

Liz Baring

MS, ATR-BC, LCAT, NCPSYA, LP

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Elizabeth A. Baring, MS, LCAT, LP is a licensed psychoanalyst, a licensed creative arts therapist, a sandplay practitioner, a focusing oriented therapist and a focusing trainer. For almost 25 years she has had a private practice in New York City, working with children and adults with a wide range of emotional and behavioral difficulties by offering a variety of modalities best suited for the individual.

Work History

- 1996-2020 Psychotherapist, Private Practice, New York, NY
- 2013-2018 Educational Support Team Member, Brooklyn Waldorf School, Brooklyn, NY
- 2002-2017 Art Therapist, Fellowship Community, Spring Valley, NY
 - Lead weekly watercolor painting groups for the members of a residential care setting for dependent adults
- 2008-2010 Group facilitator, A Caring Hand, the Billy Esposito Foundation, NY, NY
 - Facilitate bereavement for caregivers, children & teens incorporating Art Therapy
- 2003-2020 Faculty & Supervising Member, Training & Research Institute for Self-Psychology, Manhattan, NY
- 1997-2006 Art Therapist Consultant, Rudolf Steiner School, New York, NY
- 1995-1997 Art Therapist, Inpatient Psychiatric Unit, Stamford Hospital, CT
- 1994-1996 Art Therapist, Fellowship Community, Spring Valley, NY
 - Co-lead weekly watercolor painting groups for the members of a residential care setting for dependent adults
- 1993-1994 Art Therapist, Silver Hill Hospital, New Canaan, CT
- 1992-1993 Internship, Child Life Program, Pediatric Hematology and Oncology Service, Mt. Sinai Medical Center, New York, NY
- 1991 Teacher, Rudolf Steiner School, New York, NY

Education

- 2009 Focusing 2 Year Certification course, The Focusing Institute,
- 2008 Advanced Course, International Center for the Study of Trauma & Dissociation, NY
- 2001 Psychoanalyst, Training and Research Institute in Self Psychology, New York, NY
- 1993 M.S. Art Therapy, the College of New Rochelle, NY,
- 1991 B.A. Marymount Manhattan College, New York City.

Credentials

- 2012 Focusing Oriented Therapist, The Focusing Institute, New York, NY
Certified Focusing Teacher & Trainer, The Focusing Institute, New York, NY
- 2001 Certified Psychoanalyst, New York State License, National Association for the Advancement of Psychoanalysis, New York, NY
- 2000 Certified Sandplay Practitioner, Sandplay Therapists of America, New York, NY
- 1997 Art Therapist, Registered and Board-certified Art Therapist, New York State

Publications

- 2005 "Sandplay: Gateway to the Soul," reprinted in *Association for a Healing Education, AHE News*, November 2005, pp. 7-8.
- "Umbrellas and Parasols," *Journal of Sandplay Therapy*, XVI,(1), pp.117-127, 2005.
- "Liberty Enlightening the World, An Archetypal Image," *Journal of Sandplay Therapy*, XI, (2), pp. 76-88, 2002.
- 2002 "Sandplay: Gateway to the Soul," *Artemesia, Anthroposophical Health Professionals*, Fall 2002.
- 1997 "Art Therapy," A.W. Burgess, ed., *Psychiatric Nursing, Promoting Mental Health*, Stamford, CT: Appleton and Lang, 1997.
- "Art Therapy with an Alzheimer Patient," *Journal of Anthroposophical Medicine*, 14, # 3, 24-29, 1997.

Workshops/Presentations

- 2019 *Focusing*, New York Mental Health Counselors Association, New York City
- Continuing education experiential presentation at Hunter College
- 2014-2019 *Focusing & Art Therapy*, Expressive Therapies Summit, New York City
- Master Class: *Accessing Body Wisdom through Creative Expression*
- 2014 *Engage your Body's Wisdom: School of Visual Arts*, New York City
- Community lecture on Focusing and Art Therapy
- 2012 *Case presentation*, Sandplay Conference, Minneapolis, Minnesota
- 2009 *Dream Images & Sandplay*, Training and Research Institute for Self-Psychology, New York
- Course for candidates of the Two-Year Training Program
- 2008 *Guided imagery and collage*, Marymount Manhattan College
- Two-hour workshop of making "your safe place" for students and faculty
- Right Brain Development using Art Materials*, School of Practical Philosophy, New York
- Two-hour presentation and experiential workshop for elementary school faculty
- 2007 *Right Brain Development using Art Materials*, School of Practical Philosophy, New York
- Two-hour presentation and experiential workshop for elementary school parents

