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Annual General Meeting

The AGM is just around the corner! It will take place on Saturday, June 3. BCATA Professional and Registered Professional members are eligible to vote at the AGM. Other BCATA members or interested members of the public are also welcome. To create a day long event, there will be morning and afternoon workshops, as well as a networking lunch.

connected and how “confusion” about them can lead to diminished passion, power and purpose in your life and career. Take a break from the day-to-day stressors that can cloud perspective and use the renewed clarity to rediscover – and recommit to! – your original vision and values in choosing your career.

Morning Workshop on Passion, Power and Purpose presented by: Patrick James

Patrick has delivered personal empowerment workshops on vision, purpose and mission to teams, groups and individuals for over 20 years in the Vancouver area. He brings a commitment to “results and well-being” to this workshop, drawing from his background in mediation, development and life/vision coaching. This interactive and experiential workshop will provide an insightful and empowering exploration of vision, purpose, mission, form and commitment, how they’re inter-

Afternoon Workshop: Round Rhythms Drum Circle presented by:

Barbara Karmazyn
Barbara is an expressive arts educator and facilitator with a background in Early Childhood Education. Her company, Artsplay, promotes healthy life style practices through creativity and self expression. Barbara is a warm and energetic facilitator who nurtures the creative spirit through rhythm, song, dance, art and storytelling.

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Visit the
BCATA
website:
www.arttherapy.bc.ca

BCATA Elected Executive 2005/2006

President	The board is accepting nominations and interviewing prospective candidates for the President position. * Temporary President until June 2006: Liina MacPherson , MA, RCC, BCATR
Vice President	Patty Patching , B.F.A, Masters of Visual Arts, Art Therapy Post Master's Certificate Student
Recording Secretary	Lesley Bruun , BA, DVATI
Corresponding Secretary	Heather Sanrud , MA, BCATR, RCAT, Dip. AT, B.Ed
Membership Chair	Marna Lynn Smith , B.Music, BCSAT
Registration Chair	Angelica Djamtorki , BFA, RCAT, BCATR
Treasurer	Shawna Paul , BA Hon., Dip. AT – BCSAT
Ethics	Bruce Tobin , Ph.D, ATR

Appointed Executive 2005/2006

Professional Development Committee	Nicole Miller , M.A., Co-Chair Carrie George M. A., Co-Chair Lee Crawford , M.A. Shawna Paul , BA Hon., Dip. AT—BCSAT
School Liason	Pat Knox
Ethics Co-Chair	Vacant
Newsletter Liason/Editor	Michelle Gilligan , MA, RCC
Task Force Representative College of Counselling Therapists	Michelle Oucharek-Deo , BFA, DVATI, BCATR Kay Collis , PhD, BCATR, ATR
Supervision Consultant	Coleen Gold , B.FA, MA in AT, BCATR, ATR
Past President	Deborah Broadhurst , BA, DVATI

Call for Nominations

Hey, all BCATA Members!

Once again, we're coming around to Annual General Meeting time. And the highlight of the June AGM is always the installation of new executive board members who can carry forward the business and interests of our Association through another term.

Our Association is vital to the professional standing and credibility of every practicing art therapist in BC because our Association is the foundation for registration, professional membership, ethical and training standards, and a complaints process to ensure the public interest.

But it takes some time and energy to turn the wheels of the machinery with which our Association registers art therapists, communicates with the public, renews memberships, reviews ethical issues, etc. - volunteer time and energy most of us

don't feel we have. We think we're already overloaded, and, yes, we are busy.

But, if not me, who will step forward to keep the business of my Association running so that I can continue to enjoy its benefits?

Truth is, we all have to take a turn every once in awhile, to tend the fire that warms us all. Is it my turn coming up, my turn to do my part for my art therapy community?

One of life's blessings is that when we do honor the call of responsibility, we get some bonus rewards. For me, its been the good times I've had with all the other busy board members that are juggling their executive responsibilities with a hundred other things in their lives. There's been the satisfaction of working together, of taking care of business, of maintaining the solid footing of our profession as we

move forward into the future. It's felt good to be part of a group with shared values and goals, to make new friends and colleagues. It's been great learning how the Association runs, and how an executive board works.

The Call for Nominations form has been sent to every current BCATA member. It invites you to nominate a fellow member, or even yourself, to serve a term on the executive. But you don't have to wait for that to arrive. You can call or email our Membership Chair, Marna Smith at (250) 472-2646 (smyrtle@pacificcoast.net) right now for more information or to enlist.

