



Niagara Falls, venue for the Cata Conference

Letter from the President:

Michelle Oucharek-Deo, BFA, BCATR, RCAT

The fall has been an exciting time for the BC Art Therapy Association as our membership is growing, we have newsletters being published, and people are getting excited again about what role art therapy can play in our community and how we as professionals can truly be part of the growth and interest in the Expressive Art Therapies in the Province.

I have just returned from a whirlwind trip to Niagara Falls for the **Canadian Art Therapy Association Conference – Art Therapy Here and Now**. It was a week filled with meetings, learning opportunities and social gatherings that allowed Art Therapists from around Canada, the US, the UK, Europe and participants from countries as far reaching as Pakistan to participate.

Meetings:

Vice President Ara Parker and I attended several important meetings during the Conference:

- A meeting with representatives from the Art Therapy Schools in British Columbia was held on November 3rd. As a representative from VATI was not able to attend the conference, I have spoken with the Acting Director and will be giving her notes on the meeting that was held and she will be included in further discussions with this group that formed.

- A meeting with the CATA Executive Board was held on November 3rd
- Attended CATA AGM representing BCATA on November 5th
- An informal meeting was also held with the President of the Ontario Art Therapy Association on November 4th.

Workshops Attended

- Trauma Informed Art Therapy- Cathy Malchiodi Phd.
- Healing Pathways: Your Brain on Art Therapy- Madden
- Drawing Closer Connections: The Integration of Art and Attachment-Focused Therapy- Broersma.Brouwer/Hagedorn
- Improving Communication Skills- Using Art Therapy in the Business Corporate Culture. - Zeller

If anyone has any questions or inquiries about the workshops that I attended please feel free to send me an e-mail president@bcarttherapy.com and we can set up a time to talk.

Social Gatherings

- Social Meet and Greet Thursday Evening
- Social Meet and Greet Friday Evening
- Banquet Social Saturday Evening

Meeting Summaries:

Meeting with Art Therapists from British Columbia

For years the schools and the BC Art Therapy Association have worked independently, rarely collaborating on projects. The meeting was intended to bring all these amazing people together in one space to begin an open dialogue about what we want the future of art therapy to look like in BC. It was a lively discussion and reinforced that we all want

the same thing. We want a strong profession, which will continue to grow. It was clear from all the people present the key is for us to work together, to establish a strong bond of communication and to make a plan. Within the next few months, we will set up a follow up meeting. If you have any ideas that you think would be beneficial in furthering this discussion please contact me at

president@bcarttherapy.com



Our Prez, Michelle at the Cata Conference

Meeting with CATA Executive Board

At the 2011 BCATA AGM Lucille Proulx (VP of CATA) gave a wonderful talk on the history of the Canadian Art Therapy Association. During the meeting, the idea of BCATA possibly becoming a Chapter of CATA was raised and the beginning of a discussion began about how we as art therapists can come together on a national level.

After the BCATA AGM, I began an open Skype discussion with Olena Darewych, President of CATA, regarding BCATA as a Chapter of CATA. We had two Skype meetings one in July and the other in October. At the October meeting I informed Olena that after reviewing the CATA Chapter Manual thoroughly, it did not appear that we as an established Association fit into that category. She accepted this opinion and was open to presenting to her Board the idea of forming some sort of alliance with the BCATA in place of the Chapter idea.

At the Conference in Niagara Falls I approached the meeting with the intention that we as a Provincial Association are willing to endorse CATA as a truly National Association as long as in the process we are able to maintain our provincial identity. The conversation and ideas began to bloom in the room and it was clear that we truly were all on the same page and believed that in order for us to have a larger voice internationally as Art Therapists we must come together in some way.

A formal letter from the CATA board is expected in the next few weeks and at that point we will begin the process of exploring how we can come together. There is talk about reciprocal membership, possible reduced insurance fees, shared access to CATA journal and the development of a truly National Directory of Art Therapists.

It is an exciting time in Canada for Art Therapists. I was so proud to be sitting at that table and witness the openness to the growth and further development of Art Therapy in Canada.

Thank you again for all your support as your president. It is an exciting and encouraging time.

Please also remember that BCATA is now on TWITTER. Come follow your president with all that is happening in the art therapy world. Username: prezbcata

The CATA & OATA Combined Conference 2011, Niagara Falls November 3-6, 2011

“ART THERAPY, HERE AND NOW”
Report by Ara Parker, BCATA Vice President

As your V.P. on the BCATA Board it was a privilege to represent you, and support our President Michelle Oucharek-Deo in her work on your behalf, at the CATA/ OATA Conference. www.canadianarttherapist.com

Conferences can provide the opportunities to share knowledge, reference research and professional experience. This 2011 conference excelled in all of these ways and exceeded expectations in others. The validation that "Our work is Important!" echoed throughout the conference sessions and was underscored time and again at the exceptional Pre-Conference Workshop and Keynote address by Cathy Malchiodi.

