

ART THERAPIST

Newsletter of the BC Art Therapy Association **bc
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Volume 20 Issue 4

December 1998 - January 1999



Long-Distance Computer Art Therapy

By Ruth Violet, RCAT, ATR



I want to tell you about a research study that I participated in last April. The goal of the study was to help develop ways of making counselling services more accessible, especially to people who are limited in their ability to travel to receive counselling. I was part of a team who tried out a computer system that allowed art therapy to be conducted at a distance. The computer system was set up in several rooms in the new Computer Science building at UBC. We took part in two sessions of simulated long-distance group art therapy and were asked to evaluate the system after each session.

This test of the computer system with several diverse groups was the first phase of a MA Thesis Project by Kate Collie, Department of Counselling Psychology and Davor Cubranic, Media and Graphics Interdisciplinary Centre, UBC. Kate

says, "It is a response to cyber-counselling," long distance counselling conducted over the Internet. Cybercounselling is expanding rapidly, even though there has been very little research about it." She is an artist herself. She reminded me that the definition of art therapy as it was used in this study is the same as used in counselling (to enhance and add to communication), not as we art therapists define art therapy which is not a part of counselling.

The results of the evaluation were categorized into six main issues:

- 1 Technical Issues (e.g. technical problems and access to adequate hardware)
- 2 Using the System (e.g. protocols for using the system and protecting clients' safety)
- 3 Advantages (e.g. sense of

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President's Report

Kathleen G. Collis, Ph.D., ATR, BCATR

Welcome to the New Year, and best wishes to you all!

I wish to thank the executive for the hard work and energy that has been focused on the BCATA agenda since the Annual General Meeting. We have managed to accomplish much of what we had hoped, and are continually generating new ideas and possibilities.

Membership has increased, the insurance packages have been expanded to give more coverage, executive members are fully insured, there is renewed energy and excitement within the executive particularly in acknowledging the increased interest in art therapy from the various community groups, individuals and agencies. This renewed interest has been in large part due to the Professional Development Workshops that take place every month.

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- privacy and decreased inhibition about art making)
- 4 Disadvantages (e.g. lack of shared physical presence)
 - 5 Clients Who Might Benefit (people with disabilities and people in remote locations)
 - 6 Larger Issues (e.g. the trend toward computerization and new counselling paradigms)

The report outlining the results of the study elaborated on three categories of issues:

- a those that seemed particularly important (e.g. problems associated with technical failure and lack of shared physical presence)
- b those not discussed at length in existing literature (e.g. clients' sense of control and sense of connectedness with the group and awareness of other group members)
- c those for which the team could not easily imagine solutions (e.g. time, expense, and effort required for preparation, orientation and set-up)

Not included in the report were issues specific to art therapy or technical issues particular to that system. Further information on those areas are available from Kate. My personal response to the experience was positive. I had a lot of fun and was impressed with the caring, sensitive and professional way it was handled. The group I was in had diverse backgrounds including a person with a disability, a counsellor who had used the Internet for sessions, other therapists and just some regular "people". We were carefully informed and facilitated all the way through the sessions.

It was clear that it was not easy to manage some of the technical difficulties. During the group session in art therapy (I was alone in an office), I thought the group was in silence making art so I continued to do the same. It went on and on and on! Soon I began to wonder why no one was saying anything but I continued making art anyway. I was

enjoying playing with the computer. It wasn't long before Davor was knocking at the door of the office telling me that I was disconnected and had missed some of the session!

Mostly, the sessions were very carefully organized and efficiently carried out. There was plenty of time for feedback at all times. Davor and Kate were extremely knowledgeable and sensitive about art therapy. I felt that any concern that I had as an art therapist was heard, responded to and noted in the results. It is exciting to think of the possibilities in this area! If you are interested in more detailed results or want to contact Kate for any other reason her phone number is (604) 222-1219.

Ruth Violet, ATR, is a graduate of SFU and VATI. She is a professional public school teacher, a Registered Canadian Art Therapist and a Professional Member of BCATA. Expert area: kids, especially those with special needs. Ruth will do a supervision group this spring with art therapists who are working with children.



