

President's Message

Are you passionate about your profession?

Do you like to Garden?

An inspirational note from the President, Debora Broadhurst, BA, BCATR



In June 2005, my 2-year term as President will be over, and it will be time for one of our members to take the reins to lead the team.

If you are considering being nominated for this position, I would be happy to speak with you directly about my experience. But for now I will share with you some seeds for thought.

When I accepted the duties of the President in June 2003 we had depleted soil to work with and the first thing we needed to do was nourish our foundation. We worked tirelessly to develop our garden, composting, turning and replenishing the soil, laying the groundwork for further cultivation. By stating this, I am certainly not devaluing the work of the previous gardeners, because without their contributions we would not have even had a garden bed!

Over the past 21 months I have worked with a team of people who are passionate about their profession and have set aside time in their busy lives to enrich the foundation of the Association.

With every garden bed, a new gardener can help to reshape and further enrich its foundation and growth. So now we need some new gardeners! Specifically, we need a new President, Vice President, Treasurer, Membership Chair and Corresponding Secretary. The team of Ethics Chair, Recording Secretary and Registration Chair will remain for another year, so it won't be a complete gardener turnover!

You might be wondering, what does it take to chair this board as President? Well, in short, I'd say patience, leadership, creativity and passion. Plus, a few hours a week to review emails, complete tasks identified at meetings, organize for future meetings, maintain focus on the overall goals and vision of the board, and assist the board members to help them succeed in their roles.

This team will be passing along to you the foundation for a strategic plan that we have been working on over the last few months. We have also started to construct an updated "vision," so you will now have the opportunity to help guide the team to utilize the research and groundwork we have created for you.

In my experience I did dedi-

cate an enormous amount of time fulfilling duties and tasks, but I have no regrets. Our meetings were enjoyable and productive, and we got a lot accomplished.

If you are considering taking on this role or any of the other chair positions, I won't be far from reach, since as a past President I will be there to guide you for another two years as a non-voting consultant.

So how about it? Are you ready to apply and share your gardening skills with your peers and plant more seeds for Art Therapy?

Contact Us

Mailing Address

101-1001 West Broadway
Department. 123
Vancouver, BC V6H 4E4

Telephone

(604) 878-6393

Website

www.arttherapy.bc.ca

Inside

BCATA Executive.....	2
Registration Information.....	2
Insurance Information.....	2
Call for Participants.....	3
In the News.....	4
Upcoming Workshops.....	5
Reflections on BCATA.....	6
Membership Chair and Treasurer Positions.....	7
BCATA's Strategic Plan.....	8

BCATA Executive Members

Elected

President

Debora Broadhurst
BA, BCATR (until June 2005)
(604) 899-4226

Vice President

Liina MacPherson
MA, RCC (until June 2005)
(604) 987-7212

Recording Secretary

Lesley (Holm) Bruun
BA, DVATI (until June 2006)

Corresponding Secretary

Liina MacPherson (temp)
MA, RCC
info@arttherapy.bc.ca

Membership

Michelle Gilligan
MA (until June 2005)
(778) 386-6633

Registration

Angelica Djamtorki
BFA, RCAT, BCATR (until June 2006)
(604) 988-6975

Treasurer

Joyce Chong
BA, ECE, DVATI (until June 2005)

Ethics

Dr. Bruce Tobin
Ph.D., ATR, RCC (until June 2006)
250-652-6425

Appointed

Professional Development Committee

Shawna Paul
Kathleen Lightman
Nicole Miller (registration)
***We need another volunteer willing to lead this committee**

Membership Committee

Cori Devlin

Newsletter Editor

Tessa MacKinnon
newsletter@arttherapy.bc.ca

Administration/Webmaster/**Bookkeeper**

Merle Miedzygorski

Task Force for College of Counselling Therapists

Kay Collis
Michelle Oucharek-Deo

Supervision Consultant

Colleen Gold

Adler Student Representative

Carrie George

BCSAT Student Representative

Vacant - if you are interested in this position, please contact us

KATI Student Representative

Vacant - if you are interested in this position, please contact us

VATI Student Representative

Vacant - if you are interested in this position, please contact us.

Insurance Information

Professional and Registered Professional Members of BCATA are eligible to purchase professional liability insurance through the Mitchell & Abbott Group.

The insurance year runs parallel to our membership year (May 1 - April 30), with premiums ranging from \$360 - \$450 per year, depending on the level of coverage.

