The Attachment Network of Connecticut

is pleased to offer the following in-person program:

Art as a Healing Tool: The Beauty of Repair

Friday, May 1, 2026,

9:00: am - 2:30 pm (EST)

Mercy by the Sea, Madison, CT

Please Join Us!

Attachment Network of Connecticut

About this Event

REGISTER

Art as a Healing Tool: The Beauty of Repair

Across cultures and historical periods, artistic practices have served not only as forms of expression, but also as processes of restoration and renewal. This conference explores the idea of art as a medium of repair—a way of responding creatively to rupture, loss, and fragmentation in both individual and collective life. From an attachment-informed perspective, repair is understood as a relational process: a movement from disconnection toward renewed meaning, recognition, and connection.

Art offers a unique space in which experiences that are difficult to articulate can be held, shaped, and transformed. Through image, sound, language, movement, and material form, artistic practices allow what is broken, scattered, or unspoken to be gathered and reworked. In this way, art provides a language for emotional and relational experiences that may lie beyond ordinary words. Within attachment theory, repair does not imply a return to an earlier, unbroken state. Rather, it involves the creative reorganization of experience. Moments of rupture—so central to human development and relationships—can become sites of discovery and transformation when approached with curiosity, imagination, and care. Artistic practices often embody this process: fragments are assembled into new forms, damaged materials are reworked, and new meanings emerge where disruption once stood.

Bringing together scholars, clinicians, and artists from multiple disciplines, this conference invites reflection on the many ways art participates in acts of repair. Through presentations and dialogue, participants will explore how creative practices illuminate the movement from rupture to repair and open new possibilities for connection, resilience, and meaning.

About this Event

Schedule for the Day

8:30 am: Check-in, Coffee/Tea

9:00 am: Introduction & Opening Presentation: Thuan Vu

10:30 am: Break

10:45 am: Workshop Session

12:00 pm: Break

12:15 pm: Lunch

1:15 pm: Panel Discussion

2:15 pm: Wrap up

Event Details:

Friday, May 1, 2026
9:00 am - 2:30 pm (EST),
In-Person Event
Mercy by the Sea, Madison, CT
1.0 CEU Available

To Register for this event, please click the following button:

REGISTER

Keynote Presentation

Thuan Vu: Kintsugi in the New World

This presentation by the painter, Thuan Vu, traces his development as a gay, Vietnamese refugee. Vu's work explores displacement, trauma, and the need to locate an emotional home. Vu's desire for wholeness is mirrored by the Japanese philosophy of Kintsugi, where beauty is found in brokenness and repair.
This presentation will focus on a dynamic series of paintings from artist Thuan Vu. Drawn from both his Kintsugi flower series and The New World series, these paintings explore the Japanese philosophy of placing value on that which has been broken and repaired, whether it be an object, community, or person. His paintings offer a revised sense of wholeness and beauty even in the face of fracture and confusion.

About Thuan Vu.

Thuan Vu was born in Saigon, Vietnam and settled with his family in New Orleans, LA. The recipient of over 40 awards, grants, and fellowships, Thuan exhibits and lectures nationally. Most recently, Thuan's 3-gallery solo exhibition, Kintsugi in the New World, was held at the Lyman Allyn Art Museum in New London, CT (Jan -Mar 2025). His paintings examine constructions of identity and has taken him to Vietnam, France, and Japan to study Vietnamese communities world-wide. Thuan's work has been reviewed and featured in many publications including The New York Times, The New Haven Register, The New Delta Review, and TheConnecticut Review. In 2020, he was the sole painter to receive the Artistic Excellence Award from the Connecticut Office of the Arts. In 2021, Connecticut Magazine named him as one of the 5 Emerging Artists to Watch. Thuan's upcoming solos shows include the Zillman Art Museum in Bangor, Maine in the Summer of 2026; and at the gallery, Lost in Composition, in Seattle, WA in March of 2027. Thuan resides in New Haven, CT and has been a Professor of Art at Southern Connecticut State University for the past 26 years.
For more information on Thuan: https://www.thuanvu.com/

Workshop A: How a Daily Practice Can Keep Meaning-Making Close

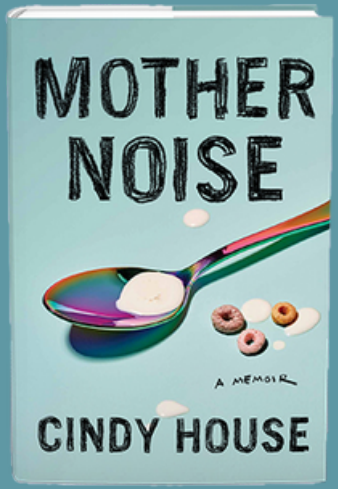
About this Workshop

This is a seminar about ways we can commit to stepping into our own creativity for as little as five minutes a day as a way of finding meaning and joy during difficult times. Everyone has an artist inside- but how many of us actively engage with that part of ourselves? Discover your own inner artist through prompts and discussion in this seminar.

About Cindy House.

Cindy House is the author of the memoir Mother Noise (Scribner/Marysue Rucci Books), and her essays and short fiction have appeared in Passengers Journal, Lily Poetry Review, Wig Leaf, Solstice Literary Magazine, Longleaf Review, and So To Speak, among others. She is a humorist who opens regularly for David Sedaris at Kennedy Center, Symphony Hall, and The Town Hall in New York, among others. She attended the School of the Art Institute in Chicago and holds an MFA in Fiction from Lesley University. teaches in the Lesley University MFA program, at Gotham Writers Workshop, and runs a Sunday morning Resistance Writing group. She is currently working on her second book.