The isolation we can feel at times in our work, the constant education and advocacy required by each of us to promote the work of our profession, the geographic distances between us as colleagues, make this kind of gathering all the more powerful in these challenging economic times. The collaborative spirit that is emerging across associations is a welcome tide which can only serve us well in our future efforts which will be required to lobby and promote the role of the Art Therapist and our work in the full spectrum of health and education milieu, to quote artist Louise Bourgeois: "Art is a Guarantee of Sanity"

Cathy Malchiodi referred to the role that science is playing now in providing evidence that art is good for the brain, and health. In trauma work in particular, our knowledge as art therapists is needed, as science continues to demonstrate the path of health, healing, growth and recovery is facilitated by art-making, play, and the therapeutic relationship we provide our clients.

Gill Yealland, from Hope's Garden in London, Ontario, offered insight on Art Therapy as an Intervention with Disordered Eating. Her work there repositions the client's relationship with "ED" (Eating Disorder) through group and individual art therapy directives.

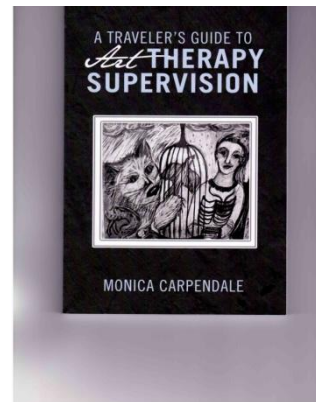
Cheryl Miller's presentation "Invisible Wounds" spoke to combat trauma as one of the most frequent causes of PTSD in her piloting work with soldiers and veterans in Montreal.

Gillian Vellet spoke passionately about the body-mind-soul connection as she took us

through a case study working with a client (combining body work and art therapy) who experienced the hospital environment itself as traumatizing during her husband's illness.

The film "Not Broken" presented by Richard Campbell and Monica Carpendale exquisitely portrayed the sensitive work Campbell is developing and practicing as an art therapist working with the Medicine Wheel and Animal Totem art therapy activity, developed at the Kutenai Art Therapy Institute.

Monica Carpendale's own experiential workshop on Supervision, concluding the conference, argued well for the inclusion and integration of art-making as part of the supervisor's work in supervision. (N.B. see Monica's book below to review)



Here is an Exciting Opportunity: Do a Book Review for the Newsletter of *A Traveler's Guide to Art Therapy Supervision* (Trafford Publishing 2011) written by Monica Carpendale, and you get to keep the book! The book will be forwarded to the first person who contacts Michelle (President) by e-mail

president@bcarttherapy.com

This copy will be yours to keep. All that we ask is that you write a review of the book for our next BCATA Newsletter. Please include your name, address and e-mail.

Thanks for participating. We'll be doing more reviews in subsequent newsletters, so get out your reading glasses and poise your fingers over the keyboard to be first in line.

Masters and PhD program information:

For Members who might be interested in pursuing further studies in the field, options that might be of interest are the Masters, Certificate of Graduate Studies and PhD programs at the European Graduate School in Saas Fee, Switzerland.

Provost and Co-Founder Paolo Knill was instrumental in founding the seminal Art Therapy and Expressive Arts Therapies programme at Lesley College in Cambridge Massachusetts, and at 80 remains a vital educator, leader and pioneer in the field. A new opportunity has been initiated this past summer at EGS for prospective students to attend and prepare themselves for the Masters Programme. Art Therapist/ Expressive Arts Therapist, Heather Dawson, in Vancouver has more information on modules offered here and can be contacted at:

<http://www.heatherdawson.com>

The EGS website is: <http://www.egs.edu/>
The European Graduate School (EGS) is an [accredited](#) graduate and postgraduate degree-granting university with two divisions: [Arts, Health and Society](#) and [Media and Communication](#). The European Graduate School offers a uniquely dynamic academic setting that allows a creative encounter with the foremost representatives and thinkers of expressive arts (coaching, consulting, education, social change, and therapy) and media and communication (architecture, art, contemporary philosophy, cultural studies, film, literary theory, literature, media studies, performance art, photography, and video). The [comprehensive programs](#) are distinguished by the cordial interaction of eminent [faculty members](#) with students who are the best of their generation.

Arts for the health of it, as well as the joy of it!

Arts Health Network Canada and its first provincial chapter, Arts Health Network Canada-BC, are two new non-profit societies created to advance understanding of the many ways that arts-based activities contribute to individual and community health and to our health care system.

Join the Network:

To Join AHNC-BC please visit:

www.artshealthnetwork.ca/register

New Arts Health Network Canada Website!

November, 2011

Dear: AHNC/ AHNC-BC Friends,

We are delighted to inform you that Arts Health Network Canada and its first provincial chapter, Arts Health Network Canada-BC, have launched a new and improved website:

www.artshealthnetwork.ca.

Please visit our new site and send us your feedback; we would love to hear from you!

admin@artshealthnetwork.ca.

“Somewhere, something incredible is waiting to be known” - Blaise Pascal



Celebrate the Gold of Autumn