

ART THERAPIST

Newsletter of the BC Art Therapy Association

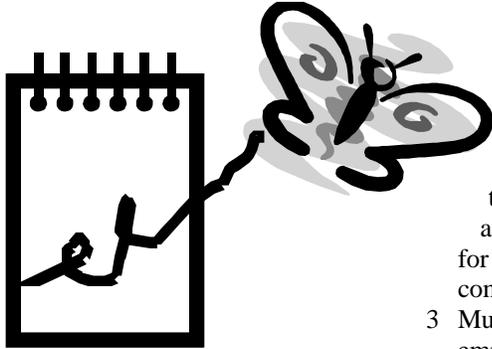


Volume 21 Issue 2

July 1999



President's Report



I wish to thank those who have contributed valuable time and energy to the successful 21st AGM of the BCATA. We had a very good turnout and an energenic meeting. The potluck was excellent. Thank you all!

The Annual BCATA Conference is being co-sponsored with the Kutenai Art Therapy Institute, and we are anticipating a large attendance. Monica Carpendale and KATI are injecting major effort and energy into this conference and it will be a good one. Hope to see you all there!

The achievements of the BCATA throughout this last year have been significant. First I wish to give thanks to an excellent and hard working executive. It has been a pleasure attending the meetings with such committed, dedicated and creative people.

Progress report

- 1 There is ongoing work on the Alberta Art Therapy Coalition affiliation process, and we will inform the membership of the final proposal.
- 2 There has been an increase in

membership, and an ongoing reworking of the membership standards in accordance with the BCATA Training Guidelines. (Thanks to Michelle Oucharek-Deo, her astute assessments and requests for the need for clarity in this complex area.)

- 3 Much work has been done in emphasizing our place in the Community. Some examples are:
 - a The Directory and the revamped Brochures and their distribution. These efforts have significantly increased our presence in the community. The work is ongoing.
 - b Marketing is a continuous effort and I particularly thank Monica Franz for her networking ability, as well as Cynthia Farnsworth for the excellent work she has provided with the Professional Development Workshops. These have been more than successful.
 - c We have increased our presence to other associations and agencies through our Newsletter. Many thanks to Virginia Ise for the quality of work and expertise she has shown as the Editor. We are very sorry she will not be continuing in that capacity after the summer. Many thanks and good wishes.
 - d The BCATA will now be listed in the BC Medical Directory.
- 4 Expanded membership packages have been negotiated with

Seabury and Smith, which now includes an office policy.

- 5 We are continuing to enrich our involvement and increase our presence with other provincial associations (e.g., Ontario, Quebec, Alberta) as well as the American Art Therapy Association.
- 6 The Task Group on Counsellor Regulation (Llona O'Gorman and Kay Collis represent the BCATA) which has been meeting for the past year, has completed the final proposal for a College of Counsellors and Psychotherapists. This document has now been forwarded to the Director of Legislation and Professional Regulation within the Ministry of Health. More on this in the next Newsletter.
- 7 We are reviewing the BCATA Training and Education Standards that are presently in place, and the expectations and requirements that potential members will be

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Announcements

Membership Corner

For those BCATA Members who have not paid their membership dues for the 1999-2000 Membership year, your name will be taken off the active mailing list after this mail out of the summer newsletter. Please send your membership fees, renewal notice and any updated directory

information or website authorization to:

Michelle Oucharek-Deo
Membership Chair
#417-281 Holdom Ave. Burnaby
BC V5B 3T9

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

Thank you to everyone in our Association. I look forward to hearing from anyone who might have questions or inquiries about membership.

Michelle Oucharek-Deo, BFA, BCATR
Membership Chair

New Editor and Committee

Llona O'Gorman has agreed to take on the editorship of *Art Therapist, the Newsletter of the BCATA*. She will be joined by Newsletter Committee members Heather Miller and Eve Stocker.

Llona has had many years of experience as a writer and has worked on both magazines and newsletters. She is an Honorary Life Member of the BCATA. I welcome her to this new position and wish her all the best. Her wit, intelligence, and years of experience as an Art Therapist will greatly contribute to the depth and focus of the newsletter.

I wish to thank Marga Hanna and Cynthia Farnsworth for their support, time, and hard work. I also wish to thank Sue Manly, our Administrative Assistant, for supplying me with wonderful suggestions and advice, as well as mailing labels!

A final word of thanks to the entire membership. Whether you contributed to the newsletter as writers, readers, or promoters, your participation was, and continues to be, invaluable.

Virginia R.S. Ise, DVATI
Editor of *Art Therapist*



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expected to meet within the various membership categories.

