

BCART THERAPY ASSOCIATION NEWSLETTER

MARCH 2012

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FROM THE PRESIDENT: Michelle Oucharek-Deo, BFA, BCART, RCAT, Task Group Representative

THE ROLE OF BCATA in the Proposed College of Counselling Therapists - Part 1

For some, the topic of the College of Counselling Therapists sounds like an old myth, for others you may be asking what is it all about?

Over the next three newsletters I hope to shed some light for all our members on the historical and present situation that now stands before us as art therapists in British Columbia.

To start I wanted to introduce a few pieces of history. It was about 15 years ago that a Task Group was formed by the BCACC (BC Association of Clinical Counsellors) The intension was to bring together counselling professionals from across the Province to put together a comprehensive plan to develop a College. A College that was like the College of Psychologists or Teachers. The intention was to create a strong body of professionals, somewhere in the neighbourhood of 3000 members, and that each participating Association would be able maintain their identities, but under one umbrella that would protect the public and offer members unity and regulation not previously seen in our Province.

The process has been long and arduous with tens of thousands of dollars spent and thousands of unpaid man hours working on all aspects of this development. The BCATA has been part of this process since the beginning, both finically and man hour wise. It has always been believed that we stand on the same ground professionally as our colleagues: Clinical Counsellors, Music Therapists, Marriage and Family Therapists. Pastoral Care Counsellors etc. We are all in the business of helping others and come from many different back grounds but it has always been the belief of the Task Group that we all sit equally around the table.

On March 2nd I will be attending a very important Task Group meeting to discuss the next strategic steps with which to approach the Government regarding the development of the College.

In the next article I will work to establish links to a few key documents that have been developed over the years and are being used to push us forward in our pursuit.

Please know that you can contact me at any time and I will do my best to answer any questions you have regarding any kind of BCATA business.

president@bcarttherapy.com or on Twitter @PrezBCATA



Welcome to the newest Executive Member -



Well, kinda. Meet Estelle, born to Mom, Carolyn Simpson (our BCATA Corresponding Secretary), Dad, Andy, and big sister Abi on January 12th (a water birth at home)! Mom writes, "Baby Estelle weighed in at a healthy 8lbs 6oz. Everything is going well other than at 4 weeks she got her first cold. We are all looking forward to some sleep! Haha." Congratulations from all of us at BCATA!

BOOK REVIEW:



Remember the invitation to write a review in exchange for the book? Well, Heather Sanrud was the BCATA member who clicked in first. For the past 12 years Heather has been teaching in the Child and Youth Care Programs at Vancouver Island University, Nanaimo BC. She has worked for over 20 years with children, youth, and their families and has been an Art Therapist since 1995. She is a graduate of the BC School of Art Therapy. Review below:



Heather

A Traveler's Guide to Art Therapy Supervision, Trafford Publishing (Trafford.com) by local art therapist and author, **Monica Carpendale**, is a short, readable and basic primer which provides the reader with an introduction and very practical guide for supervision in art therapy practice. Turning the 175 pages, the reader is invited to embark on a metaphorical journey discovering hermeneutic phenomenological theoretical underpinnings; goals of supervision; a developmental model of the process; an "in the day of" description of a supervisory session; therapeutic ideas and characteristics on being a mindful and culturally responsive supervisor and/or supervisee; arts-based supervision; and thoughts on online supervision. Chapter titles are aptly named providing the reader with a

road map of what is expected on the journey and some sections, along with the appendices, offer thoughtful questions to consider as well as hands-on ideas, activities, and exercises to implement.

Monica highlights that supervision is a process of self-discovery for everyone involved – artist/client and supervisor/supervisee alike. Many examples contained within illuminate this belief and value of the work. This little book of big ideas is a relevant addition to the art therapy literature and field. Along with art therapy students, educators, and professionals, other helping professionals beginning their supervisory journey, or wishing a refresher or artful new ideas, will find this guide to art therapy supervision helpful as they consider what supervision means in their practice.

Happy reading and enjoy the journey!! And as Monica suggests, at the close of her book, send her a postcard after you read it, as she is very interested in hearing from you.

**MARK YOUR CALENDARS NOW, FOLKS:
BCATA AGM AND WORKSHOPS, IN SIDNEY ON
THE ISLAND, ON JUNE 2, 2012**

**AND A DATE FOR THE PRO D WORKSHOP HAS
BEEN SET FOR APRIL 22, 2012**

MEMBERSHIP renewals due April 30th

Details for the above will be sent out shortly

ATTENTION! ATTENTION! ATTENTION!

**Call for Presentations
BC Art Therapy Association
Professional Development Workshops**

**April 22, 2012 Held in Coquitlam, BC
June 2, 2012 Held in Sydney, BC
September Date TBA Vancouver, BC
DEADLINE FOR SUBMISSIONS: March 23, 2012
(more)**

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We invite proposals from Registered, Professional and Student Art Therapists completing Thesis Work and Final Papers.

Our goal is to create learning opportunities for our members, other counsellors and the general public to learn more about art therapy and how it can be used in so many ways in our community. There is so much interesting work that is happening in communities around our province we want to hear about your work and give you a chance to share your knowledge and insights about art therapy.

