

LESSONS IN CLAY:
ART, REFLECTION, AND RESILIENCE
FOR SERVICE PROVIDERS

Wanda Montemayor
LPC-AT-S, ATR-BC, ATCS, RPT-S, AAC

Meagan Butler
MEd, LPC



ART THERAPY

WHAT IS ART THERAPY?

Art therapy is a mental health profession that enriches the lives of individuals, families, and communities through active art-making, creative process, applied psychological theory, and human experience within a psychotherapeutic relationship.

Art therapists have skills to...



Assess and
diagnose mental
health disorders

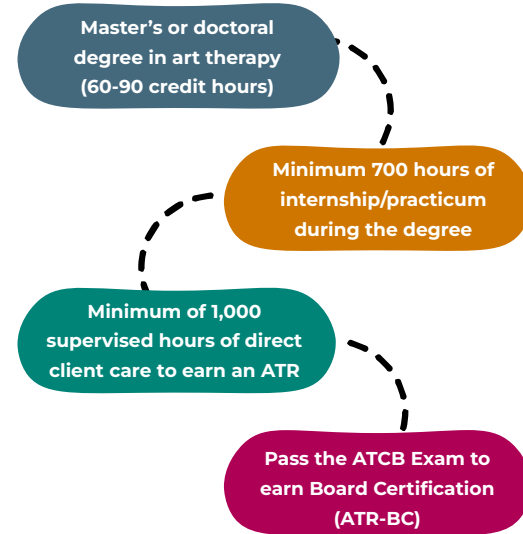


Develop appropriate
treatment plans



Offer non- verbal
tools for
communication

HOW ARE ART THERAPISTS TRAINED?





MINDFULNESS



Think of one person, leader, or mentor who
changed your trajectory in life.



How have you used those seeds with your
own team members or mentees?

ABOUT WANDA

Wanda Montemayor is an accomplished LPC-AT-S, ATR-BC, ATCS, RPT-S, AAC. With a strong foundation in art education (BA), professional counseling (MA), and art therapy (post-secondary), Wanda brings over 20 years of experience from the school system to her supervisory role, focusing on emotional well-being in children, teens, and adults.

Wanda's expertise extends to public art, where she leads projects that integrate mindfulness, multicultural learning, and social-emotional skills. Her community art initiatives, begun in 1998, demonstrate the healing potential of art, especially for individuals in crisis.



ABOUT MEAGAN

Meagan Butler is a therapist, educator, and community leader with over 18 years of experience supporting youth, families, and individuals through trauma-informed care, mental health, and creative healing approaches. A proud Austin native, she has served as a school counselor, district leader, and clinician.

Meagan is a certified TBRI® Practitioner and Neurosequential Model in Education® Trainer, currently completing her PhD in School Improvement at Texas State University. Meagan is also Chief Clinical Innovation Officer at Lucero.



DEEP EDDY



Lessons Learned from the Uvalde Love Project

© Intellectual Property of Community Arts LLC

BARTON HILLS



O. HENRY M.S.



HEB FRISCO



Lessons Learned from the Uvalde Love Project

© Intellectual Property of Community Arts LLC

UVALDE LOVE PROJECT



Lessons Learned from the Uvalde Love Project

© Intellectual Property of Community Arts LLC

Top

<- 20 ft ->

SOUTH LAMAR



<- 12 in. ->

Facing North

<- 12 in. ->



<- 42 in. ->

Facing West

<- 20 ft ->



<- 42 in. ->

Facing South

<- 12 in. ->



<- 42 in. ->

Facing East

<- 20 ft ->



<- 42 in. ->

HOW TO MAKE FLOWER

Step 1:

- Start with a small ball of clay. Slightly flatten it and make small cuts around the edge of the clay.



Step 2:

- Flatten the clay further to spread out the petals.



Step 3:

- Using the alphabet pasta, add the name of your mentor.



UVALDE LOVE DOCUMENTARY



Lessons Learned from the Uvalde Love Project

© Intellectual Property of Community Arts LLC

UVALDE PLAYBOOK

When tragedy happens,
key things to remember are:

- Listen first, then meet the need.
- Sustainability.
- Cultural responsiveness.
- Fundraising.



