

## **Speaker Bios**

### **Key Note- Jaime Pollack**

Jaime lives in Central Florida where she teaches pre-school children with special needs and works part time as an in-home early interventionist for special needs children aged birth to three. Community involvement has always been a passion for Jaime. She started volunteering in a local elementary school when she was in high school and then in college became director of Best Buddies Colleges. For several years after college, she worked as a wish granter for the Make a Wish Foundation.

In 2000, Jaime switched gears and became involved with organizations focusing on sexual trauma, a cause that has become one of great importance to her as she herself is a survivor of childhood abuse, including sexual abuse. Her advocacy work took a different turn when, in 2005, she was diagnosed with Dissociative Identity Disorder (DID). Jaime searched for support only to find there were very limited resources available. Her efforts to find support for herself led her to seek out other survivors living with the disorder. As she found others living with DID, she witnessed first hand the challenges they shared and decided to shift her focus to help others, like herself, living with DID. In July of 2007 she started one of the only peer led DID support groups in the country, which led to the creation of An Infinite Mind in January of 2008.

### **Bonnie Reed Armstrong**

Bonnie Armstrong enjoyed a 40-year career in philanthropy and state, federal and local government children and family services, serving two Governors, working with the Carter Administration, and in other appointed and elected positions. She discovered her dissociative disorder, her strong internal community of alters, and the secrets of her childhood when she was in her 50s. In 2012 Bonnie left her career to focus on healing. She now writes and speaks as an advocate for greater understanding of the impact of childhood trauma on adult health, and the curative interdependence of body, mind, and spirit. Her healing journey took her to four continents to study ancient wisdom traditions. Bonnie holds a master's degree in Human Development from Pacific Oaks College, is multi-lingual, and a Life Coach (ACC), Certified by the International Coach Federation. She and her remaining alters live together peacefully, focused on their joint life's purpose: to break generational cycles of abuse and fear, to create a more loving, harmonious world – and to be a loving and consistent parent and grandmother to her two children and four grandchildren.

### **Marilyn Bennett, LMHC**

Marilyn Bennett, LMHC is a licensed counselor in private practice in Cocoa, FL. who has worked with trauma victims for over twenty years. She is a graduate of Rollins College (BA and MA). She has extensive training and experience and specialized training in working with complex trauma and dissociative disorders. She is a co-creator of Limitless Learning Institute, dedicated to improving the lives of those dealing with the impact of trauma by providing increased access to services and increasing educational opportunities for trauma therapists. Marilyn hosts a case study group for clinicians who work with trauma, complex PTSD, and dissociative disorders in Cocoa, FL. She has helped to organize and develop a second group that meets in Orlando.

### **Deb Berry**

Deb Berry is an energetic and passionate speaker/educator with a Master's Degree in Instructional Design. She is currently immersed in her small community where she is an Early Childhood Family Educator, a city councilwoman, a member of the arts board, and Director of Children's Ministry at her church. She lives life to the fullest after years of hard work fighting for her wholeness. In the early 1990's, Deb's life felt like a huge unraveled pile of knotted up strings when she discovered her alternate personalities and began to deal with her complex DID. She knew that Jesus had allowed her to survive abuse at a very young age through disassociation. Therefore, when she began her healing, she asked Him to lead her through her return to wholeness by taking those threads of her broken life and weaving together a beautiful tapestry. After many years of hard work, and consistent therapy with Monica Tyedmers (her co-presenter), Deb came to a place of wholeness once again. She shares her story because she wants others to know that anyone can go on the journey through DID and while being supported can grow and come to a place of wholeness. She wants to encourage others that hope and healing are possible and a full life achievable.

## **Bethany Brand, Ph.D**

Bethany Brand, Ph.D. is a Professor at Towson University in Maryland and an expert in trauma disorders. She has served on several national task forces that developed guidelines for the assessment and treatment of trauma-related disorders. Dr. Brand is the Principal Investigator on 3 lines of research: a series of international dissociative disorders treatment studies; assessment methods for distinguishing dissociative disorders from other conditions including malingering; and the assessment of the accuracy and adequacy of textbooks' coverage of trauma. In her private practice, she treats complex trauma patients and serves as an expert witness in trauma-related cases.

