

Episode 130 Show Notes

Welcome to episode 130 of the Therapy Chat Podcast with host Laura Reagan, LCSW-C. This week's guest features Lanie Smith who talks about spirituality as burnout prevention using eco-art therapy.

Lanie Smith, MPS, ATR, a registered art therapist, has worked in a variety of settings for several years. Her work began with the Nat'l Institute of Health, researching the efficacy of art therapy with war-affected youth in N. Uganda, followed by two publications. Lanie developed environmental art therapy for sustainable practice at numerous sites in the Phoenix area.

She provides art therapy to others to support the prevention of burnout, compassion fatigue, and vicarious trauma. Lanie also supervises and trains on the ethical considerations regarding the use of art in therapy.

Resources

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