These standards are particular to

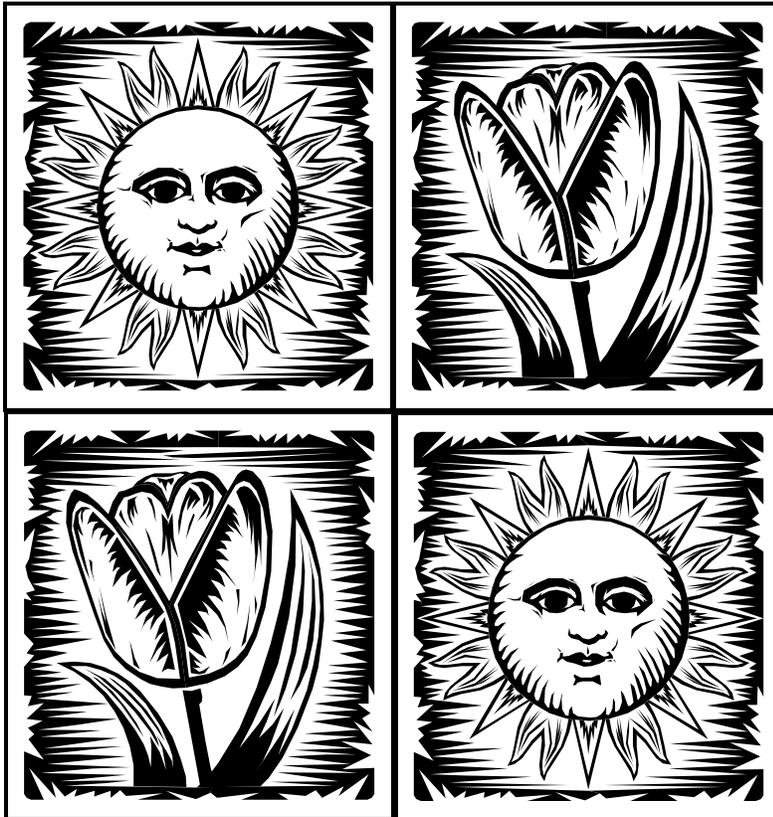
President's Report Cont'd

B.C. and will apply to the graduates of the existing B.C. Training Schools, Programs, and Institutes, as well as those graduates from other training programs in Canada and the US. A Committee will be put in place to consider present and future expectations. The above is particularly important in view of the negotiations around the proposed College of Counsellors

and Psychotherapists.

- 8 We are reviewing the possibility of a training period for those members wishing to take on BCATA Executive roles. A number of the executive will have fulfilled their two year commitment and are not considering running again. We feel that this type of training will be valuable for the younger or new executive. Another consideration was to have an "experienced" advisory board in place as backup to the new executive, consisting of those who have held executive position and would be available.
- 9 Monica Franz has done excellent work in securing Directors' liability insurance for all of the executive, including elected and appointed, which should provide even more incentive for those who wish to run for office.
- 10 We are honouring two Honorary Life Members (HLM) at this AGM, Llona O'Gorman who has quietly and without question given so much to this Association over the years. She has always been involved in the Association, in many capacities including President, and we are deeply grateful for her presence. Her expertise and astute observations have kept us on track. Thank you for your work and the many extras! The other recipient is Marie Jose Dhaese who has given the BCATA and the profession of art therapy incredible exposure within the community, and provided, by personal example, excellent training and support for students and professional art therapists. Thank you!
- 11 Again, many thanks to the present executive, Harry Carr for his work as treasurer, Lynda Boyd for being such a reliable and committed Public Liaison, Marga Hanna as Secretary, Sandy McCartie as Ethics Co-Chair, and Sue Manley as able Admin Assistant and Webmaster,





From the
**Ethics
Chair**



BCATA AGM May 30, 1999

As Ethics Co-chair, I'd like to open with welcoming Sandy McCartie as the other Co-Chair, a position the Executive created this year to both minimize the possibility of conflict of interest or dual relationship in the resolution of any ethical issue as well as provide another perspective within the process of resolving ethical issues. It is our intention that this position will be a permanent part of the Executive committee. I would also like to extend a warm thank you to all those who contributed their ideas, time, and energy to the work on the Ethics Committee, most notably Marga Hanna, Colleen Gold and Sharon Skyward. I would also like to thank all of you from among our membership who have called or wrote me during the year with feedback, suggestions, information, and topics for discussion in the realm of ethics. It's been a very interesting year!

