

Cancer Educational Wellness Series

Program supported by a grant from the Climb for Cancer Foundation.



Amy Bucciarelli, MS, ATR-BC, LMHC

Amy Bucciarelli, MS, ATR-BC, LMHC, is an assistant director of the Center for Arts in Medicine. Amy teaches undergraduate and graduate courses in arts in health at the University of Florida. She has nearly a decade and a half of experience as a board-certified art therapist and licensed mental health counselor. She has been with the UF Arts in Medicine programs for nine years.

Amy's clinical work focuses on child and adolescent mental health, using art therapy in populations with chronic and critical medical issues as well as for those receiving palliative care. She has also worked with people coping with substance abuse issues, eating disorders, psychiatric diagnoses and behavioral health challenges. Amy has published works, presented at international conferences and been featured as a keynote speaker on topics such as art therapy assessments, mandalas in art therapy, the therapeutic use of hand papermaking, technology and art therapy, self-care and burnout prevention and the collaboration of the creative arts therapies and arts in health programs.

Overall, Amy's teaching and clinical work evolves from the belief that creativity is a lifestyle that promotes personal balance and well-being.

Mandalas for Relaxation

Monday, April 26, 2021

1:30 to 2:30 p.m.

Free class series

Mandalas have been instruments for contemplation throughout the world and across time. As a drawing practice, mandalas can enhance focus, bring self-awareness and increase relaxation.

Participants will learn a mandala technique that can fortify resilience and relax the nervous system. All are welcome and no artistic experience or mastery is needed to participate. You will need a blank piece of paper, something circular to trace, such as a coffee cup or bowl-sized object, and a pen. Highlighters, markers and colored pencils are also welcomed.

This educational class is offered to cancer patients, family members and the community to promote health and quality of life. Classes are free and hosted online.

This month, the Cancer Educational Wellness Series presentation will be available ONLINE ONLY.
Visit UFHealth.org/cancer-educational-wellness-series for more information and to join the class via Zoom.



Palliative Care

For more information, please contact Chris Morgan at 352.273.5769 or email at christopher.morgan@medicine.ufl.edu.