



Art and Therapy

Presented LIVE
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May 13, 2021
7:00 - 8:30 PM

PANELISTS



ANU ANNAM
(she/they)

Anu Annam, is an award-winning, internationally acclaimed exhibiting artist, art educator and curator. They are faculty at numerous institutions, and have won multiple teaching grants from the New York Council on the Arts for work with at risk and special needs populations.

Annam is the Founder and Executive Director of the arts-based organization, designed to fight stigma against mental illness, *SEA of Visibility* (SEA = Support Expression through the Arts), and the queer organization, *BOPPI* (Bisexual, Open, Pansexual, People of the Islands). These organizations provide robust arts programming, events, exhibitions, and education for marginalized people. Her Huntington-based Education and Mentorship program, *Anu Annam Arts Education* has served the Long Island arts community since 2005, inclusive of students with special needs and typically developing, pre-K, through lifelong learners. They are now developing the *SEA of Visibility Integrated Arts Education* program of virtual courses for a variety of creative disciplines.

Annam has curated exhibitions at the various prestigious locations such as *Queens Museum of Art*, *the Islip Art Museum*, *Cinema Arts Centre*, *Farmingdale State College*, *Campari <Art House>*, and *Museum of Contemporary Arts of LI*.

Annam earned their BA from *Tufts University* and *Boston Museum School* in English Literature and Fine Arts. Select solo exhibitions include *Le Salon d' Art*, NY; *Shrishti Art Gallery*, Jubilee Hills, India, *The New York Open Center*, *Baruch Performing Arts Center* with Chitravina Ravikiran, NY; *Islip Art Museum*, NY. Annam is on the Advisory Committee of the *Patchogue Arts Council/MOCA of LI*.



ALLI BERMAN

Alli Berman is an interactive artist creating her interactive *PuzzleArt* to help people examine the endless connections in art and life using elemental artist's tools – color, shape, texture and lines. Berman leads workshops to help people all ages think outside the box while they Connect to Creativity and to others around the world in her unique program. Her *PuzzleArt* has been called Brain Fitness art. Her *PuzzleArt* will soon be used in Asia to help people find new ways to relax and activate their brains in a Hands-On Brain Fitness Initiative.

International *PuzzleArtist* Alli Berman created her interactive *PuzzleArt* concept and developed it into various hands-on brain fitness programs to help others improve their cognitive, creativity, learning and problem-solving skills. Berman collaborated with behavioral optometrist Dr. Susan Fisher to develop the first and only therapy which combines Binocular AND Perceptual Therapy and uses

interactive abstract fine art at its core. The *PuzzleArt Therapy System* is used by vision, occupational and art therapists, neuropsychologists, brain trauma professionals and other specialists in 13 countries.

Berman is an artist, educator, author and lecturer. An educational advisor to *the American Academy for Anti-Aging Medicine* and founder of *Anti-Aging Art*, her art is exhibited in museums, galleries and corporate/private collections worldwide. Author of *Hands-On Brain Fitness*, *Hands-On Brain Fitness for Kids*, and *Adventures with PuzzleArt Alli in 3D!*, her mission is to help millions with her art.



PAIGE PATTERSON

Long Island's own Paige Patterson is proud to make her debut on this panel. Her crowd-pleasing show is called, "Pure Joy With Paige Patterson, Musical Therapy For The Soul". She brings the "American Songbook" to life by renewing your memories of a bygone era, and restoring your faith in the power of music.



EBONY T. NICHOLS

Ebony T. Nichols M.A., R-DMT, CAT-LP is a somatic mental health and wellness practitioner, registered dance/movement psychotherapist, and Creative Arts Therapist (LP). She completed her Bachelor of Arts at The College of New Rochelle in psychology and a Master's degree in Clinical Mental Health Counseling with a specialization in Dance/Movement Therapy at Lesley University. Ebony has experience in partial hospitalization/inpatient psychiatry and mental health care facilities, working with psychotic and behavioral health concerns, and with individuals who are developmentally diverse and experience physical, emotional, and sensory challenges. She has also worked with a non-profit organization in partnership with New York City public schools to develop social-emotional resiliency from an anti-oppressive strength-based lens and has provided services internationally while exploring the dynamics of underrepresented communities. Ebony is the Multicultural and Diversity Committee Chair-Elect for the American Dance/Movement Therapy Association. Her research is rooted in cultural/race identity and trauma-informed care, with plans to complete her Ph.D. in Counseling Psychology.

MODERATOR



KRISTEN MEMOLI

Kristen Memoli resides in Huntington, New York. She is a clinical psychologist by training and a self-taught artist. Kristen is drawn to and inspired by contrast and contradictions. Many of her works explore concepts of light versus dark, life versus decay, and joy versus heartache. She most enjoys abstract, landscape, and urban exploration photography as well as creating multimedia pieces.