## **Laura S Brown, PhD**

Laura S Brown, PhD has worked with survivors of complex trauma and dissociation for more than four decades. Now working as a clinical case consultant, trainer, and forensic psychologist, she has written 14 books, including two specifically for survivors. She has a black belt in Aikido

## **Paula Burley RN**

Paula Burley is a registered nurse who has worked in a variety of specialties. Her early experiences were being the nurse manager in a critical care unit, and staff nurse in an outpatient oncology clinic. Her most current position has been working as a staff nurse on the inpatient Dissociative Disorder and Trauma Unit at McLean hospital. She has worked for 27 years in the inpatient unit, and also co-leading an outpatient dealing with dissociation group.

## **Lizabeth Casada**

Due to her parent's alcoholism, Lizabeth Casada had an extremely abusive childhood but she didn't remember most of it until the start of therapy in 2009. It was then, that she was introduced to DID (Dissociative Identity Disorder), her 21 people (alters) and a whole life she didn't remember. With the help of her therapist and E.M.D.R., she was able to complete her therapy and achieved fluid wholeness (integration) within 18 months. Since the end of her therapy in 2011, Lizabeth has created a full and prosperous life. She has become a Web Developer, Mental Health Advocate, Inspirational speaker and writer. She is a Certified Professional Coach and Master Prosperity teacher. She is also working towards her certification in EFT and Psychological Trauma Coaching. Her passion is A Life After Trauma, which works towards removing the stigma surrounding mental illness and helping those that suffer from it to discover their abilities and create a new life after trauma. She is now traveling the country giving groups the opportunity to experience the powerful healing of the BETAR. Lizabeth has two children and three step children with her wife, Cindy. In 2016, Lizabeth and Cindy chose to give away most of their belongings and embrace traveling the US in their RV, full time. They enjoy hiking, riding their trikes, speaking, teaching, creating retreats and connecting with new people.

## **Madison Clell**

The inner child movement seemed like a load of hoey to Madison Clell, so her ultimate irony was being diagnosed with dissociative identity disorder in 1992, and now even more ironically standing here in public talking about it. However, her friends and loved ones laughed in her face when she insisted she didn't have D.I.D, so after 8 years of incessant therapy she is integrated and wants to tell you all about it. She created autobiographical Cuckoo comics in 1996, followed by a CUCKOO graphic novel, and in 2009 CUCKOO the play was premiered in San Francisco to sold out audiences. More information on Madison's false bravado and the Cuckoo empire can be found at [www.madisonclell.com](http://www.madisonclell.com)

## **Cathy Collyer, OTR, LMT, CAPS**

Cathy Collyer, OTR, LMT, CAPS is an occupational therapist in private practice in the NY metropolitan area. She has treated adults and children in a variety of settings, including hospitals, outpatient clinics, and schools. One of her strong clinical interests is treating clients with a history of trauma due to abuse or complex medical treatment. She is trained in the clinical use of the Astronaut Protocol, a variety of therapeutic listening programs, and other sensory-based treatment techniques. Cathy is also a licensed massage therapist. She has written and lectured on sensory processing, massage, and pediatric behavioral issues.

### **Connie Dawson, LMHC, RPT-S, Brainspotting Certified Therapist**

Connie Dawson is a licensed mental health counselor, registered play therapist-supervisor, brainspotting certified therapist and qualified supervisor in the state of Florida for mental health and marriage and family therapy. Connie has been providing child therapy for the past 23 years and founded The Hazel Counseling Center for Families and Children, PLLC, a private practice group in Oviedo, FL specializing in child and family therapy and trauma informed treatment. Connie is trained in multiple treatment paradigms for children with an emphasis on integrating interpersonal neurobiology into prescriptive play therapy. Connie developed a love for play therapy while working as a primary therapist in a domestic violence shelter where she had contact with each child coming into care as part of a federally funded grant program. Connie enjoys sharing the power play with other professionals, parents and within the community in order to advocate for effective treatment for children.

### **Nancy Gaulin PhD**

Dr. Gaulin is a psychologist with a specialization in health psychology who has 14 years of experience in the Greater Boston area. She has worked in hospital inpatient and outpatient settings, community mental health and school settings working with children and adults. Dr. Gaulin's post-doctoral training was at McLean Hospital in what is now called the Hill Center for Women. She worked as a staff clinician at McLean Hospital for nine years on the Dissociative Disorders and Trauma Unit. Dr. Gaulin co-founded Facing Cancer Together, inc. in 2009 and is currently the Executive Director. Prior to entering the field of psychology, Dr. Gaulin pursued a 20-year career in business in the financial services sector in Boston and New York City.