For more information, please contact Brad Ackles at Mitchell & Abbott Group:
backles@mitchellabbottgrp.com,
or call toll-free 1-800-461-9462

Membership Registration Deadlines

Please note that the deadlines to submit applications for registration to obtain BCATR status are:

January 30

May 30

September 30

Newsletter Submissions

If you are interested in submitting an item to the newsletter, please send your contribution as a Word attachment or in the body of an email to:

newsletter@arttherapy.bc.ca

We welcome articles on summaries of workshops, speakers, book reviews, etc.

Articles must be no longer than 1000 words maximum, and may be edited for length and content.

Kneeling In The Forest:

Exploring Trauma Therapists'

Negotiations with Hope & Despair:

An invitation to participate in a creative, conversational inquiry.

Hello, my name is Katrina Jenmorri. I'm interested in sharing conversations with therapists who work with child and youth survivors of abuse trauma who have done this work for at least 10 - 15 years. Through 1 or 2 conversational interviews, participants will explore how they experience and negotiate dynamics of hope and despair in their practice. I am looking to speak with people within a geographical area of 4 hours travel from Victoria.

I became curious about this topic through my experiences as an art therapist supporting children and youth who have lived through abuse (please see below for a larger bio). I am currently completing a Masters degree in Child and Youth Care at the University of Victoria. This inquiry is my MA thesis project.

Why This Project?

Hope and despair are central issues for clients and therapists in therapy with abuse survivors. Acts of abuse can disrupt one's sense of hope and shake one's beliefs about purpose and meaning in life. Therapists are called to hold hope and faith in possibility, to implicitly offer these perceptions - especially in moments of client despair - and help clients cultivate their own sense of hope about their lives. However, aspects of trauma therapy, such as: repeatedly hearing

stories of human cruelty, can pose a challenge to a therapist's own sense of meaning and hope.

This study will explore: how we, as therapists, negotiate dynamics of hope and despair in practice? How do you experience and understand hope and despair in relation to your practice? How do you move with the shifting flux of these emotions in your work? What do you gain and/or lose in sitting with this tension? What does it mean to you to experience, hold, or nourish hope in the face of suffering? How do you remember hope and its possibility in moments of despair? How/can you (choose to) stay open to the raw presence of suffering without becoming consumed, without seeking escape or defence?

This topic is scarcely written about in the literature (usually only as a mention in articles on vicarious trauma) and is rarely discussed in training programs. Researchers have argued that programs training therapists have an ethical duty to warn trainees about the challenges of the work and prepare them for these challenges. I believe practicing therapists can also benefit from sharing ongoing discussions about negotiating hope and despair. This creative inquiry is a means to co-create and gather reflective knowledge to then share with our community towards encouraging wider conversation.

Time Commitments & Process:

The time commitment will run from approximately 3.5 to 8 hrs, depending on participants' interests, spread out over several 'sittings.' Potential participants will engage in a brief, screening telephone conversa-

tion to ensure a fit with the project focus. Those who do participate in the inquiry will meet with the researcher for 1 or 2 audio-taped interviews of 1 to 2 hrs duration each.

The interviews will begin with a brief written focusing exercise, then move into a semi-structured conversation about the topic. This conversation will use image making and creative writing as tools for reflection, constructing meaning, and creating knowledge (no "artistic ability" or previous art experience is necessary: creativity is simply another way to generate, explore, and integrate thoughts, feelings, and perceptions). The images will be photographed.

Once the audio-tape has been transcribed, participants will be offered the opportunity to review their interview materials and offer further written or verbal comments. A second interview (in person, by telephone, or by email) may be requested for the purpose of clarification or reflection on emerging themes. The researcher will synthesize and re-present the gathered knowledge in a thesis, using a creative approach. All participants will be given a summary of results stemming from the inquiry, and invited to read a copy of the thesis if they wish.

A Brief Biography of Katrina

I am a painter, hiker, jogger, dancer, and lover of dramatic improv and play, currently living in Victoria.

I am also a certified art therapist, and have been practicing art therapy with children, youth, and families for the past 3.5 years on the south end of Vancouver Island. I work primarily with the First Nations community,

supporting child and youth multi-generational abuse survivors using art, creative play, and (recently) sport.