- How to Look at Children's Drawings*, University Settlement Society of New York, NY
- Two-hour training for clinicians at the Butterfly Program
- The Psychology of Art Materials*, University Society of New York
- Two-hour training for clinicians at the Butterfly Program
- 2006 *Sandplay Workshop*, Sunbridge College, Chestnut Ridge, New York
- Workshop and slide presentation for the Remedial Education Graduate Program
- Experience Sandplay First-hand*, School of Visual Arts, New York
- Didactic and experiential workshop for the Graduate Art Therapy program
- Wise ways to View and Respond to Children's Drawings*, Association of Teachers in Independent Schools.
- 2006 *The Art of Enhancing Your Child's Development*, 14th Street Y, New York, NY
- Two Parent Evenings
- 2005 *Art and Sandplay Therapy*, School of Visual Arts, New York, NY
- Experiential and Didactic class
- Object Relations Course II*, Guest Instructor, Training & Research Institute for Self-Psychology, New York, NY
- Art & Sandplay Therapy*, YAI Center for Special Therapy, Lecture Series, New York, NY
- Experiential and didactic workshop incorporating art materials and sandplay to contain, facilitate, express and symbolize feelings nonverbally for people with special needs.
- Experience Sandplay Firsthand*, Association of Teachers of Independent Schools Conference
- Experiential and didactic workshop addressing trauma, grief, sibling rivalry, self-esteem, attention deficit and other behavioral difficulties
- 2004 *The Therapeutic Value of Art & Sandplay*, Rudolf Steiner School, New York
- Slide presentation at the Elementary School Pedagogical meeting
- Focus on children suffering from behavioral difficulties and sudden loss
- Sandplay: Working with Children*, presentation, Green Meadow Waldorf School, Green Meadow, Chestnut Ridge, NY
- Art and Sandplay*, training, St. Vincent Catholic Medical Center, World Trade Center Healing Services
- Training dealing with patients affected by 9/11
- 2003 *Sandplay Therapy*, lecture, Expressive Therapies class School of Visual Arts, New York, NY
- 2002 *Self State Drawings*, presentation, American Art Therapy Association Annual Conference, Washington, D.C.
- Sandplay Therapy*, Rudolf Steiner School, New York
- Healing the Soul, Art and Sandplay Therapy*, Washington Waldorf School
- Introduction to Sandplay, the Power of the Symbol*, seminar, School of Visual Arts, New York
- Clay Workshop*, Women's week-end retreat, Kent, CT
- 2000 *Art Therapy with Schizophrenics*, slide and lecture presentation, Pathways, Greenwich CT
- Understanding Patient's Drawings*, seminar/discussion, Pelham Family Services, Pelham, NY

- 1999 *Drawing as Communication: Using Art in the Treatment of Children*, seminar/case discussion, Family Services of Westchester, NY
- 1997 *Color and its use in Art Therapy*, slide and lecture presentation, International Conference "Ernesto de la Carcova" School of Fine Arts, Buenos Aires, Argentina
- Art Therapy with Psychiatric Patients* seminar, slide and lecture presentation, "Ernesto de la Carcova" School of Fine Arts, Buenos Aires, Argentina
- 1996 *The Spectral Colors: A Healing Language in Multicultural Issues- wet-on-wet Watercolor Painting*, American Art Therapy Association Inc, 27th Annual Conference, Philadelphia, PA
- Color Therapy*, lecture and slide presentation, Sacred Heart University, Fairfield, CT
- What about me?* Williams Syndrome Association National Convention, King of Prussia, PA
- Led an art therapy mural group for siblings of children with Williams Syndrome age 7-12 yrs old
- Watercolor Painting*, Parenting Skills Center, Stamford, CT
- Led a therapeutic painting group for preschool children at The Exchange Club
- 1995 *Watercolor Painting*, Vacation Bible School, St. James Church, North Salem, NY
- 1993 *Art Therapy and the Chronically Ill Child incorporating Medical Play*, case presentation Grand Rounds, British Hospital, Buenos Aires, Argentina