Art Therapy Research in Canada is in its infancy. Be part of the movement to document and present all the amazing work that is being done!!!!

Call for Full Day and Half Day Presentation Proposals Presentation Format

Full Day: Workshop: 9:30 am-4:00pm
Half Day 9:30am-12:30pm or 1:00pm-4:00pm

An Honorarium of \$100.00 will be offered to presenters for half day workshops and \$200.00 for full day workshops.

Please send proposals to
president@bcarttherapy.com

Name and contact information
Brief outline of your topic
Brief outline of the workshop
Identify Half Day or Full Day
2 identified goals of learning
Presenter's short Biography

Response to all applicants by e-mail,
March 26th 2012.

**CONGRATULATIONS TO BCATA's Vice President
ARA PARKER, MA,BCATR,** on her recent appointment to Associate Chair, Art Therapy program at St. Stephen's College, affiliate of the

University of Alberta in Edmonton. She is looking forward to contributing to the growth and development of this innovative Canadian Art Therapy Graduate Program.



WORKSHOPS and CONFERENCES:

Jack Hirose & Associates : Mental Health and Education workshops Spring 2012

****Strategies for therapeutic success: My 20 most Effective Strategies*** with David Burns, M.D.,
Vancouver, BC , May 3rd & 4th, 2012
author of *Feeling Good* and *When Panic Attacks*

****The Essential Skills of Supervision***
with Lawrence Shulman, ED.D, MSW,
Richmond, BC | June 18 & 19, 2012
author of *Dynamics and Skills of Group
Counselling* and *Interactional Supervision*

****New Perspectives in Addictions : Conference
2012.*** Vancouver Island Conference Centre
Nanaimo, BC , September 12, 13 & 14, 2012

www.jackhirose.com
1-800-456-5424

***Announcing the 2012 CATA Conference**

Mark your calendars and plan to attend the 2012 CATA conference from October 19 – 21 in Edmonton, Alberta. We're delighted to announce that Cathy Moon and Bruce Moon will be the conference key note presenters.

(more)

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Holding Art Therapy at the centre, the conference theme of *Ever-Widening Circles*, invites connections with arts in medicine, arts based research, arts in social action and arts and spirituality. We invite proposals for presentations related to the theme. See Cata website for **Call for Proposals** and consider how you might share your knowledge and practice.

***From the Kutenai Art Therapy Institute 2012 Spring & Summer Introductory Courses**

Instructor: Monica Carpendale, BFA, DVATI, RCAT, BCATR. Monica is the executive director of the Kutenai Art therapy Institute, author of *Essence and Praxis in the Art Therapy Studio* (2009), *A Traveler's Guide Book to Art Therapy Supervision* (2011), and producer of *An Angel with a Broken Wing* (2009) art therapy documentary.

***Let's Create: Abilities and Disabilities**

This workshop will provide an introduction to the use of Art Therapy with individuals who have a disability. Both physical and mental handicaps will be discussed. The workshop will provide a theoretical overview and experiential learning. It will include discussion, videos and art making.

Date and times: June 1st – 9 to 4 pm
Cost: \$80.00 early registration (\$100.00 late registration after May 1st)

***Art Therapy Studio Course**

This experiential art therapy studio course is designed to develop skills needed in therapeutic work with a variety of populations. Emphasis will be placed on the use of art making to explore fundamental concepts such as: presence, mind-body awareness, grounding, boundaries, containment, and mirroring. There will be opportunity for individual exploration of the skills and concepts through art making. Art making exercises for group building will be introduced and explored. Self-care will be emphasized to promote well-being and the prevention of burnout.

Cost: \$300 early registration (\$350 late registration after May 1st) text included.

Times: June 6th to 8th - 9 to 4 pm.

***Essence and Praxis in the Art Therapy Studio**

This art therapy workshop will introduce key aspects in therapeutic presence, interpretive frameworks for looking at the artwork, and the underlying principles of phenomenology, metaphor theory, and social constructionism in art therapy. Interpretation is aimed at eliciting and exploring the meaning emerging from the artist/client. The principles of phenomenological hermeneutics can provide an interpretive framework to examine the concrete nature of the art materials, the creative process and the psychological and clinical theory.

Dates and times: July 4, 5 & 6, 2012 from 9 to 4 pm

Cost: \$350.00 early registration – includes text and art materials (\$375.00 after June 1st)

Pre-registration required. Early registration recommended.

Inquiries: 250 352 2264 or 1800 580 6388

Website: www.kutenaiarttherapy.com

*BCACC sponsors **PRIVATE PRACTICE MADE SIMPLE workshop** with Randy Paterson, PhD, March 23, at Holiday Inn, Vancouver Center

***NOTE FROM THE EAST:**

Hello: To better stay in touch with our membership AND other professionals interested in art therapy we have created a FaceBook group and a FaceBook page. Please join CATA FaceBook group at: <http://www.facebook.com/groups/196144353769926/>

and "like" our page at:

<http://www.facebook.com/pages/Canadian-Art-Therapy-Association-CATA/142451825860747>

Thank you, Mehdi Neimi
on behalf of the Canadian Art Therapy Association