I have also worked as a Children Who Witness Abuse Counselor, and a Transition House Counselor. Prior to moving to Vancouver Island, I worked in Vancouver's Downtown Eastside at a women's drug and alcohol harm reduction program as a crisis intervention worker and group facilitator, using art-based and outreach approaches.

I have worked in the field for 5 years. I am a graduate of the Vancouver Art Therapy Institute, and am currently working on my Masters in Child and Youth Care at the University of Victoria. My art therapy thesis (2001) was titled: Pausing to reflect, Exploring the Therapist's Process Through Post-Session Art.

I am very interested in the therapist's process, in the ways we approach and respond to the work we do, the meanings we make of/about the experience, as well as how we cultivate sustainable practice. I am also curiously passionate about the use of the arts in learning, growth, and the creation of meaningful knowledge.

Please pass this information to anyone whom you think may be interested.

FOR FURTHER INFORMATION PLEASE CONTACT:

Katrina Jenmorri, via email:
indigotwilight@shaw.ca
or telephone: (250) 595-5474



“Where health and art meet”

Kudos to Marty Levenson for an interesting and informative interview/article (by Lori Nelson) about his Art Therapy Practise in the March edition of *Shared Vision*.

In the News

City hall increases funding for culture:

City Council approves \$1 million increase to OCA, funds for VECC

St. Patrick's Day gave Vancouver's arts and cultural sector much to celebrate, as the sector received increased support from city hall.

During a marathon budget meeting, Vancouver City Council approved a \$1 million increase to the city's Office of Cultural Affairs as part of the 2005 civic budget. It also approved, in principal, a \$2 million increase for 2006 and a \$3 million increase in 2007.

Heather Redfern, executive director of the Alliance for Arts and Culture, says that the new funding will have a significant impact on the stability of arts and cultural organizations in Vancouver.

"If the new funding is directed towards the operating and project grant programs, the increase will

touch the majority of artists and arts organizations in the city. It will help stabilize the human infrastructure and build capacity. This will ensure that any special projects created for 2010 or other hallmark events have a lasting legacy for Vancouver's citizens, that emerging artists will have greater access to civic funding, and that citizens and visitors to Vancouver will have access to a wide variety of high quality programming at festivals and venues throughout the city."

In addition to the funding increase for the Office of Cultural Affairs, City Council approved a \$2.5 million capital grant towards the renovation of the Vancouver East Cultural Centre. The renovation will take place in 3 phases with \$750,000 being provided for phase 1.

From the Satir Institute of the Pacific

On April 9th, 2005, The Satir Institute of the Pacific will sponsor **CELEBRATION OF THE SELF THROUGH THE EXPRESSIVE ARTS: CREATIVE MODELS FOR THERAPEUTIC SETTINGS.**

This workshop features 8 therapists who work creatively to enhance families and individuals' healing and transformation, using innovative techniques of dance, art, energy, drama, movement, adventure therapy, and Satir's Internal Parts Party and Self Mandala Explorations. Therapists will draw from their own artistic traditions and the creative wisdom of Virginia Satir's transformational systemic therapy model.

The workshop runs from 8:15 am - 4:30 pm at Douglas College in New Westminster and the early bird registration of \$75 for members and \$90 for non-members includes vegetarian or non-vegetarian lunches. Early bird registration is available until April 1st for Art Therapy Association members. The cost is \$85 and \$100 after April 1st.

For further information consult the Satir Institute of the Pacific's website: www.satirpacific.org email Linda Prochaska at: lprochaska@shaw.ca or call her at 604 879 6654.

WORKSHOP: TRAUMA ASSESSMENT AND TREATMENT IN PLAY THERAPY

APRIL 13 and 14, 2005

A workshop for counselors, child therapists, psychologists and psychiatrists, family therapists, and social workers, presented by BC Association for Play Therapy with Geraldine Crisci, MSW.

This two-day workshop focuses on trauma assessment and treatment of children and youth (age 3-18).

Day 1 will present and demonstrate tools for the assessment of sexual trauma and non-sexual trauma.

On day 2, trauma treatment methods and activities applicable to working with various types of trauma will be presented. Participants will gain an increased understanding of trauma assessment tools for treatment planning. Treatment interventions presented will provide participants with specific activities for use in trauma treatment.