UVALDE PLAYBOOK

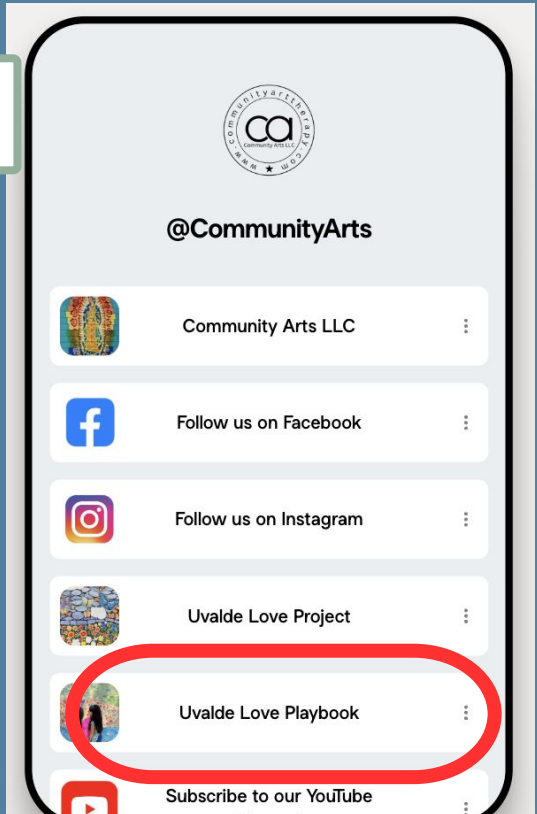
Scan the QR code:



Playbook

The Uvalde Love Project Playbook is a comprehensive tool for creating your own healing-centered engagement community mural from start to finish. It touches on all aspects, from community engagement through technical issues.

[Click here to request a free digital download of the Playbook](#)



CONTINUED ENGAGEMENT



Mosaics



Uvalde Posada



Teacher Training

PERSONAL RESILIENCY

My journey with resiliency was not possible without self-care and community.



DBT ACCEPT SKILLS (Linehan, 2015)



Activity
Contribute
Comparisons
Emotion
Push
Think
Sensation

CONTRIBUTE (Linehan, 2015)

(Linehan, 2015)

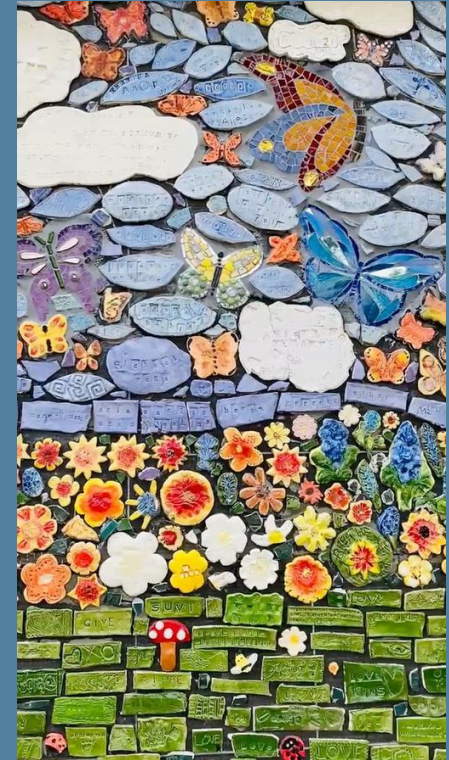
- Positive messages on social media.
- Look for the good things.
- Giving feeds the soul.



COMPARISON

(Linehan, 2015)

- Compare how you are feeling now to a time when you felt different.
- Think about people coping the same as you or less well than you.



RADICAL ACCEPTANCE

Involves accepting the reality of a situation, even when it is painful or difficult, without judgment or resistance. (Linehan, 2015)



TAKE YOUR MEDS!

