

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 art 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-present	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 - Led 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
1996	Art Therapist, Fellowship Community, Spring Valley, NY - Co-led 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

2012	Focusing 2 Year Certification Course, The Focusing Institute, New York, NY
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
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- 2001 Certified Focusing Teacher & Trainer, The Focusing Institute, New York, NY
 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