WORKSHOP TIME:

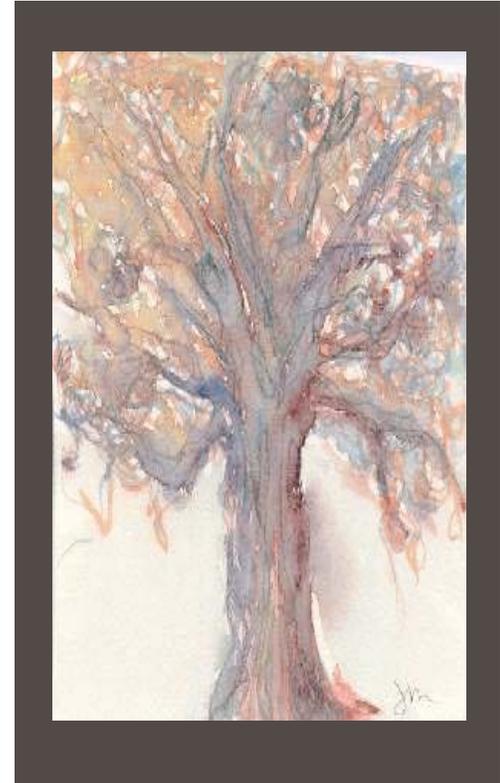
9:30 am to 4:30pm - April 13 and 14, 2005 (9:00 AM registration)

WORKSHOP LOCATION:

Ralph Fisher Auditorium
Richmond Hospital
7000 Westminister Highway,
Richmond

COST:

BCAPT members: \$125.00,
Nonmembers: \$150.00,
Students: \$115.00



3 or more simultaneous registrants from one location, fees reduced \$15.00. Cancellations will be charged a \$35 fee.

Break refreshments are included; Please bring your own lunch! For further information, or to reserve your place, call Sherry at: 604-872-0432 or email Phoebe at phoebetsang@gmail.com

Reflections on being a part of BCATA

As we near the AGM for this year, my thoughts go back to the AGM in June 2003. At that time, I was weeks away from completing my Master's degree, and I had been a Student Rep on the BCATA Board for the previous year. There was only one person continuing on as a Board member, and no one had yet come forward to fill any of the remaining seven positions. As we walked into that meeting, it was with the knowledge that if we didn't elect a Board at the AGM, the Association would have to fold, and 25 years of work by countless dedicated individuals would be lost.

What transpired in that room was that seven people, who were not expecting to volunteer that day, decided in that moment simply to say yes. There were many reasons to say no: lack of experience, lack of time, lack of knowledge, lack of confidence. It's easy to assume that there is someone more qualified, more enthusiastic, with more time and more energy, who will rise to the occasion.

Kathleen Lightman, as the chair of the Nominating Committee last year, wrote a very compelling letter to the membership, in which she stated:

Many art therapists newer to the field seem to feel they lack the experience to serve in a board position. This is completely understandable and is exactly how all of us have felt at one time or another, but it really isn't something to worry

about.

On the contrary, I can assure you that you will be mentored, as we were, and that there are a great number of experienced individuals willing to advise you, if and when you need them. Serving on the board is actually a great opportunity to gain from the experienced help available and to develop skills that will have long-term benefits throughout your professional life.



We can't afford to be complacent about what we have developed. When compared to the cost of belonging to other organizations, our membership fee provides us with an amazing number of benefits, including registration and insurance. The organization can serve as a much-needed extended campus for students in distance education and small programs.

In professional development workshops, members can gain exposure to a wide range of approaches

and specialties beyond what any one training program can offer. And professionals can keep current with the field.

One thing is certain. In a small organization like ours, paying a membership fee is not enough. We can't survive without each member for a short time filling a board or committee position. However, if we approach these positions with an attitude of self care - for our livelihood, our profession and our colleagues - and share the work among us, we can enjoy the process and no one will feel these tasks are onerous.

Looking back over these past two years, I have certainly gotten as much out of my commitment as I have put into it. I have learned practical administrative skills, made invaluable connections, have felt inspired and motivated, connected with people who share my values and my struggles, and have been an integral part of a creative and growing organization.

I am certain that I will continue to be involved with BCATA, not out of a sense of duty or obligation, but because I have found this to be such a valuable experience, both personally and professionally. See you at the AGM!

Michelle Gilligan, Membership Chair

Membership Chair Position

Submitted by: Michelle Gilligan

When I took on the role of BCATA Membership Chair in the fall of 2003, I was a new graduate. One of the main reasons that I decided to take on this role was to feel more involved with and part of the art therapy community in B.C.