### **Ashleigh Grooms LMHC**

Ashleigh is the owner of Healing Experiences, LLC a psychotherapy practice in Melbourne, FL. Ashleigh is a licensed mental health counselor specializing in trauma and anxiety disorders, and uses modalities such as mindfulness to create a holistic therapy experience. Ashleigh is a graduate of the Yoga Garden's 200 hour Yoga Teacher Training and integrates yoga practice and philosophy into therapy to decrease the effects of prolonged stress and exposure to traumatic events. Ashleigh offers local workshops focusing on reducing stress and creating a more empowered life.

### **Dr. Joann Hendelman PhD**

Dr. Joann Hendelman is the Clinical Director of The Alliance for Eating Disorders Awareness. She is also Clinical Director of The Alliance Psychological Services which provides therapy for those who are uninsured or underinsured, those who historically have not had access to care. The program is staffed by Postdoctoral Fellows under Dr. Hendelman's supervision. She also trains and supervises Alliance Support Group Facilitators and groups that are currently held across the country. Dr. Hendelman is author of "Eating Disorders: A Maladaptive Coping Mechanism," in Stress in the Modern World, published 2017. She has spoken on many areas of eating disorders and DID to professional and lay audiences nationally and internationally since 1981. Dr. Hendelman is a licensed Clinical Psychologist and Registered Nurse. She is a Fellow in the Academy for Eating Disorders (FAED). She is a Certified Eating Disorders Specialist (CEDS), a Certified Eating Disorders Registered Nurse (CEDRN) and an iaedp Approved Supervisor for those seeking certification. Dr. Hendelman maintains a private practice in Palm Beach Gardens.

### **Cynthia Herzog LCSW, CAP, ICADC, 500 RYT**

Ms. Herzog, has been in private practice for twenty five years specializing in addictions, trauma and chronic pain treatment. She has practiced Yoga for fourteen years and is a 500 hour yoga educator. For the last seven years she has blended her love of yoga with her trauma practice. She offers seminars to both yoga studios and corporations on a variety of subjects including yoga as therapy.

### **Rev. Criss Ittermann**

Rev. Criss Ittermann is a life coach and Interfaith minister who became aware of "other people in her head" at age 16, and has 32 years of experience as a group entity with high co-consciousness and over 20 years of assisting external multiple systems to develop better internal relationships. Rev. Criss is the majority contributor to kinhost.org, host of Many Minds on the Issue podcast, and the developer of the United Front Boot Camp for building internal community.

## **Mark Krontorad LMFT**

Mark Krontorad is the Training Supervisor for Psychological Services of The Alliance for Eating Disorders Awareness. He brings with him over thirty years of experience as a licensed psychotherapist specializing in eating disorders work, DID and marriage and family therapy. Mark is also a licensed supervisor for the state of Florida. He has been supervising and training future psychotherapists for over twenty-five years. Mark received his Bachelor's degree in Psychology from Covenant College and his Master's degree in Marriage and Family Therapy from Reformed Theological Seminary. He is a native Floridian, but you will find him hiking in the mountains at every opportunity.

## **Lauren A. M. Lebois, PhD**

Lauren A. M. Lebois, PhD, is a cognitive psychologist and neuroscientist focusing on the biomarkers of trauma-spectrum disorders as the Director of Neuroimaging for the Dissociative Disorders and Trauma Research Program. Overall, her work aims to scientifically examine the predictors and correlates of posttraumatic neuropsychiatric sequelae, and in doing so reduce stigma and improve psychiatric care. Currently, she employs functional magnetic resonance imaging, neuroimaging genetic, and behavioral techniques to better understand the mechanisms of trauma-related dissociation, Posttraumatic Stress Disorder (PTSD) dysfunction and recovery. She has a particular interest in self-processing related to PTSD and Dissociative Identity Disorder.