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President's Report Cont'd

The Membership Directory has been completed and mailed to the membership and will continue to be updated on a yearly basis. Brochures have been sent out and are in continuous demand. Negotiations are ongoing with the Alberta Coalition of Art Therapists. I have had a meeting and discussions with Lucille Proulx, President of the Quebec Art Therapy Association, and together we are looking at ways that we can support and strengthen the provincial/national representation of art therapy and its therapeutic potential in Canada. We are also in discussion/negotiation with the American Art Therapy Association (AATA) in order to strengthen our ties with them through some form of association or affiliation. Interest is high! I will be

contacting other associations as well.

The BCATA Code of Ethics has become a very important document, particularly during our negotiations as members of the Task Group for the Regulation of Counselling. A joint response to an earlier Discussion Paper on the Regulation of Counselling has been prepared by this Task Group and submitted to the Ministry of Health by representatives from seven different counselling and psychotherapy organizations from Provincial Associations and Provincial Chapters who met during October and November of 1998. Llona O'Gorman and I attended as BCATA reps and will be preparing a lengthier report of the core beliefs and proposed regulatory model for the next newsletter.

Please feel free to contact your executive for suggestions, concerns, or for information. We welcome your involvement! If you wish to offer time, energy and insight as a committee member to your Association, we would be very happy.

SOMETHING

SOMETHING

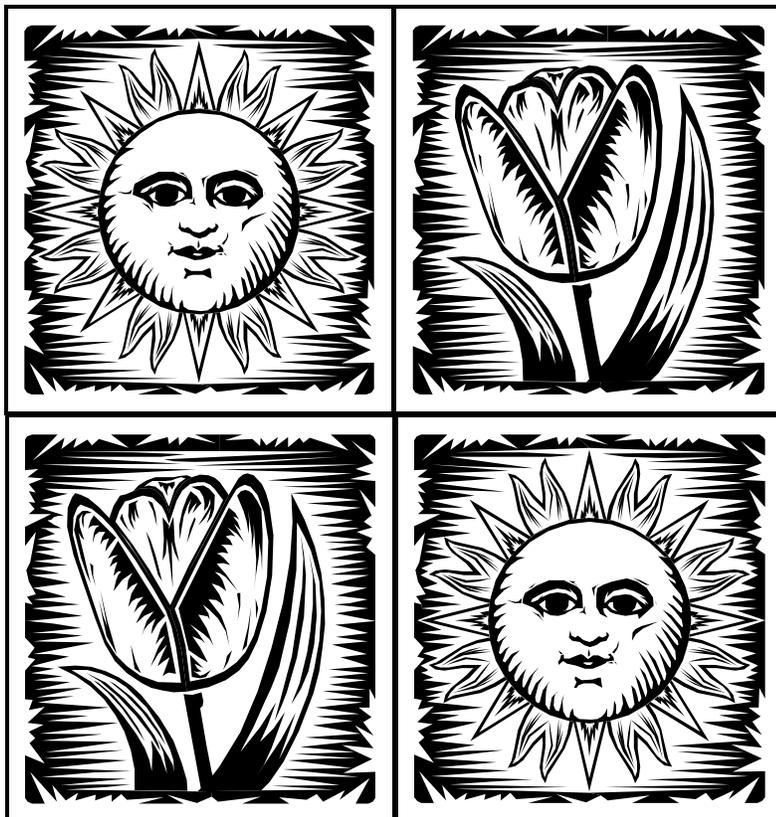
Exploring Books and Ideas with Llona O'Gorman

Unfortunately, Llona was unable to do a book review for this issue of *Art Therapist*, the newsletter of the BC Art Therapy Association. She will, however, be returning in the next issue with more insights and reading suggestions.

We would welcome reviews by other members who have come across interesting books pertinent to the art therapy profession. If you are interested in writing a review, please contact either Llona O'Gorman or Virginia Ise (contact numbers on the back page masthead.)



BC Art Therapy Association Conference 1999



May 28, 29, 30, 1999

**Vancouver Aboriginal
Friendship Centre Society**

1607 E. Hastings Street
(at Commercial)
Vancouver BC

We invite you to participate in our Spring 1999 BCATA Conference on Art Therapy. We are seeking proposals for workshops, presentations or exhibits that reflect issues that are unique to our personal, professional, or creative experience as art therapists.