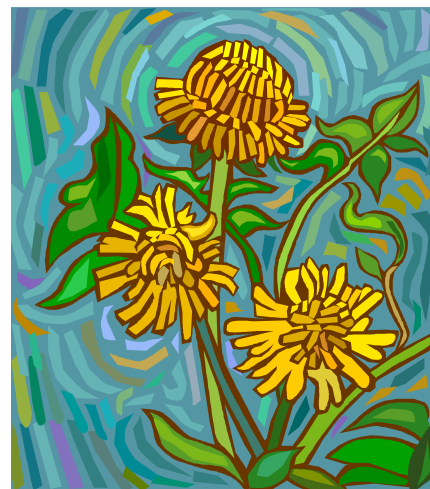
Think about it. Could this be your time to take a turn at bat? We need you. And we will appreciate you! And you will be glad you did.

Dr. Bruce Tobin
Ethics Chair

This year we have a number of vacancies to fill on the Executive Board of the BCATA. We are currently accepting nominations for the following elected positions. Nominations will also be taken from the floor at the AGM:

- **President**
- **Ethics Chair**
- **Recording Secretary**
- **Registration Chair**

We are also looking for members to fill appointed positions on the **Newsletter and Professional Development Committees.**



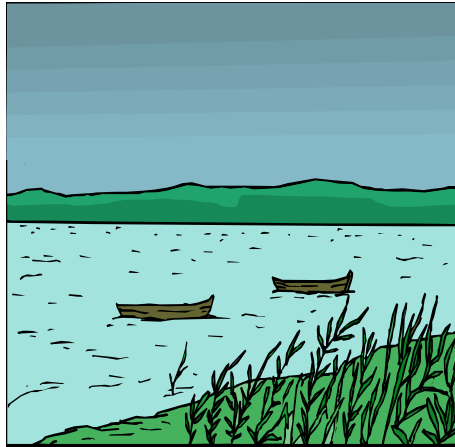
BCATA Member Profile

*Here is the first installment in what we hope will become a regular newsletter column. The goal of this column is to provide an opportunity for members to get to know a little bit more about each other, and to share some of the challenges and rewards of the valuable work that we are all doing in unique ways across the province. Our first member profile was submitted by **Lisa Bernstein**:*

I am in a new and smaller community here on Quadra Island, having moved from Victoria. I am presently beginning private work, after spending the last 5 years running a community based Art Therapy Studio and Gallery in Victoria (Pandora Art Space). I am building my work slowly while I determine the needs and possibilities here in the Campbell River Area.

I am presently offering in-home service to families with children who have autism. I have been taking workshops, courses and consultations in this area which is relatively new for me. I am finding this work to be extremely interesting and I love the children. I approach them from a very

suspended perspective as each is so unique. I must be very patient and observant as I enter into an interactive relationship with them.



I appreciate not having a full practice at this time so I can take time and attention to each case. Art provides a unique point of entry into their mysterious world, and a form of non-verbal communication which assists so beautifully in the development of relationship where relating and communicating are such huge challenges. I welcome anyone in the field who works with children with autism to share their

experiences of working with children on the Autistic spectrum.

Here on a small island, self care is perhaps easier than in the city. The pace here is slower and the community personable and supportive. There is a very strong network of agencies and individuals here working with children. I find them very welcoming and enthusiastic about Art Therapy. The actual work takes time to build so I try to remain patient, spend time hiking in the beautiful scenery here, do yoga and compliment my practice work with other ventures such as teaching art classes, dance classes and exploring the possibility for funding an Open Studio project.

I love the life here but it is a profound change. I am giving myself time to let go of the city and all that was connected there for me so I can find my new feet, make roots and be in place while I seek and expand my role as an Art Therapist here. The process over and over is to "observe, offer and wait".

If you'd like to send in a member profile for the next newsletter, here are some possible questions to get you started....

- Where do you live?
- Where did you do your art therapy training and how long have you been practicing?
- What population(s) do you work with?
- What setting do you work in?
- What are some of the greatest challenges and rewards of the

work you do?

- How do you take care of yourself in this work?
- How have you been creative in finding work?
- Anything else you think might be of interest....

Please email your profile to:
Michelle Gilligan at
creativehealing@shaw.ca.

Include a photo if you wish.



Student's Corner

Greetings from KATI!

We have had an exciting semester so far, with much studying and many an interesting guest or student presentation, both informative and experiential. From "Raw Art" to puppetry, from the expressive arts, greatly enjoyed by all, to outdoor explorations with cameras in hand. One has even heard rumors of potlucks and subsequent fire spinning!