The scope of ethics issues that were brought to our attention this year reflects the increasingly complex nature of our professional experience, both as individuals and as a community. There were six significant ethics issues worthy of note and therefore documented in our files:

- 1 The issue of alleged professional misconduct: it was determined by the committee that there was no discernible professional misconduct as defined by the Ethics Code as the issue was understood to be primarily one of the quality of therapeutic practice. The committee was

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Art Therapy in a Changing World

A Conference co-sponsored by the Kutenai Art Therapy Institute and the BCATA

August 27, 28 & 29, 1999

In Nelson BC

For information contact:

Kutenai Art Therapy Institute Association
#2A-601 Front Street
Nelson BC V1L 4B6
(250) 352-2264 or 354-4747
Fax (250) 352-5911

Brochures available

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satisfied that the accused member had taken full responsibility in addressing the issue by having taken, previous to

Ethics Chair Cont'd

the complaint having been submitted, what would have been the recommended remedial action in the form of receiving clinical supervision specifically for this issue.

- 2 The issue of determining fees for contractual art therapy services in a context wherein the fees of most employees are determined by union rates: the essential ethical question here was whether the BCATA establishes or merely recommends fees. The committee supported the art therapist's perception that the fee they establish for services in this context would be primarily determined by the context of employment standards and only secondarily informed by the fee recommendations of the Association.
- 3 The issue of an art therapy student extending her contact with a client with whom she initially worked in a practicum context to working with in the context of private practice. The committee agreed that the student would be able to work with the client with the proviso that she purchase errors and omissions insurance and clarify in writing the altered contractual arrangements with the client.
- 4 The issue of the duty to report sexual misconduct arose in the case of an art therapist being informed by her adult client that she had experienced sexual misconduct by a previous therapist (not an art therapist) whose name she disclosed in session with the art therapist. The essential issue here was duty to report. However, it was determined that this information was alleged only and could potentially place the art therapist at risk for slander and / or

defamation of character. She was encouraged to support her client to seek out her own legal counsel.

- 5 The issue of including one's academic qualifications on promotional materials has been somewhat less prevalent than in previous years: it is the committee's policy to simply call the art therapist in question to remind them of the recent change to the Ethics Code. There has also been two inquiries regarding the use of the word 'certified' in reference to art therapist: it remains a meaningless designation of professional status (as there is no certification process at this point) and we encourage our membership to discontinue its use due to its potential for confusion and misrepresentation.
- 6 The issue of faxing and e-mailing confidential client files, including scanned client art. This, among other, less formal, inquiries regarding the ethical use of computer technology prompted the creation of an ethics ad hoc committee organized specifically to research guidelines for the professional art therapeutic use of computer and other technologies. We hope to complete the first draft of these guidelines later this year and look forward to your feedback.
- 7 In my capacity as Vice-president, I would like to close with saying that, as the Association seeks to provide more comprehensive services to its members and given the increased complexity of professional and ethical issues that challenge us as Art Therapists, we, as an Association, very much need full participation



SOMETHING OLD

SOMETHING NEW

THE HEART'S CODE, Paul Pearsall, PhD, Broadway Books, New York, 1998, 288 pages

Each of us who has worked in the field of therapy is keenly aware of the import of body memories which apparently are stored in the cells. In *THE HEART'S CODE*, Paul Pearsall goes a step further and argues that the heart stores energy and is in itself a powerful and complex information centre which basically comprises the essence of who we are. Since reading this book I have read several other articles addressing the same belief. It seems we are about to take another leap in awareness around the complexity and awesomeness of this container called body/mind/soul/heart.

In the foreword to this book two scientists have this to say about Paul Pearsall's book: "Our ancestors knew that the heart had energy—a powerful energy—and that it conveyed deep wisdom. However, as the human species developed its brain it began to lose sight of its heart. At this point in history as we venture into space, create global communications, and invent all sorts of technological tools and toys, we are poised to destroy ourselves, our children, and everything around us. Have we simply lost our minds, or have we lost something deeper? Have we lost our hearts?" In 1993, these two scientists began researching "energy cardiology" using the simplest ideas in physics and cardiology which resulted in an "explosion of testable predictions" which they consider could change forever the way we view the human heart and hearts in general—"the coded pulsations emanating throughout the cosmos that give frequency

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Heart's Code Cont'd

and form to the universe." In other words, we're onto something BIG!

Although his theory is about something which occurs at a universal level, the application is to the individual. Paul Pearsall is a psychoneuroimmunologist, with a considerable background in modern physics, psychophysiology and cardiology. He has worked for the past twenty years with transplant patients which is where the inspiration for this research originated. He himself is a transplant recipient and it was while he was sojourning in the hospital ward in the 1970s, awaiting a donor for a bone marrow transplant, that he tuned into the stories of other transplant recipients, notably heart transplants. He believes that "This heart's code is recorded and remembered in every cell in the body as an informational template of the soul, constantly resonating within and from us, sent forth from our heart." It is, he proposes, what the ancient healers have taught for centuries, "the energy of the human spirit and the coded information that is the human soul."