We are also seeking volunteers to help with this exciting event as well as a

Keynote Speaker.

Please send your ideas, proposals, and suggestions to:

BCATA Conference
#101-1001 West Broadway
Department 123
Vancouver BC V6H 4E4
(604) 878-6393

**We look forward to
hearing from you!**

From the Ethics Chair



By Monica Franz, BCATR, RCAT,
Ethics Co-Chair

As membership in the Association in all categories is steadily growing and our involvement in providing professional development in the mental health care community increases, the possibility for ethical issues to arise increases proportionately.

Thus, as an Executive, we felt it was critical to the trust of the membership in the integrity of the ethics represented by the Ethics Chair and Committee, that the position of Co-Chair be created to ensure that potential situations of conflict of interest or bias are avoided. I would, therefore, like to extend a warm welcome to Sandy McCartie, recently appointed by the Executive as Ethics Co-Chair for the Association.

Sandy has recently graduated from the V.A..T.I. and is in the process of starting a private practice in White Rock. Her service on the Executive for the last year as Student Representative was greatly valued. She brings to this position extensive social services and mental health care skill and knowledge, most recently from her long term work experience with the BC Association for Community Living, and we feel fortunate to have her on board. Welcome Sandy!

Another recent development is that all members of the Executive, including all committee members, are now covered by Directors' and Officers' Insurance, thereby providing extensive protection from legal liability.

The benefit to the Association and its members is that the Association can avoid a potential

financial crisis in the event of a serious directors' and officers' claim. Also, the Association and its directors and officers are provided with access to lawyers experienced in the complexities of directors' and officers' litigation. I regard this as a tremendous step forward in the Association's membership services and, hopefully, will remove a possible disincentive to becoming involved in the Association on an Executive level.

In closing, I look forward to the new year with enthusiasm and renewed commitment to the collective aims of the Association. I invite those members interested in

Professional Development Workshop Committee

The recent series of Professional Development Workshops has been a huge success. If you would like to become a part of the planning committee, now is the time to volunteer your time, thoughts, and creativity. Please call Cynthia Farnsworth for more information

Membership Reminder

Hi everyone, Michelle here, your new membership chairperson. I hope that your 1998 holiday season was fun and your year successful.

Membership renewal notices will go out February 15, 1999. Look for yours in the mail. April 30, 1999 is the deadline for your membership renewal.

We look forward to your participation in the upcoming year of events. Thank You and Have a Great Year.

Announcements

New Interim Webmaster

Sophia Kelly, the creator of the BC Art Therapy Association Website (www.arttherapy.bc.ca), has resigned her position as Webmaster. We wish to extend our thanks and appreciation for her dedication, creativity, and extreme patience with those of us who are somewhat less than Web literate. We wish her all the best in her future projects.

We are currently seeking someone to take over the role of Webmaster. Until that post is filled, however, we are delighted to have Jack Vickery, from Vickery and Mathews Computer Consulting, as our interim Webmaster. We wish to express our gratitude to Jack for volunteering his time and talent to our association. To post information, announcements, or updates to the Website, contact Jack at (604) 667-7049. Jack has been kind enough to offer a small discount to BCATA members in need of computer consulting.

To apply for the position of Webmaster, please contact the BCATA for more information.

Administrative Assistant Leaves BCATA

Sue Manley, who has acted as the BCATA's Administrative Assistant, has recently resigned her post. We will greatly miss her contribution to the smooth running of our association. Her competence, precision, reliability, and outstanding organizational skills provided a solid framework for the association's day to day functioning. We would like to extend our thanks and best wishes to Sue for her involvement with the BCATA.

We are currently seeking someone to fill the position of Administrative Assistant. Any inquiries regarding this position

Professional Development Workshops

Workshop Reviews

By Bev Capper, DVATI

Traumatic Stress and Art Therapy. Facilitated by Marga Hanna, M.A., A.T.R., R.C.C.

As art therapists, we often engage with clients who have experienced traumatic stress in their lives. Marga's sensitive and thorough approach to this subject allowed us an opportunity to gain increased understanding of the complexities in working with these individuals.