## **Jamie Marich, Ph.D., LPCC-S, LICDC-CS, REAT, RYT-200, RMT**

Jamie Marich, Ph.D., LPCC-S, LICDC-CS, REAT, RYT-200, RMT travels internationally speaking on topics related to EMDR therapy, trauma, addiction, expressive arts and mindfulness while maintaining a private practice in her home base of Warren, OH. She is the developer of the Dancing Mindfulness practice. Jamie is the author of seven books, including the popular EMDR Made Simple and EMDR Therapy and Mindfulness for Trauma Focused Care. Her newest title, Process Not Perfection: Expressive Arts Solutions for Trauma Recovery, released in April 2019. She has been public about her recovery from unspecified dissociative disorder since 2011. In 2019, the EMDR International Association awarded her with their prestigious Advocacy Award, largely due to her openness about her own addiction and mental health recovery.

## **Helen Neal LMHC, LMFT**

Helen's practice has a trauma recovery focus. She is trained in EMDR (currently in the certification process), TF-CBT, Traumatic Grief-CBT, Experiential therapy and Effective Parenting. Helen takes an internal/external systemic approach when assisting clients in healing from trauma. She believes healing happens... in safe spaces, with safe people

## **Pamela Noblitt**

I am a non-attorney representative who has represented more than 1,000 claimants for Social Security disability benefits. I have co-authored several articles on the subject with my husband, Randy Noblitt, and our newest book, Social Security Disability Programs: A Handbook for Clinicians and Advocates, will be published in Spring, 2020 by Praeger.

## **Randy Noblitt PhD**

I am a professor of clinical psychology at Alliant International University where I teach psychotherapy and an elective on clinical dissociation to PsyD students. Previously, I was in private practice for 23 years during which I evaluated and treated over 300 individuals with DID. With Pamela Noblitt, I authored Cult and Ritual Abuse: It's History, Anthropology and Recent Discovery in Contemporary America (1995, 2000); Cult and Ritual Abuse: Narratives, Evidence and Healing Approaches (2014); and edited and contributed to Ritual Abuse in the Twenty-first Century: Psychological, Forensic, Social and Political Considerations (2008). Our newest book, Social Security Disability Programs: A Handbook for Clinicians and Advocates, is scheduled for publication in Spring, 2020.

## **The Phoenix System**

The Phoenix System is based out of Denver, Colorado and graduated from the University of Colorado at Boulder with their BA in Psychology in fall of 2016. After Graduating, they worked on campus at CU Boulder as a digital accessibility consultant, helping foster an inclusive digital environment for faculty, staff, and students who are blind or visually impaired. The body has been blind since birth due to being severely premature. They dream to make a difference in the lives of people with disabilities and who are survivors of trauma. As a result, they are pursuing their masters in Social Work from the University of Denver in hopes to become a trauma therapist, focusing on the intersectionality between disability and trauma. When not studying or working, you can find them participating in adaptive rock climbing competitions around the world or acting on stage with Phamaly Theatre Company. They have an adorable yellow Lab named Dragon, who is their everything!

## **Elizabeth Power, M. Ed.**

Elizabeth Power, M. Ed., is recognized as a thought leader in creating Trauma-Responsive systems. She is an adjunct instructor in the Department of Psychiatry at Georgetown. Her firm, EPower & Associates, delivers Risking Connection for Sidran and TI-Med (Trauma Informed Medical Care) for Georgetown. She is also the founder of The Trauma Informed Academy (TIA). The TIA offers online and blended learning for service providers and service recipients. It contains over 150 lessons organized around the nine elements of the Trauma Responsive System, five Core Courses, a number of TRS Video "Shorts" and more. Power began her career in the 1970s working as the Executive Director of the North Carolina Rape Crisis Association working with Ann Burgess on one of the first training grants given for sexual assault. Her clients include JRI, NCTSN, NCPTSD, Safe Horizon, Indian Health Services, Advocate Health, Fairview Health Systems, Stairstep Foundation, Mukogawa Women's University Medical School, and King County WA. As the "Voice of Lived Experience," Power brings practical wisdom, tools that work, and content that transforms to every training. Based in Nashville TN, she facilitates classes for over 1,200 people annually. Her broad and varied interests and expressions of self place her firmly in the camp of the "Multipotentialed."