(Butler, 2015)



Mindfulness

Exercise

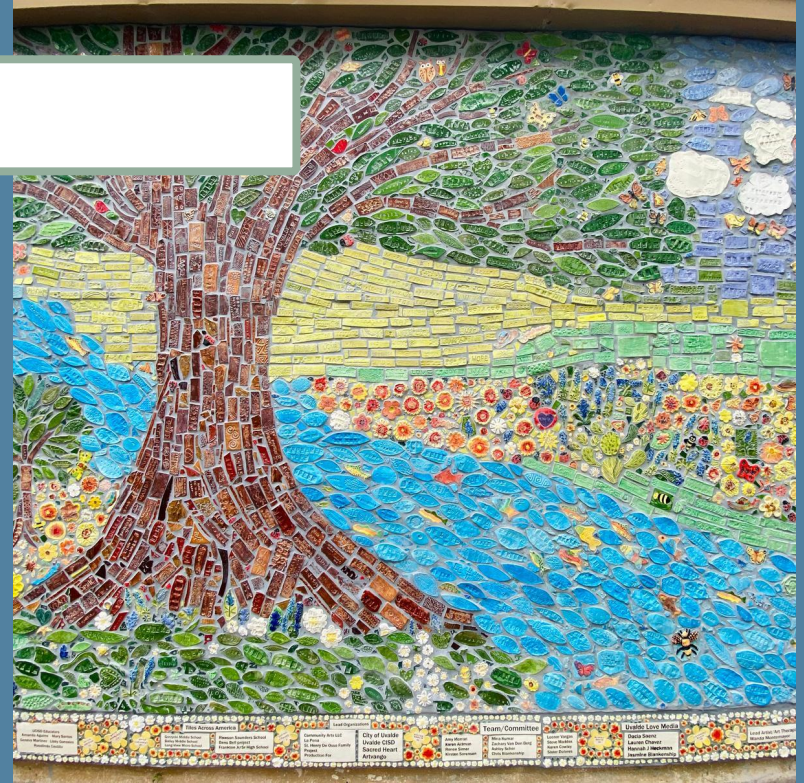
Diet

Sleep



DAYS OFF

- When I couldn't say no it led to fatigue.
- Make sure things are delegated in a way that you CAN take a day off.
- Ask for help if needed.



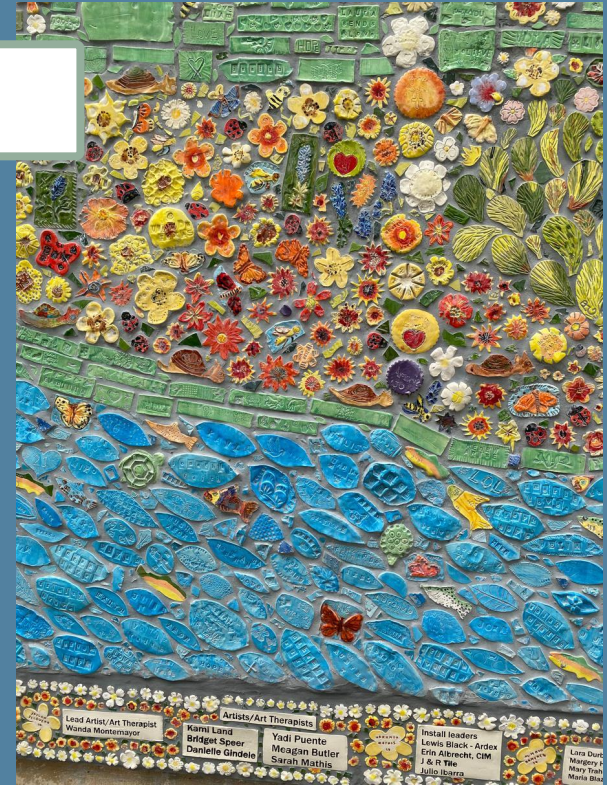
REGULATE RELATE REASON (Perry, 2006)

- Daily debrief.
- Use playfulness after intense days.
- Feed the team.
- Positive feedback.
- Supervision style.
- Bilateral Movement (Shapiro, 2017).