After introductions and a short experiential experience, Marga began her workshop with an overview of art therapy. She gave clear definitions of temporary stress and traumatic stress. Marga then proceeded to describe the aim of therapy, symptoms, treatment, and art therapy interventions with traumatized clients. She demonstrated through slides examples of artwork showing an individual's progress through to the creative level. Marga's clear description of the assessment process and specific art therapy interventions gave participants in the workshop a good overview of traumatic stress and a basis for further exploration of this large subject.

Narrative Approaches in Art Therapy and Sandplay. Facilitated by Pat Roles MSW, BCATR.

Pat brought her extensive experience as an art therapist and social worker with children, adolescents and their families to this first workshop of 1999. She focussed on non-traditional approaches to sandplay and art therapy incorporating narrative ideas. Pat's concise descriptions and case examples, shown through slides and overhead, offered participants

different approaches to be taken with families experiencing a child with eating disorders.

Pat emphasized the narrative approach that encourages externalization of the problem, rather than seeing the person as the problem. With this externalizing approach, possibilities are opened for an empowering relationship between the person and the problem. This approach stimulated many questions and much interest. The experiential portion in art and sandplay were particularly helpful in demonstrating

Up-Coming Workshops

February 6, 1999

Art Therapy Private Practice

Facilitated by Monica Franz, BCATR, RCAT.

This workshop will introduce a range of topics for those either interested in beginning a private practice or in "fine tuning" the business aspect of their existing practice. Some of the topics covered will be: marketing and networking, business plans, fee management, accounting and tax management, legal issues, liability, and business ethical considerations. A bibliography, resource list, and sample forms will be provided. There will be opportunity for questions and discussion.

Monica Franz is a registered art therapist who has been in private practice for 9 years. Monica teaches at the Justice Institute on small business, ethics, and art therapy.

March 6, 1999

Listen to the Children

Facilitated by Shannon Courchene, B. Ed.

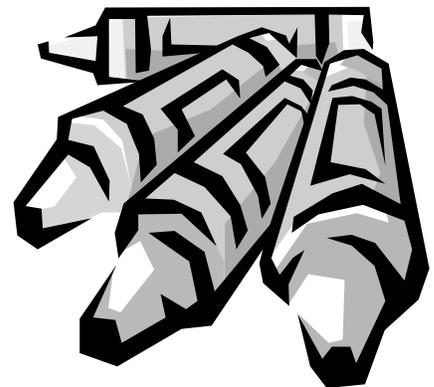
First Nations children are often misunderstood due to a difference in culture and the culture of their lifestyle. They feel less than "adequate" because they compare themselves to what they think they should be and do not like themselves for who they are. Their lifestyle needs to be validated and acknowledged. The art speaks for itself. When the children are listened to, they find their voice. The art gives them a safe place to begin this process.

My name is Shannon and I am in the process of becoming an Art Therapist—thesis pending. My background allows me to be respectful to the children and the culture in which they live. I look forward to sharing some time with you and talking more in person about this knowledge that I have learned. "Respect the children for the story they tell. Listen to the words and the art that they shared with me. Kind thoughts and open mind be yours today."

April 3, 1999

New Directions in Research in Art Therapy

This workshop will highlight new research in the field of art therapy in BC. There will be 4 presentations, each approximately 45 minutes in length. A list of topics and presenters will be available in February 1999.



BCATA EXECUTIVE COMMITTEE

ELECTED MEMBERS

President:

Kathleen Collis, PhD, ATR (250) 592-6572

Vice President and Co-Ethics Chair:

Monica Franz, BCATR, RCAT (604) 732-3220

Registration Chair:

Llona O'Gorman, Dip. Ath, BCATR
(250) 472-0549

Treasurer:

Harry Carr, DVATI, RCAT (604) 513-1698

Public Liason:

Lynda Boyd, BGS (Psych), ATR, BCATR
(250) 246-0913

Recording Secretary:

Marga Hanna, BCATR, ATR (604) 605-7008

Membership Chair:

