



AATA Featured Member for Nov. 25, 2015

Sara Windrem, MS, ATR-BC, RMHCI

Sara Windrem, MS, ATR-BC, RMHCI is a Creative Arts Therapist at the West Palm Beach Veterans Affairs (VA) Medical Center and a Registered Mental Health Counselor Intern with the state of Florida. Sara is grateful for AATA's extensive networking opportunities and notes that "AATA is the glue that keeps us all connected!" While an undergraduate student, Sara attended a workshop that featured Bob Ault, a co-founder of the AATA, which inspired her to pursue a master's degree in art therapy. After graduating from Florida State University (FSU), Sara went on to gain experience in a number of different settings, including Bangkok, Thailand where she worked with child victims of trauma. She has served on the Art Therapy Credentials Board's Registration Standards Committee and the International Credentialing Committee. Currently, Sara provides art therapy, yoga, and mindfulness interventions to Veterans and explains that a creative, patient-centered approach has helped to empower the people with whom she works.



"Communication" by Sara Windrem