This summer, we have another exciting event coming up: The Arts and Health Symposium, held from June 8 – 10, 2006 in Nelson, BC. This fabulous event is hosted by Kutenai Art Therapy Institute, Kootenay School of the Arts, and Selkirk College, in partnership with the Nelson and District Arts Council, the Canadian Art

Therapy Association and the Interior Health Authority. It has come from the desire to re-introduce the arts into our concept of health and healing. In this effort, the symposium is bringing together representatives from arts and health fields to share information about existing research and collaborative models. There will be several pre-conference workshops and live art performances. Keynote speakers include Dr. Gabor Mate, Dr. Arthur Frank and Janis Timm-Bottos, PhD, PT, L P A T , A T R - B C .

Here is the opening quote in the conference program: "It is becoming widely accepted that arts and culture can make significant contributions to the health of the individual and the

community. Research has shown that the inclusion of the arts reduces the cost to health care. The symposium will include keynote speakers, panels, presentations and experiential workshops focused on the development of arts initiatives in the health field geared towards small towns and rural communities. Topics will cover current research, models and practical applications, which can be used with individuals from childhood through senior years."

If you would like to find out more, please go to the symposium's website: <http://www.nelsonlearning.ca>

Submitted by Sabine Fleschutz, KATI student representative.

Psychosis Fact Sheets

The BC Schizophrenia Society and BC Partners for Mental Health and Addictions have released a set of fact sheets on psychosis for families, children and adults.

A unique part of the set is a board game developed by art therapist Sophia Kelly, DVATI, called the "Recovery Cup". The game can be played by an entire family to educate the person with the illness and their family in a fun way on helpful strategies during recovery. The fact sheets and game board and instructions can be downloaded and distributed freely for non-profit educational use and are available at the www.bcass.org website or by emailing psychosis@bcass.org. Funding for these materials was supplied by the BC Provincial Health Services Authority:

Here is a list of some of the titles that are available

- [What is psychosis](#) – short fact sheet identifying symptoms and how to help.
- [How to Help Recovery from Psychosis](#) – for families and friends
- [Psychosis and Depression](#) – how to respond to symptoms
- [Symptoms of Psychosis and What to Do About Them](#)
- [Post-partum Psychosis](#) – a fact sheet for new mothers and families of new mothers
- [The Recovery Cup Board Game](#) - educational game about recovery from psychosis - designed by an art therapist!
- [Help with Psychosis – a booklet for young people with psychosis](#)
- [What's going on with me](#) – information for persons who might have psychosis
- [Cannabis and Psychosis](#) – for persons with psychosis who use cannabis
- [Crystal Meth / Methamphetamines and Psychosis](#) – for persons with psychosis who use methamphetamine
- [Psychosis and Mood](#) – for persons with mood disorders
- [Post-partum Psychosis](#) – a fact sheet for new mothers and families of new mothers

Counsellor Regulation in Canada

A two day National Symposium on Counsellor Regulation in Canada was held November 21 and 22, 2005, at the Coast Plaza Hotel in Vancouver. There were over 100 participants in attendance, with representatives from Newfoundland & Labrador, Prince Edward Island, Nova Scotia, New Brunswick, Quebec, Ontario, Manitoba, Saskatchewan, Alberta, and British Columbia. Here are some highlights from the first day:

“During the summer of 2005, a representative from each jurisdiction was asked to prepare a report using a set of framework questions so that the information from each jurisdiction could be readily compared. It was hoped that common themes would emerge which would help to guide the roundtable discussions at the Symposium.” (Summary Report, 2005). The prepared report was distributed to the symposium participants with a summary on the regulation of counsellors across Canada, jurisdiction by jurisdiction. A roundtable discussion was held on the challenges of securing professional regulation for counselling, and strategies for achieving that objective. The roundtable discussion covered the comparison by jurisdiction, an overview of the report and a number of policy questions. The keynote address was given by Dr. John Paterson, Educator, Researcher, Author, Practitioner, and Media Counselling Specialist, Past President, Canadian Guidance and Counselling Association. Dr. Paterson provided us with a wise, lively, and very funny lunchtime entertainment.

Brendan Walsh, Human Resources and Skills Development Canada, discussed the Agreement on Internal Trade (AIG) and the Implications of Labour Mobility Objectives for Coun-

sellor Regulation in Canada. He stressed the importance of competency profiles which would provide a common denominator for regulators to compare their standards and requirements. The symposium was exciting, energetic and important for the healthy future of art therapy in B.C. I am very proud of the Task Group for Counsellor Regulation, and of the tenacity and positive attitude displayed throughout.

