

## AATA Featured Member for Feb. 10, 2016

AATA



Sandra Indig, LCSW-R/LP, ATR-BC, recalls attending early NYATA meetings before communications were computerized and cites the AATA Journal, particularly its early articles, as important to feeling connected with the art therapy community. As one in the first group of art therapists to earn their credentials by being grandfathered in during the 80s, Sandra can trace her career through work with varied populations and age groups. When asked about important figures in her life, she casually and genuinely refers to her teacher Edith Kramer as a woman whom Sandra describes as both a “hard act to follow” and a “guiding light.” Her intellectual curiosity about Freud and psychoanalysis as a child were some of the earliest indicators of Sandra’s later career. “I didn’t understand them at first,” she explains, “But I wanted to understand.” Sandra’s connection to art goes even beyond the label of artist or dancer; rather, she views creative expression as inherent to her as breathing. This sense of the body reinforces her belief that art taps into the “nonverbal, the primary expressive route” and informs her current work examining the connection between arts and the brain. She is the Creativity & NeuroPsychoEducation State Chair, NYS Society for Clinical Social Work, and her book, *Image and Word: I and Thou*, is being published by Mindmend Press. Sandra Indig maintains a private practice in New York City and continues to work as an exhibiting artist.

For more formation: [www.sindig.com](http://www.sindig.com), [psych4arts@hotmail.com](mailto:psych4arts@hotmail.com)



*"Raw Silences" by Sandra Indig, acrylic on Cotton Canvas, 40" x 50"*