There were times when reading this book that I felt his reach was greater than mine, that I really couldn't go there with him. However, I agreed to do as he has done, be willing to explore the possibility and allow future scientists to fill in the details. Pearsall aptly reminds us that we live in the age of the Mind which is usually perceived as emanating from Brain in some manner. And he suggests that "the possibility that the brain may not be the sole proprietor of our human essence can cause the arrogant brain to recoil at the possibility that contemplation, reflection, remembering, and emotionality could originate anywhere else than within itself." Is this called denial?

The bulk of this book contains stories from transplant recipients, whom Pearsall calls "cardio-sensitives" who relate uncanny stories about personality changes, new food

preferences, daily habits that have occurred after the transplant and that have been validated as those of the donor by relatives at a later date. Woven around that are the theories which Pearsall has compiled from his own work and that of other scientists. There are also those recipients who refuse to talk about their "transplant", some who appear to resent it, which gives rise to another theory about rejection of an organ transplant that is the patient's inability to open emotionally to his new body part. Other anecdotes speak of "transplanted depression". It is a fascinating read.

Here are a few more tidbits:

The heart is a thinking, feeling, endocrine organ, which acts in conjunction with our immune system and serves as its surveillance system. The heart's cells are full of neurohormones that communicate back and forth with our immune system, the heart regulates its own rhythm and it contains its own nervous system. It can sense and react to the outside world and then tell us when someone, someplace, or something "feels good for us" or not.

"Our heart is the metronome of our body's biorhythm, and health happens when we are in rhythm within ourselves, synchronized with other living systems, and moving to our preset beat rather than trying to respond to the driving beat of the stressful outside world."

"...disease is a type of musical dyslexia and the inability to "keep our rhythm" while living with and being bombarded by the varied rhythms of the world around us."

"...temperament may be physical manifestations of an info-energetic constellation of our cellular memories, a projection of the heart's code expressed by the brain and its body."

Pearsall explores angry energy, sticky energy, inner elder, uninhibited and inhibited hearts. It is a book filled with suggestions of possibility. The heart thinks and feels, our cells remember, there is a subtle yet very powerful and pervasive form of energy that



The Intersection of Art and Therapy: A Reply and Hello to Kathleen Collis, Art Therapist Discussion Board, March, 1999

By Clifford Ridley, PhD R.Psych

I never did like the word therapy. Art is much more interesting. It comes from a land of excitement and bursts forth as it is--sits there and looks at you--ha! I think this is why it is healing. It's a most audacious bird. And flighty too.

So therapy should be and perhaps once was. But it seems to have taken on a heart sinking tone to my ears of late. Even the public seems to be balking at being "therapized". As a word it needs rehabilitation; therapy perhaps. And so it is with many words in our jam- packed century, every decade carrying so much baggage to weigh down a language that weighs down the ear. A porter is needed to pack it all away. Give him an extra tip and let him get on with it I say. Good riddance.

So let's revive the art in our work and be happy. But what is the art in our work? To an Art Therapist that might seem obvious. However I'm a bird of a different colour but a bird no less. To my mind the art in the work somehow takes place between those two people in the room where one has come for help and the other

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drawn there by the calling of their art.

Response Cont'd

What those two create together can live in a special way. In fact can go on living if the birth and the nurturing are of the right making.

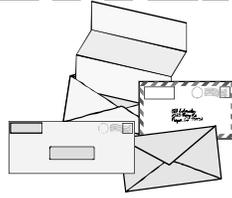
Let me now revive therapy. It was fun for the moment to play, to bounce the word around and create a space to think about it. Therapy, however, is the discipline of our profession. It does not go unnoticed that more than one greatly talented artist, writer, poet and musician have ended their lives at the time of their greatest creative productivity. Can you name one? So I question whether the creative act, in and of itself, accomplishes what we would like to think that we provide in the healing professions. The therapist's technical skill is important; the ability to maintain the therapeutic frame, to gently confront, and eventually bring to a full interpretive understanding the tenaciously unconscious, self-destructive patterns that our clients can bring to life in the treatment. This is hard work for the client and for the therapist.

Certainly we are long past the therapist "knowing all" and only waiting to inform the unaware client. A contemporary attitude to therapy is much more collaborative. After all there are two people in the room, each with their own psychic life, which can get played out on the therapeutic stage for good or ill. In this, the therapist does play a vital role.