CONNECTEDNESS

- Trust Based Relational Intervention (Purvis, Cross, & Sunshine, 2007)
- Connectedness with team is critical for outcome.
- Nicknames.



OUR TEAM

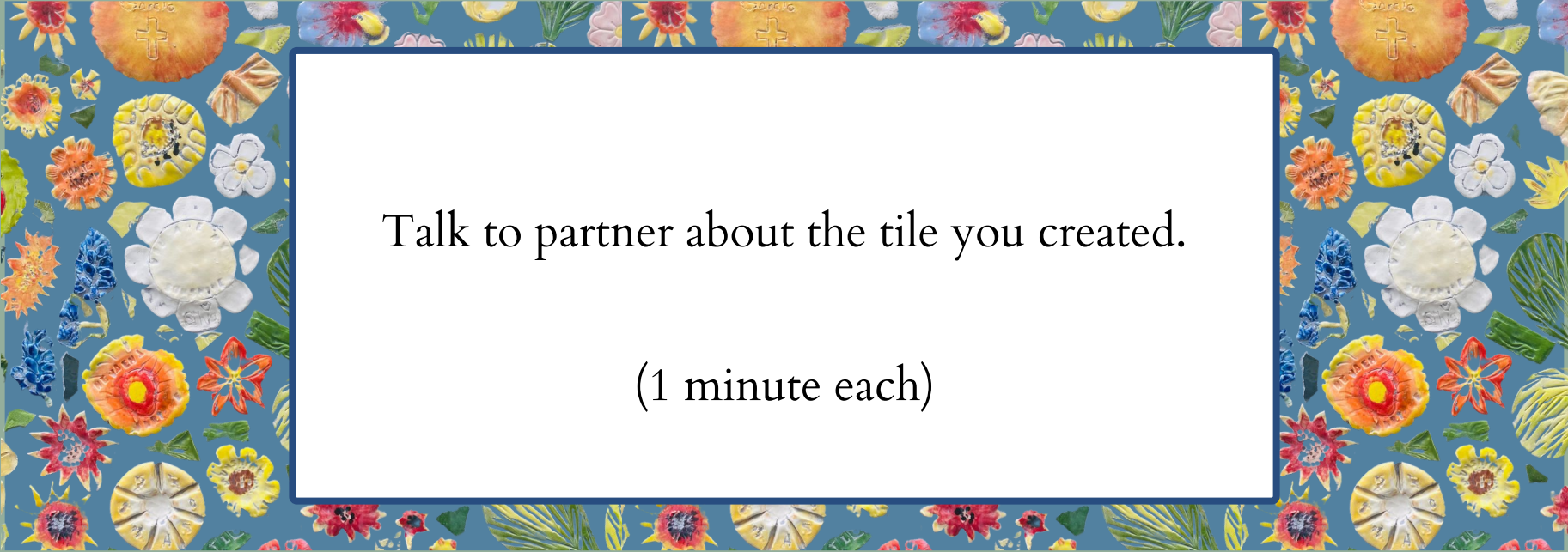


Lessons Learned from the Uvalde Love Project

© Intellectual Property of Community Arts LLC



TURN AND TALK



Talk to partner about the tile you created.

(1 minute each)



CHALLENGE

Take a picture of your flower and send it to your mentor. Maybe even call them on the way home. Share the seeds of wisdom they gave you that helped you bloom into the leader you are today.

THANK YOU



www.communityarttherapy.com



REFERENCES

Butler, M. (2015). *Managing School Anxiety*.

Linehan, M. M. (2015). *DBT skills training manual* (2nd ed.). Guilford Press.

Perry, B. D. (2006). The neurosequential model of therapeutics. *Reclaiming Children and Youth*, 15(3), 127–135.

Purvis, K. B., Cross, D. R., & Sunshine, W. L. (2007). *The connected child: Bringing hope and healing to your adoptive family*. McGraw-Hill.

Shapiro, F. (2017). *Eye movement desensitization and reprocessing (EMDR) therapy: Basic principles, protocols, and procedures* (3rd ed.). Guilford Press.