

## **Mary Sender, M.A.**

### ***Professor and Program Manager, Art Therapy***

Mary Sender serves as a Professor and Program Manager of the Art Therapy Program at Cuyahoga Community College (Tri-C®). Ms. Sender has been employed at Tri-C since 1989, and has previously served in roles including Director and Program Manager for the Access program for students with disabilities and as an academic counselor. In total, she has more than 20 years of professional experience in academia, public and private organizations.

Prior to joining Tri-C, Ms. Sender served as Health Physical Education and Recreation Director at the Lakewood YMCA, and served as Activity Therapy Director at Northside Hospital in Youngstown where she created a program for the adult, adolescent and rehabilitation units consisting of art therapy, music therapy, physical therapy and movement groups.

Ms. Sender has excellent knowledge of Section 504 of the Rehabilitation Act of 1973, and the Americans with Disabilities Act of 1990, and serves as a national spokesperson for the Learning Disability/Attention Deficit Hyperactivity Disorder (ADHD) population in post-secondary education. She also implemented the College Learning Disability program.

Ms. Sender earned a master's degree in counseling and art therapy from Ursuline College and a bachelor's degree in activity therapy and business with a minor in arts and health from The Ohio State University. She currently serves on the Buckeye Art Therapy Association Board; and, in 2008, served as Chair of Sponsorship for the National American Art Therapy Association Annual Conference. She also provides, reviews and obtains Continuing Education Units (CEU's) for social workers, counselors, nurses, activity therapists, art therapists and other professionals approved by the Ohio Counseling, Social Workers and Marriage and Family Therapy Board.

On a personal note, Ms. Sender is a talented dancer and won a Bronze Medal at the 1984 Olympics in Dance. She also enjoys photography, and some of her pieces are displayed in various art galleries in Ohio.

#### **Speech Topics:**

- **Art Therapy:** Art therapy is a mental health profession in which clients, facilitated by the art therapist, use art media, the creative process, and the resulting artwork to explore their feelings, reconcile emotional conflicts, foster self-awareness, manage behavior and addictions, develop social skills, improve reality orientation, reduce anxiety, and increase self-esteem. Art therapy is widely practiced in a wide variety of settings including hospitals, psychiatric and rehabilitation facilities, wellness centers, forensic institutions, schools, crisis centers, senior communities, private practice, and other clinical and community settings. This speech discusses Art Therapy, and can be customized based upon audience interest.
- **Art Therapy for Older Adults:** Art therapy promotes well-being at any age. It has been shown to have a positive impact on health, cognition, social interaction, stress reduction, confidence, and life's many challenges. This speech discusses art therapy techniques helpful for older adults.
- **Accommodating students with disabilities in post-secondary education**
- **Assistive technology involving students with disabilities**

- **Attention Deficit Disorder (ADD)**
- **Learning Disabilities (LD) and Attention Deficit Hyperactivity Disorder (ADHD)**
- **Rights of People with Disabilities**