Michelle Oucharek-Deo, DVATI
(604) 873-3435

APPOINTED MEMBERS

Co-Ethics Chair

Sandie McCartie (604) 535-2877

Webmaster

Jack Vickery Interim Webmaster)
(604) 667-7049

Newsletter Editor

Virginia R.S. Ise, DVATI (604) 733-9221

Prof. Development Workshop

Coordinator

Cynthia Farnsworth, DVATI
(604) 618-8035

STUDENT REPRESENTATIVES

BC School of AT Jose Marcil

MAILING ADDRESSES

BCATA
101-1001 W. Broadway Dept 123
Vancouver BC V6H 4E4 (604) 878-6393

THE ADLER SCHOOL OF
PROFESSIONAL PSYCHOLOGY
#101-1193 Kingsway
Vancouver BC V5V 3C9 (604) 874-4614

BC SCHOOL OF ART THERAPY
1941 Lee Avenue
Victoria BC V8R 4W9 (250) 598-6434

KUTENAI ART THERAPY
INSTITUTE
#2A - 601 Front Street
Nelson BC V1L 4B6 (250) 352-2264

VANCOUVER ART THERAPY
INSTITUTE
350 - 1425 Marine Drive West
West Vancouver BC V7T 1B9
(604) 926-9381

CLASSIFIEDS

BC School of Art Therapy Short Courses in Art Therapy and Professional Development

Drawing From Dreams

Instructor: Janet Oakes, BA, Dip.ATh.
February 5, 6, 7, 1999
Fri 6:30-9:30, Sat 9:30-4:30, Sun 10-2:00
Fee: \$200.00, Credit: 0.5 unit

Introducing the Peace Dialogue to the Art Therapeutic Process: Toward Empowering the Client

Instructor: Monica Franz, BA, RCAT,
BCATR
April 29, 30, 1999,
Mon and Tues 9:00-4:30
Fee: \$200.00, Credit: 0.5 unit

Introduction to Psychosynthesis and Art Therapy

Instructor: Mary Jane Wilson, MA, Cert.
A.Th, Cert. Psychosynthesis
March 13, 14, 1999
Sat and Sun 9:00-4:40
Fee: \$200.00, Credit: 0.5 unit

The Role of Storymaking and Puppetry in Psychotherapy

Instructor: Linda McLagan, MA, Dip.D.Th
May 19, 20, 21, 1999
Wed 6:00-9:00, Thurs and Fri 10:00-
12:00 and 1:00-4:00
Fee: \$200.00, Credit: 0.5 unit

These courses are located at:
The BC School of Art Therapy
1941 Lee Avenue, Victoria BC
For course descriptions and information
about the school please call:
(250) 598-6434, fax (250) 598-6449

Applications for Registration Packages

Available from: Llona O'Gorman
Chair Registration Committee
2904 Phyllis Street
Victoria BC V8N 1Y9
(250) 472-0549
Submission Deadlines:
April 30, August 31, December 31.

To place an ad or submit an article, please
contact a member of the newsletter
committee: Virginia Ise, vrsi@home.net

Business Card \$15.00
¼ page \$30.00
Inserts \$50.00

CANADIAN ASSOCIATION FOR MUSIC THERAPY MUSIC THERAPY CONFERENCE

MAY 13-15, 1999.

TUNING into HEALTH:
THEME and VARIATION

For Information and Registration
Please Contact: Stephen Williams,
Conference Coordinator
Tel(604)990-7850
Fax (604)983-7559
mtconf99@capcollege.bc.ca

Positions Available

The BCATA is looking for
creative and enthusiastic members
(or non-members) to fill the
following positions:

Webmaster

We encourage non-Vancouver based
members to apply (There are no
ferries involved when travelling in
cyberspace!) Contact the BCATA
for more information: (604) 878-
6393

Newsletter Committee

A chance to reach out to the the art
therapy community. Don't worry if
you can't spell! Contact Virginia for
more information: (604) 733-9221

BCATA Membership

To become a member of the BCATA
please contact our main office. Fees
are due on April 30th annually.

Registered Member \$100.00
Professional Member \$100.00
Associate Member \$50.00
Student Member \$20.00

We welcome your ideas and feedback.

Visit us at our Website: www.arttherapy.bc.ca e-mail: info@arttherapy.bc.ca