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*ART THERAPY & MANAGING BODY WEIGHT*  
*with Dana Fair LCAT, ATR, LMSW*  
*Transformation Weight Control*

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Participating in art therapy doesn't necessarily mean that you must be out of touch with your thoughts or feelings or experiences. Rather, it might provide a new visual perspective and solution on a problem you've been struggling with. For instance, during my first conversation with Dana, I brought up the issue of impediments to progress; impediments being a very real sticking point for effective behavior change, especially losing weight or prevention of weight regain.

As I thought about impediments, I imagined drawing a tall brick wall that was insurmountable and blocking my progress. I then imagined drawing a shorter brick wall that I could climb over which brought a new perspective on ideas for how to unblock my lack of progress. Dana and I discussed other metaphors that we could incorporate to the image for how to overcome the brick wall such as drawing a ladder to climb over it, and dialoguing with the brick wall to change our relationship to it...

#### About Dana

Dana is a Licensed Creative Arts Therapist (LCAT), a Licensed Masters of Social Work (LMSW), a nationally registered Art Therapist (ATR) and is a Certified Complex Trauma Professional (CCTP). She has completed certification training in Somatic Experiencing and Internal Family Systems.

She has been a practicing art therapist for 15 years, and is a senior art therapist at New York Creative Arts Therapists in New York City and the Hudson Valley. Dana has worked as a trauma therapist with children, families, and NYC case workers to prevent burnout and compassion fatigue, and has extensive experience working with adults and teens at an outpatient mental health agency, dealing with trauma, anxiety, depression, family related issues, and other life stressors. She donates 2% of her annual income to 350.org to support climate action.