I've found that the Membership Chair position has fulfilled that goal very well. Not only have I learned the names of all of the BCATA members, I have also been able to connect with many of them personally via e-mail or telephone. Now when I go to workshops or other art therapy related events, I often have the opportunity to "put the face to the name" and feel that I already have a connection to someone. In addition, I have gotten to know the wonderful, dedicated members of the Executive on a personal level.

Through these links, I have obtained useful information on job leads and educational opportunities, and even found a supervision group. As well, I have had the chance to get an "inside view" of art therapy in this province, and been a part of creating a vision of where it may go in the future.

The busiest time for Membership Chair is "renewal season," from March to May. This is when all of the membership application packages go out, and then come back in to be processed. Once I had a system in place for processing, it was quite manageable. During the



rest of the year, things are quieter, and consist mainly of answering various e-mails and telephone questions, processing the occasional membership application, and attending BCATA Executive meetings.

I would recommend this position for anyone who would like to develop stronger ties to the BC Art Therapy community, and perhaps pick up some computer and administrative skills along the way. The pre-requisites are a willingness to learn and to dedicate some of your time, as well as have access to a reliable computer with internet capacity.

Although I am completing my term as the Membership Chair and will be stepping down from the position, I will be available to assist the new Chair in any way that I can, from answering questions to helping stuff envelopes!

Treasurer Position

Submitted by Joyce Chong

For the past two years I have served on the BCATA board as the Treasurer. I joined the board because I was interested in learning more about what was happening with our association, and the with the art therapy community in general. Living on the Sunshine Coast, I was also wanting to connect regularly with other art therapists in a worthwhile process.

Because we have a very capable administrative assistant (Yay Merle!) who does much of the actual work, the workload for this board position is quite light.

I attend our regular bi-monthly meetings and each month Merle e-mails me statements and reports that I review and confirm. It helps to have an good grasp of basic arithmetic. I also sign cheques and participate in other interesting board projects.

I encourage you to consider a board position with our association. I have really enjoyed my time on the board and learning about what's happening in the Art Therapy world.

Developing BCATA's Strategic Plan

Over the last few months we have been working with Debora Gooding and Tricia Bowler from the BC Organizations Development Network to develop a strategic plan. We thank them for their generosity of time and guidance! The process included interviewing the board members individually to gather information about our vision, then meeting for a strategic planning day.

Here are some highlights from the Data Analysis compiled from interviews of ten people — 7 board members, 2 appointed members, and 1 staff:

- 60% of the board has 2 or less years of board experience, while a few members have been involved for many years.

- the roles of the Association include:

Internally:

- a) To provide members with leadership and support by setting policy and direction for association
- b) To provide services to members through leadership to achieve association's goals, networking and professional development

Externally:

- a) To promote/represent the Association's members to the public
- b) To educate public about the profession
- c) To protect the public through ethical standards

- goals that are vital to achieving our vision:

- 1) Increase the visibility of the profession in the community
- 2) To support membership through enhancing services offered.
- 3) To become registered with the College of Counseling Therapists when established
- 4) Board development
- 5) Increasing membership involvement

- the needs of the board to achieve these goals:

- a) Board development
- b) Involvement of more members
- c) Recruit volunteers to work on projects/committees

Following these interviews, we met to continue discussions as a group and create a collage depicting "if BCATA was wildly successful, in 5 years time what would it look like?" We will share this collage with you at the June 11th AGM and hope that you can contribute to its ongoing development.

From the interviews and collage we identified 3 main objectives:

1. To grow and develop a community of mutually supportive, involved and contributing members.
2. To develop and support competent leadership securing the legacy of past wisdom.
3. To build a high profile in the community as a viable helping profession.

We have also outlined short- and long-term tasks to support these objectives, and we will share more of this with you at the AGM. We hope that this information will help to guide the new board members and continue to develop the strength of our association.

Additionally we had started to craft an updated vision statement...



More of this will also be shared at the AGM. We hope you can join us so that your voice helps to shape our future!

Save the date...

BCATA Annual General Meeting

Date:

Saturday, June 11, 2005

Location:

YWCA, 535 Hornby Street,
Vancouver, BC

Time:

8:30 am - 5:00 pm

Details for the event will be announced soon, as we are still receiving proposals for presentations.