

# **2025 Pain Care Skills Training (PCST) & Substance Use Disorder (SUD) Combined Agenda**

## **Art Therapy for Pain & SUD**

**Presented by: Mallory Van Fossen, ATR-BC, LCPAT, ATCS**

**Offered: 19 August 2025, 1230–1630 PM ET**

**Location: Partnership for Public Service, 6th Floor – Room 610**

**Course Description:** This presentation will provide an overview of the clinical and theoretical foundations of art therapy, as well as its practical applications in pain management and the treatment of substance use disorder. Attendees will be introduced to art therapy methods, applications, and approaches, as well as pertinent theories, objectives and materials used. Ethical considerations will also be discussed. An art making experiential will be facilitated to provide a practical application of the methods discussed, and to further attendees' understanding through hands-on learning.

### **Learning Objectives:**

1. Attendees will learn how art therapy and art making can effectively compliment conventional treatment for pain and substance use disorder.
2. Attendees will be able to identify physiological and psychological advantages of art therapy, including how art therapy influences the brain, nervous system, and emotional regulation.
3. Attendees will be presented with case studies and examples illustrating the efficacy of art therapy in alleviating pain symptoms and improving quality of life.
4. Attendees will explore different art therapy methods for pain management and substance abuse treatment through art making experientials.

### **19 August 1230–1630 PM ET**

1230–1300	Intro to Art Therapy (Methods, Applications, Approaches)
1300–1400	Art Therapy for Pain (Theory, Objectives, Materials, Ethics)
1400–1415	----- BREAK -----
1415–1500	Art Therapy for SUD (Theory, Objectives, Materials, Ethics)
1500–1600	Artmaking Experiential
1600–1630	Discussion of Experiential, Q&A