



**liz baring** MSc, LP, ATR-BC, LCAT

licensed psychoanalyst  
licensed creative arts therapist  
sandplay practitioner

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Psychotherapist in private practice, New York City.  
Bilingual in English and Spanish.

### **Work History**

2003 to present. Faculty and supervising member at the Training and Research Institute for Self Psychology, New York City.

1994 to present. Art Therapist, Fellowship Community Chestnut Ridge, NY  
(A residential care setting for dependent adults).

1997 to present. Consultant Art Therapist at the Rudolf Steiner School, New York City.

2008 to 2009. A Caring Hand, the Billy Esposito Foundation, Bereavement Center, New York City. Group facilitator of 8 week bereavement groups for caregivers and children and teens, incorporating Art Therapy.

1995-97 Art Therapist, Inpatient Psychiatric Unit, Stamford Hospital, CT.

1993-94 Art Therapist, Silver Hill Hospital, New Canaan, CT.

1992-93 Internship, Child Life Program in the Pediatric Hematology And Oncology Service, Mt. Sinai Medical Center, New York City.

1991 Teacher at the Rudolf Steiner School, New York, NY.

### **Education**

2007- 2008. International Center for the Study of Trauma and Dissociation, Advanced Course. New York City.

2001 Psychoanalyst, Training and Research Institute in Self Psychology, New York City.

1993 M.Sc. Art Therapy, the College of New Rochelle, NY.

1991 B.A. Marymount Manhattan College, New York City.

## **Credentials**

2001 Certified by the National Association for the Advancement of Psychoanalysis (# P011578). New York State License # 259 as a Psychoanalyst.

1997 Registered and Board Certified Art Therapist (# 96-195). New York State License # 353 as a Creative Art Therapist.

## **Publications**

“Umbrellas and Parasols”, *Journal of Sandplay Therapy*, XVI,(1), pp.117-127. 2006.

“Sandplay: Gateway to the Soul”, reprinted in *Association for a Healing Education, AHE News*, November 2005, pp. 7-8.

“Liberty Enlightening the World, An Archetypal Image”, *Journal of Sandplay Therapy*, I, (2), pp. 76-88. 2002.

“Sandplay: Gateway to the Soul” *Artemesia, Anthroposophical Health Professionals*, Fall 2002.

“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*, (1997) 14, # 3, 24-29.

## **Workshops/Presentations**

*Dream Images and Sandplay: Explore the Wonder of Nonverbal Communication*. Course for candidates of the Training and Research Institute for Self Psychology, Two-Year Training Program, New York. May-June 2009.

*Guided imagery and collage workshop*. Two hour collage making experience of “your safe place” at Marymount Manhattan College for students and faculty for “Stress-down day” event, New York. April, 2008.

*Right Brain Development using Art Materials*. Two hour presentation and experiential workshop to elementary school faculty at The School of Practical Philosophy, New York. April, 2008.

*Right Brain Development using Art Materials*. Two hour presentation and experiential workshop to elementary school parents at The School of Practical Philosophy, New York. December 2007.

*How to look at Children’s drawings*. Two hour training for clinicians at the Butterfly Program, at the University Settlement Society of New York, June 2007.

*The Psychology of Art Materials*. Two hour training for clinicians at the Butterfly Program, at the University Society of New York, June 2007.

*Sandplay workshop including a slide presentation of a case for The Remedial Education Graduate Program at Sunbridge College, Chestnut Ridge, New York July 2006.*

*Experience sandplay first hand. Didactic and experiential workshop for the Graduate Art Therapy program at The School of Visual Arts, Spring, 2006.*

*Wise ways to view and respond to children's drawings. Association of Teachers in Independent Schools, March, 2006.*

*The art of enhancing your child's development, 2x2 Evening Parenting Series, Feb 9, 2006 at 14<sup>th</sup> Street Y.*

*Experiential and didactic class on art and sandplay therapy, The School of Visual Arts, June 2005.*

*Guest instructor at The Training and Research Institute for Self Psychology, Object Relations II. Winnicott" The Transitional Object. May 2005.*

*Art and sandplay therapy presentation, YAI Center for Special Therapy Clinical Lecture Series. April 2005.*

*Experience Sandplay Firsthand, experiential and didactic workshop addressing issues related to trauma, grief, sibling rivalry, self-esteem, Attention Deficit and other behavioral difficulties, Association of Teachers of Independent Schools, 50<sup>th</sup> Annual Conference and Exhibit, March 2005.*

*The therapeutic value of art and sandplay with children suffering from behavioral difficulties and sudden loss in the family, slide presentation at the Elementary School Pedagogical meeting of the Rudolf Steiner School, November 2004.*

*Sandplay, working with children, presentation at Green Meadow Waldorf School, November 2004.*

*Art and Sandplay training dealing with patients affected by 9/11, at St. Vincent Catholic Medical Center, World Trade Center Healing Services, August 2004.*

*Sandplay therapy, guest lecturer at Expressive Therapies class, at The School of Visual Arts, November, 2003.*

*Self State Drawings, 33<sup>rd</sup> Annual Conference, American Art Therapy Association, Inc., Conference, Washington, D.C. November 2002.*

*Sandplay therapy, presentation at the Pedagogical Meeting at the Rudolf Steiner School, New York, October, 2002.*

*Healing the Soul, Art and Sandplay Therapy, Washington Waldorf School, May 2002.  
Introduction to Sandplay, the Power of the Symbol, seminar, The School of Visual Arts, New York City, February 2002.*

*Clay Workshop at Women's week-end retreat, Kent, CT, January 2002.*

*Art Therapy with Schizophrenics*, slide and lecture presentation, Pathways, Greenwich CT, August 2000.

*Understanding Patient's Drawings* seminar/case discussion at Pelham Family Services, Pelham, NY, January 2000.

*Drawing as Communication: Using Art in the Treatment of Children* seminar/case discussion, Family Services of Westchester, June 1999.

*Color and its use in Art Therapy*, slide and lecture presentation, International Conference "Ernesto de la Carcova" School of Fine Arts, Buenos Aires, Argentina, August 1997.

*Art Therapy with Psychiatric Patients* seminar, slide and lecture presentation, "Ernesto de la Carcova" School of Fine Arts, Buenos Aires, Argentina, May, 1997.

*The Spectral Colors: A Healing Language in Multicultural Issues- wet-on-wet Watercolor Painting*, American Art Therapy Association Inc, 27th Annual Conference, Philadelphia, PA, November 1996.

*Color Therapy*, lecture and slide presentation, Sacred Heart University, Fairfield, CT. November 1996.

*What about me?* Art therapy group for sibling's age 7 to 12 years old. An Art Therapy group mural for teens and young adults with Williams Syndrome. *Pathways to Independence* Williams Syndrome Association National Convention, King of Prussia, PA July 1996.

*Watercolor Painting*, therapeutic painting group for preschool children at The Exchange Club, Parenting Skills Center, Stamford, CT, 1996.

*Watercolor Painting* for Vacation Bible School, St. James Church, North Salem, NY, Summer 1995.

*Art Therapy and the Chronically Ill Child incorporating Medical Play*, case presentation Grand Rounds, British Hospital, Buenos Aires, Argentina, Fall 1993.