## **Stephanie Rickey, PsyD**

Stephanie A. Rickey, PsyD, is the Director of Admissions for the Hill Center for Women, a residential and partial hospital program specializing in the use of skills training for women with PTSD. As a doctoral student, she trained with Dr. Christine Courtois at The Center for Post-Traumatic Disorders in Washington, DC. She completed her post-doctoral training at McLean's Women's Treatment Program (now the Hill Center for Women), with a focus on post-traumatic stress disorder (PTSD) and the dissociative disorders and has also trained in and run dialectical behavior therapy (DBT) groups for women with PTSD and dissociative disorders. Dr. Rickey is a member of the McLean Hospital trauma consultation and LEADER consultation teams. An instructor in psychology in the Department of Psychiatry at Harvard Medical School, she also supervises psychology post-doctoral fellows and psychiatry residents and is a group leader at the Hill Center.

## **Aline Ridao**

Aline Ridao pronounced (Ah-Leen Ree-Dhao) is a 25-year-old woman from Miami. First born to an immigrant family from Argentina, Uruguay and Brazil. Aline lived most of her life portraying to be a boy because as a latine male, femininity is forbidden and looked down on. She came out as gay first when she was 18, and that alone was an issue for the family. She was baker acted due to a suicide attempt and sent to Citrus Mental Hospital in Miami. After a few days of counseling, before being let go a psychologist there handed her a pamphlet- He tells her he wants her to read the DID section, on the back of the pamphlet was his card. That was her first and only encounter regarding a possible diagnosis. She is here today to talk about her experience, struggles, how she navigates life and why she is still not on treatment or without a counselor for help.

## **Jean Riseman**

Jean Riseman is a survivor of both ritual abuse and early government/academic mind control experimentation. She is a retired social worker and has worked with adolescent and adult ritual abuse clients. Jean is also an author, networker, and blogger and is active in professional and grass roots organizations.

### **Matthew Robinson PhD**

Matthew A. Robinson, PhD, is co-director of the Outpatient Trauma Clinic in the Adult Outpatient Services at McLean Hospital and an instructor in psychology in the Department of Psychiatry at Harvard Medical School. He provides individual, group, and couples treatment for trauma and dissociative disorders. As a member of the Dissociative Disorders and Trauma Research Program, Dr. Robinson collaborates on grant-funded, cutting-edge research. He is a co-investigator on grants aimed at understanding the neurobiological and genetic underpinnings of trauma and dissociative disorders and how genetic/epigenetic and neurobiological markers might help predict treatment outcomes.

### **Colin A. Ross, M.D**

Colin A. Ross, M.D. is a Past President of the International Society for the Study of Trauma and Dissociation. He is the author of 32 books and 225 papers, many of them dealing with trauma and dissociation.

### **Larry Ruhl**

Larry Ruhl is a visual artist and author of *Breaking the Ruhl*, a memoir about recovering from childhood sexual abuse and complex trauma. He serves on the board of Taking Back Ourselves, an organization that provides healing weekends of recovery for women survivors of sexual abuse and assault. He has spoken at colleges and retreats to increase awareness of sexual abuse against men and boys. He is a member of the RAINN Speakers Bureau. Today he shares his story publicly to spread awareness and to help others shed the shame and stigma associated with sexual abuse and addiction. He graduated from the Fashion Institute of Technology (FIT), with a degree in Display & Exhibit Design.

### **Elizabeth Samsell, LCSW, CHTP**

Liz spent 30 years working as a Licensed Clinical Social Worker in mental health centers. She worked with people of all ages, individuals, couples, families, groups, and with a variety of diagnoses including DID. Her experience in the counseling field led to the awareness that there is a need for healing beyond traditional talk therapy. She studied Craniosacral Therapy and Healing Touch along with other energy therapies and found they were an effective part of the healing process. Working together with her wife, Sharon (co-presenter with DID), they discovered that energy therapies work well in addressing body memories and facilitate healing at a deeper level. Liz has a deep compassion for helping survivors of trauma, abuse and neglect find healing and wholeness in their lives through the use of energy therapies.

### **Sharon D. Samsell, M.Div, LMHC, CHTP/I**

As a Licensed Mental Health Counselor, Ordained Presbyterian Minister, Certified Healing Touch Practitioner/Instructor, (and over achiever), Sharon is not your traditional talk therapist and prefers to be known as a Holistic Health Practitioner. Her experience in the healing arts began in the late 1990s with her personal journey of healing from childhood sexual abuse and incest. In 2013 she was diagnosed with DID and has continued healing, growing and learning about what it means to be a multiple. Sharon knows PTSD and dissociative disorders from the inside out and offers insight from a personal perspective in her work with clients. She has found energy work, creative and experiential modalities, spirituality, and animals to be particularly healing for herself and others.