For more information on Cindy: https://cindyhouse.substack.com/p/who-do-you-write-for

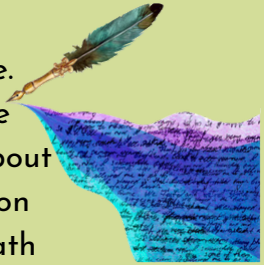


Workshop B: Poetry as Portal for Rupture & Repair

"At the end of my suffering/there was a door"

In her poem "The Wild Iris" (1992), Louise Glück uses metaphor and symbol to show how rupture can lead to repair, paralleling Safran & Muran's (2003) view that ruptures in therapy can be transformative. Poetry has the power to help us change our perspective, as well as show us a path for renewal. Not only can the content of a poem itself illustrate this process, what it does to us subjectively and emotionally can take us to a new level of experience. By examining rupture and repair in the poems of some contemporary poets, as well as engaging in writing exercises that mirror these themes, we will see how this process can unfold for each of us. No prior writing experience required, just curiosity and a willingness to explore how poetry can illuminate your own experience of rupture and repair. Please bring a notebook and pen/pencil.

About Donna H. DiCello.



Donna H. DiCello, Psy.D. is a clinical psychologist retired from full-time clinical practice. She has had poems published in a variety of literary journals and was a Pushcart Prize and Best of the Net nominee for poetry. She presents on and has co-authored work about the interface between poetry and psychoanalysis. She has also co-authored a non-fiction release with New Harbinger/Impact Publishers, Inc. titled Daughters, Dads, and the Path through Grief: Tales from Italian America. She is a graduate of the New Directions in Writing program at the Washington Baltimore Center for Psychoanalysis where she remains an active alum.

Workshop C: Creativity & Connection to Self

Most of us have some ruptures to our sense of our own creativity. A teacher who asked us not to sing aloud in the chorus, someone who told us we were not good at drawing, that we were clumsy.

In this workshop we will explore these ruptures and engage in activities to rediscover the creativity in each of us. This creativity is not about skill in singing, dancing, drawing, writing, but rather related to play, experimentation and putting judgment in the deep freeze so we can be free to do so.

As we look at the ruptures to our sense of our own creativity we will also explore how this relates to other ruptures and repair. When we are centered in ourselves and connected to the authentic creativity we all have we can work the ruptures in other areas of life with more energy and compassion for self and others.

Come prepared to play with words, art, movement, drama and more. No skill needed!

About Janet Brodie.

I grew up studying ballet seriously and then quitting and going to college where I wound up majoring in modern dance. After college I spent a year and half as a New Haven CETA City Performing Artist and discovered dance therapy. I received a most creative education at Antioch/ New England Graduate School. I have worked for many years as a creative arts therapist and a group therapist at the Hospital of Saint Raphael and Yale New Haven Hospital. I am also a papercrafter. All these interests and work have given me a deep belief in the creativity in each of us and in the healing power of creative work and play.

Workshop D: Art & Soul Workshop

Join Cindy Lutz Kornet as she shares her love and passion for the creative process. Cindy teaches with enthusiasm, humor and a sincere desire to empower her students. This workshop will include a small journal to sketch in, doodle, and jot notes in. You will have the opportunity to respond to questions Cindy will pose for thoughtful expression. You will also be prompted to design and color your own unique cover. You will have a memory piece to take home and continue to embellish and use for further growth.

About Cindy Lutz-Kornet

Cindy has been an art educator for many years and has exhibited her work in varied settings. She currently has a painting featured in the Manhattan Arts International, NYC, The Healing Power of Arts and Artists current online exhibition: "The Healing Power of Color", and has a large collection of work on exhibition at the Springfield JCC, and was previously featured in their 2024 exhibition: The Healing Power of Art: Love, Peace, Unity, & Hope. She received an Honorable mention as an emerging artist in the Rockport, MA exhibit in 2023. Cindy recently self published a beautiful, creative adult coloring book using right brain techniques: such as symmetry, zentangling, and neuro line drawing. She has used word associations with affirmations and brain spotting meditation prior to creating each drawing.

Artist's Statement.

My art represents the way I see and feel in the physical world. I employ mixed media techniques including encaustic, inks, collage, and calligraphy. The versatility of each medium becomes a synergistic whole once combined! My many years of teaching experience and early crafts background provide me with a tool kit and skill set for calls to art. My pieces evolve. I choose materials, but don't have a full plan in mind. I live by the premise that we are spiritual beings having a human experience. My main reason for art is self-expression, of course. On a deeper level, it is to share what gifts I have been given, to inspire, help heal, uplift and give hope to those who will come in contact with it. For I understand my soul's purpose is to serve and help make the world a better place, one loving and creative effort at a time.

I teach the creative process as a healing vehicle and roadmap for healthy expression. My objective is to create art that is hopeful, uplifting, inspires courage and even Joy. For more information about Cindy:

https://www.artandsoulofcindylutzkornet.com

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For more information about ANCT, please visit our website at :
https://www.attachmentnetworkofconnecticut.com

Artwork Credit: Roadmap for Life, 2026
Cindy Lutz Kornet

Kintsugi: Arrangement no. 1, 2024;
Oil on aluminum panel, 48" diameter
Thuan Vu, Courtesy of the Artist
Photo credit: Isabel Chenoweth