCERNED PERSONS PROGRAM**

The Morton Center believes that one's probability of success in recovery is greatly increased by family participation in the recovery process. We also recognize that families often benefit from therapy focused on the needs and behaviors of its non-substance abusing members. This special program is for adults who have been affected by another person's substances use. These classes provides the educational component of our adult codependency services.

No registration. No cost. Currently provided by telehealth.
Tuesdays, 5:30 – 6:30.

tmcinfo@themortoncenter.org

Executive Insights with Louisville Business First
- Mental Health & Substance Use [Click to view](#)**About The Morton Center**

The Morton Center is a full-service addiction recovery facility offering professional counseling and therapy, as well as prevention and education services, for individuals and families struggling with substance abuse issues. Since 1984, our customized, holistic approach has helped to reengage individuals and their families with lives of meaning and purpose often lost in addiction.

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