### **Serenity Serseción PhD; They/Them/Their**

Dr. Serseción is a plural, genderqueer, bilingual, Puerto Rican, and licensed clinical psychologist. Dr. Serseción has a private practice which focuses on the plural community, people of color, sexual and gender minorities, and people in various subcultures(kink, poly, furry, fandoms). Clinical focuses are depression, anxiety, trauma, and dissociation. They have worked as a clinician in various sites such as universities, community mental health agencies, hospitals and more. Until recently they were an interim director at a local LGBTQ+ specialty clinic, supervising new doctoral student clinicians in addition to teaching courses at various universities.

### **Kimberley Snow, MA, LMHC, LMFT**

Kim Snow, M.A., LMFT, LMHC, is a Marriage and Family Therapist and Art Therapist living in Santa Rosa Beach, Florida who worked with trauma victims for 40 years. A graduate of Georgetown University (B.S. and B.A.) and George Washington University (M.A.), she trained in Washington D.C. during the early development of DID treatment and incorporated art therapy and hypnotherapy into her treatment with children and adults. She is currently retired from her private practice but continues to assist in National Disasters with the Red Cross Disaster Team. This coming year she will begin to offer art retreats in the beautiful Santa Rosa Beach area of Florida.

### **Haley Stern**

Haley Stern is a mental health advocate dedicated to bridging communication and compassion to achieve societal change. Haley is passionate about advocating alongside her loved ones living with mosaic minds to build a world where people living with dissociative identities can live their truths openly and freely. Haley graduated with honors from the University of Vermont with a Bachelor of Science in Public Communication and a minor in Community Entrepreneurship. In addition to her advocacy work, Haley is an experienced freelance business writer, executive assistant and content creator working with business leaders to elevate their thought leadership platforms.

### **Koda Ukumae Striga**

Koda is the face of a 4-person, co op system based in upstate New York which also includes Kris, Jez, and Waif. As a unit, we are autistic, physically and mentally disabled, and queer. We are lightskinned, with Afrolatino, indigenous, and European ancestry. Koda, the most active in our system, is a nonbinary native man. He is an activist who centers POC, disability, and trans issues. He's also a proud witch, shaman, and elder to the Pumé people. In our free time, we focus on healing and uplifting indigenous communities, especially in regards to reclaiming lost cultures, and snuggling our Chihuahua

### **TL**

TL is a trauma survivor with DID who began taking steps towards healing and loving her(selves) over ten years ago. She is also a licensed mental health professional who has worked in the field of complex trauma on a local and national level for 30 years. With gratitude—she offers information about various trauma interventions as well as steps taken in her healing journey, with the hope it will open and guide options for healing for survivors and professionals dealing with trauma and dissociation.

### **Monica Tyedmers LMHC**

Monica Tyedmers started working with people with DID twenty years ago when Deb Berry (co-presenter) walked into her office on the advice of a trusted friend. She learned a wealth in the 5 years she and Deb worked together, and has been adding to that knowledge with each experience since then. She is amazed at the courage her clients with DID demonstrate in their conscious decisions to look at themselves honestly, and learn to love and accept who they see. She is passionate about helping people (with or without DID) find the joy of living out of their true identities, rather than the ones they took on when they were shamed or assaulted.

### **Olga Trujillo**

Olga Trujillo is an attorney, speaker, author. She currently serves as the Director of Education and Social Change for Latinos United for Peace & Equity of Caminar Latino. In 1993, she was diagnosed with Dissociative Identity Disorder. Her experience over the past 25 years has been as an attorney for the U.S. Department of Justice, and a consultant to many local, state and national organizations. Olga is an internationally sought speaker and author and is featured in the video "A Survivor's Story", a documentary and training video based on her personal experience of violence. Her memoir, The Sum of My Parts was released by New Harbinger Publications in October 2011.

### **The Universal System**

We are Universal System, a Freshman at Hussain University, as well as Youth panelist and educator at the Bryson Institute. We are unaligned activists that mainly speaks on mental health and LGBTQ awareness. Our plan is to finish college and psychology in hopes of becoming an art therapist.