

**Please join us on Friday June 23, 2017 (1p.m. – 4p.m.)**

**Mental Health America of Greater Tarrant County**

**“The Art of Doodling”**

**Sue Ireland, LMSW**

Artwork can be used as a tool to obtain clarity, focus, productivity, recuperation, and more. Looking at art can also help others to relax and be more productive. It is a visual appealing stress relief. Creating art can not only be beneficial for the patient/client, but also for the mental health professional. Art can improve health as well as emotional well-being, according to the American Art Therapy Association. Highlighted in this presentation will be learning the experiential art form of “doodling.” Art materials will be provided for participants to create their own “new life chapter.”

**Presenter:**

**Sue Ireland,** grew up in Arlington, TX, since the age of eight, and she enjoyed art classes at an early age in her educational program. A graduate with a Bachelor’s of Social Work from Texas Woman’s University as a non-traditional student, she pursued her degree during her middle adult years. After working for several years at community non-profit agencies such as Catholic Charities and Salvation Army, she returned to academia to complete the Masters in Social Work at the University of Texas at Arlington in 2003. Ms. Ireland holds the LMSW licensure and now enjoys painting with friends several times a week, entering original art pieces and winning at various art shows as well as participating in community art workshops. She belongs to Trinity Arts Guild in Bedford, TX, and Mid-Cities Fine Artists. Additionally, she conducted art workshops and a summer art college for children and adolescents ages four to fifteen. Ms. Ireland exemplifies service by serving as an active Volunteer at Mental Health America of Greater Tarrant County as well as maintains active membership in the National Alliance on Mental Illness of Tarrant County (NAMI-TC).

**Learning Objectives for this seminar:**

1. To increase awareness of the therapeutic benefits of artistic expressions;
2. To experience the joy and pleasure of creating one’s own piece of art.

**Registration, CE Credits and Certificates (with 3 hours):**

The fee for this **3-hour CEU seminar** is $50 for non-MHA members, $40 for MHA members and $20 for students.

Registration deadline (online/by mail) **must be received** by **June 21, 2017**

1) Mail check to MHA at 3136 W. 4th Street, Ft. Worth, TX, 76107; fax number: 817-810-3230

2) Online at www.[Eventbrite](https://www.eventbrite.com/e/the-art-of-doodling-sue-ireland-lmsw-tickets-35382255278).com

MHA is an approved provider of continuing education in Texas for LPC with approval #1099, Social Workers #5467, and LMFT #419.

For additional information, please contact Deannah Rowell at 817-569-5780 or [Deannah.Rowell@mhmrtc.org](mailto:Deannah.Rowell@mhmrtc.org)

**Registration by Mail (print off and send with check or credit card payment to MHA)**

NAME:

ADDRESS:

CITY, STATE, ZIP:

HM/CELL PHONE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_WK PHONE:

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