Training, experience, and discipline in monitoring and being informed by our countertransference reactions are not to be ignored in creating a stage that works therapeutically.

All of this work is done with humility and respect for the human condition and the power of the unconscious mental life—the source of our creativity, our art, and also our pain.

LETTERS



care, boundaries, post-session imagery processing, projective identification, and transference/countertransference. These together can provide the art therapist with the theoretical basis and practical techniques necessary to establish and maintain effective self-care strategies. The concepts will be linked to clinical work so that art therapists will have additional tools to help their clients develop and improve their own self-care.

Coleen Gold is an art therapist and psychoanalytic psychotherapist providing clinical services and supervision in private practice in Vancouver. She has extensive experience working and developing programs in community mental health agencies. Coleen and has taught counselling, art therapy and psychotherapy at the college and university levels.

October 2nd, 1999

Art Therapy with Hearing Impaired Clients

Duanita Crofton, MSW, RSW, ATR

This workshop will be an introduction and overview into the area of art therapy with hearing impaired clients. Through informal discussion and case presentation Duanita will highlight special issues encountered when working with this population.

Duanita Crofton is an art therapist and clinical social worker, registered for private practice. She has been working with hearing and visually impaired clients for the past 4 years. Duanita *specializes in* issues regarding sexual abuse, loss and personal transformation.

November 6th, 1999

Working with Lesbian and Gay Clients: A Sensitivity Workshop

Beth McTavish, DVATI

This lively workshop examines internal and external homophobia, heterosexim, language/terms, myths and other issues surrounding homosexuality. It will create more comfort with diversity and more

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Professional Development Workshops

September 11th, 1999

Clinical Applications to Self-Care for Art Therapists and Clients

Coleen Gold, MA, ATR

This interactive seminar and experiential workshop will review topics such as debriefing, post-traumatic stress, prevention, in health-

BCATA EXECUTIVE COMMITTEE

ELECTED MEMBERS

President:

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

Vice President and Ethics Co-Chair:

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

Registration Chair:

Llona O'Gorman, Dip. Ath, BCATR
(250) 472-0548

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, BCATR, RCAT
(604) 873-3435

APPOINTED MEMBERS

Ethics Co-Chair

Sandie McCartie (604) 535-2877

Webmaster

Sue Manly (604) 535-4217

Newsletter Editor

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

Prof. Development Workshop

Coordinator

Cynthia Farnsworth, DVATI (604) 618-8039
Monica Franz, BCATR, RCAT (604) 732-3220

STUDENT REPRESENTATIVES

ADLER SCHOOL Joanne Smart

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

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accurate information based on current literature.

Beth McTavish has a private art **ProD Workshops Cont'd** therapy practice in Vancouver. She brings to this workshop years of teaching experience, her sense of humour, and a diverse interest in conceptual art and design, yoga and music.

Workshops will be held at the Unitarian Church at the corner of 49th and Oak Streets in Vancouver, Registration, networking and snacks will be from 12 to pm, followed by the workshops from 1 pm to 5pm

Individual workshops:

Students:	\$25.00
Members:	\$35.00
Non-members	\$40.00

Three or more workshops:

Students:	\$20.00
Members:	\$25.00
Non-members	\$35.00

For information and registration contact:

BCATA Professional
Development Workshops
101-1001 West Broadway, Dept.

CLASSIFIEDS

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

Applications for Registration Packages

Available from:
Llona O'Gorman
Registration Committee
2904 Phyllis Street
Victoria BC V8N 1Y9
(250) 472-0548

Submission Deadlines:
April 30
August 31
December 31

To place an ad or submit an article, please contact Llona O'Gorman or a member of the newsletter committee

Free to be Me

An art therapy empowerment group for women who have been in an abusive relationship and/or have suffered sexual, emotional or physical abuse. Previous attendance at Safe Place or other group for women may be required. No previous art experience is necessary. Limited to 7 women. Participants are required to have a on-to-one counsellor.

Facilitator: Carol Sedgewick, Registered Art Therapist.

Our Bodies in Balance

An Art and Drama Therapy group for women who have a history of abuse and have developed an eating disorder. This group uses a creative approach to understanding, facing and taming food monsters. Through the use of Art and Drama we will explore our relationships to food, our bodies and how this impacts our lives. Participants are required to have a one-to-one counsellor.

Facilitators: Carol Sedgewick, and Katherine Carol

To register and for dates call Marianne at 659-2200.
Fee by donation.

**Burnaby Family Life
Institute
250 Willingdon Avenue
Burnaby, BC**

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