



Live Webinar*

A Palette of Emotions: Understanding the Use of Art Therapy Alongside Cognitive Behavioral Therapy

**Friday, October 25, 2024
9:00AM - 10:30AM PDT**

**A recording will be made available for those who can't attend live*

Presented by Georgie Landy, LCAT, ATR-BC

About the webinar:

Curious to learn how art making can aid in Cognitive Behavioral Treatment? Now is your chance to find out! Art Therapy is a powerful modality that harnesses creative self-expression towards increased self-awareness, understanding, and healing, and can be used as an effective tool alongside CBT to treat a variety of disorders. This webinar will teach the fundamental components of art therapy and how it can enhance and complement cognitive behavioral mechanisms of change.

Georgie Landy will be joined by a panel of CBT experts (Drs. Joel Becker, Greg Stanford, and Emily Owens) to lead an interactive discussion about the application of art therapy and how it can be used alongside Cognitive Behavior Therapy.

Please bring 5 sheets of unlined paper and colored markers or pencils to participate in an art therapy exercise!

Webinar objectives:

1. Name two interventions from art therapy that involve emotion regulation.
2. Apply the gradual exposure model and document ratings.
3. Identify one mechanism of change using visual self expression.

[Link to sign up for webinar](#)



About Presenter:

Georgie Landy, LCAT, ATR-BC, is a licensed and board-certified creative arts therapist holding a master's degree in art therapy from New York University. She has a private art therapy practice based in Los Angeles working with children, adolescents, families, and adults and is a senior therapist and internship program director at the LGBTQ+ affirming practice Harris & Long Psychotherapy in New York City.

In her art therapy practice, she has worked with a wide variety of clients in both group and individual sessions. Populations include LGBTQIA+ community, incarcerated young men impacted by addiction, survivors of sexual assault, psychiatric patients in hospital settings, adults with traumatic brain injuries, schools, and various treatment centers. Today, Georgie specializes LGBTQIA+ affirming care, trauma, unhealthy attachment styles, and anxiety/neurological disorders such as ADHD and OCD.

As an artist herself, Georgie believes in the power of creativity as a catalyst for transformation to individuals of all backgrounds. Her spontaneous nature and individually tailored sessions accelerate self-exploration and a sense of identity through visual art making, music, and/or drama to build self-esteem, emotionally regulating tools, and connection.

Georgie presents at professional conferences worldwide on ways to incorporate creative arts into traditional psychotherapy/ clinical spaces such as the International Congress of the European Society for Child and Adolescent Psychiatry, the Westchester Psychoanalytic Institute, and the Gallatin School of Independent Study. Her professional affiliations include Elmhurst Hospital, Maimonides, Bellevue Hospital, Jewish Board of Family and Children's Services, and The Head Injury Association.

1.5 CE credits provided

CBT Expert Panel



Joel Becker, Ph.D.
Founder and Clinical Director of
CBA & Cognitive Behavior
Therapy Institute
Clinical Professor, Dept. of
Psychology, UCLA
Diplomate, Fellow, Certified
Trainer/Consultant: Academy of



Greg Stanford, Psy.D.
Associate Clinical Director, CBA
Director, CBA SGM Program
Assistant Clinical Professor,
Dept. of Psychology, UCLA
Diplomate, Academy of Cognitive
& Behavioral Therapies
Provider Status in Cognitive



Emily Owens, Ph.D.
Clinical Psychologist, CBA
Director, Cognitive Behavior
Therapy Institute
Diplomate, Academy of Cognitive
& Behavioral Therapies
Assistant Clinical Professor,
Dept. of Psychology, UCLA

Cognitive Behavior Therapy Institute (CBTI) is approved by the American Psychological Association to sponsor continuing education for psychologists. CBTI maintains responsibility for this program and its content.

Joel L. Becker, Ph.D., Founder and Director

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Cognitive Behavior Associates (CBA) is one of the largest clinical practices in the Los Angeles area offering short-term, problem-focused therapy from a cognitive-behavioral perspective.

All of our treatments are based on scientific research, and we continually measure and quantify progress for each client so we know when therapy is working. Each of our clinicians differs in areas of expertise and interest, and these factors are taken into account when matching a client with a clinician.

Joel Becker, Ph.D.
Founder and Clinical Director of CBA &
Cognitive Behavior Therapy Institute
Clinical Professor, Dept. of Psychology, UCLA
Diplomate, Fellow, Certified
Trainer/Consultant: Academy of Cognitive &
Behavioral Therapies
Board of Directors, A-CBT

Greg Stanford, Psy.D.
Associate Clinical Director, CBA
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Pamela Elfenbaum, Ph.D., M.P.H.
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Diplomate, Academy of Cognitive & Behavioral
Therapies

Amanda Gorlick, Ph.D.
Clinical Psychologist, CBA
Adjunct Professor, Pepperdine University
Rostered Provider, Cognitive Processing
Therapy

Jennifer Hay, MSW, LCSW
Licensed Clinical Social Worker, CBA

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