Submitted by Kay Collis, Ph.D., ATR, BCATR, Honorary Life Member.



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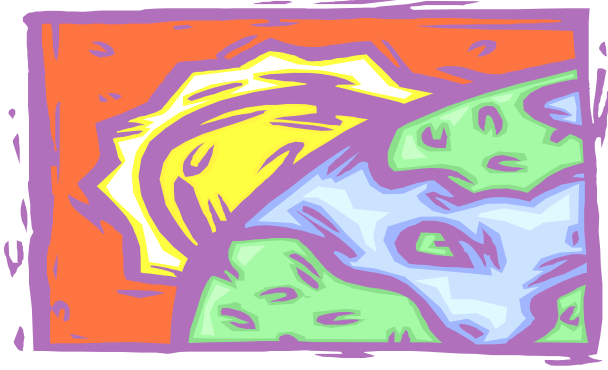


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BCATA Past-President Receives YWCA Award

Congratulations to Kay Collis on being awarded a Lifetime Achievement Award at the 12th Annual YMCA-YWCA Women of Distinction Awards. The awards ceremony took place on Thursday May 11th in Victoria, BC. Out of 41 nominees, 11 women received awards. Kay was honoured for her many contributions to the field of art therapy. She is one of the founding members of the BCATA.



New on the Shelves

Here are some recently released (2006) art therapy-related books. This list is by no means comprehensive or meant as an endorsement. Book reviews are always welcome! Email your review to Michelle at creativehealing@shaw.ca.

- **Expressive and Creative Arts Methods for Trauma Survivors**, ed. Lois Carey. Jessica Kingsley Publishers

Demonstrates how play, art, and music therapies, as well as sandplay, psychodrama and storytelling, can be used to aid the recovery of trauma victims.

- **Psychodrama: A Beginner's Guide**, Zoran Djuric, Jasna Velikovic, Miormir Tomic. Jessica Kingsley Pub.

The authors explain the basics of the technique and present a step-by-step guide to running a psychodrama session. Illustrated with colour cartoons offering examples of real psychodrama sessions.

- **Drawing From Within: Using Art to Treat Eating Disorders**, Lisa D. Hinz. Jessica Kingsley Publishers.

Soon to be released. An introductory guide for those wanting to explore the use of art with clients with eating disorders

- **Creative Arts Therapies Manual: A Guide to the History, Theoretical Approaches, Assessment, and Work with Special Populations of Art, Play, Dance, Music, Drama, and Poetry Therapies**, Stephanie L. Brooks. Charles C. Thomas Publisher.

Covers art, play, dance/movement, music, drama, and poetry therapies. Specifically, each of these creative disciplines is broken down into the following categories: history of the field, theoretical approaches, assessments, and work with special populations.

Happy reading!

AGM details

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During the past twenty five years of presenting at colleges, conferences, community centers, retreats and a wide variety of organizations and agencies, Barbara has helped people of all ages and abilities discover new ways to enhance their lives.

Join Barbara in this lively, interactive experiential workshop, where you and your colleagues will be encouraged to express your own natural rhythm on drums and percussion instruments. Simple rhythm games and songs are used to get things going...the rest is up to the group. Emphasis is on fun, creativity, self expression and a playful discovery of rhythm. No previous experience is required.

The AGM will take place at the YWCA of Vancouver, 535 Hornby Street, Vancouver, Saturday June 3.

9:00 – 9:30 a.m.:

Registration and Social

9:30 – 11:30 a.m.:

Workshop
Passion, Power and Purpose.

11:30 - 12:45 pm:

Roundtable lunch with the Board.

12:45 – 3:00 pm:

Annual General Meeting.

3:30 – 4:30 pm:

Workshop
Round Rhythms Drum Circle.

The cost for the full day's events is \$56 for BCATA members, \$70 for non-members and \$38 for students.

Come out and support your association, and enjoy the stimulating and inspiring company of your fellow art therapists!

For inquiries or to register, please contact us:
General voice mailbox 604-878-6393 or
By email at info@bcarttherapy.com.

Take your art therapy career to the next level.

**APPLY
TODAY!**

**Classes begin
October
2006**

Completing a graduate degree in psychology from Antioch will give you new career options and insights. Antioch offers both a master's and a doctorate with an AATA-approved concentration in Art Therapy. Your learning experience incorporates cultural diversity and social responsibility, as well as a true melding of advanced theory and practice.

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