

BC ART THERAPY NEWSLETTER

July 2012

Message from your President

I woke up early today and the sun was shining, a rarity in the past few months in the lower mainland, but what a better way to greet everyone and welcome you to another year with the BCATA. This year started with a bang, as the AGM in Sidney was filled with great promise and enthusiasm, oh and did I mention lots of laughter. Your new executive is very excited about putting together a great year for everyone. Some highlights that we will be embarking on are:

- Developing and Implementing the Continuing Education Credit program
- We will be Re-Developing the website, and hope to have something launched in the Fall 2012
- The BCATA/CATA Alliance plan continues to develop and we will have some news of specifics after the CATA Edmonton Conference in October. <http://catainfo.ca/cata/> Follow the link to find out more about the Conference.
- Our Pro-D program is up and running again, We have our first workshop set for September 29th 2012 which is co-hosted with the Music Therapy association of BC . Register early as there is limited seating. Follow the link to the MTABC Website then toggle down to the bottom of the page to register.

This is going to be a fantastic year.

Michelle Oucharek-Deo

BCATA President

president@bcarttherapy.com

IS THERE ANYONE OUT THERE interested and able to take on a short term volunteer position with BCATA? We need someone to assist our coordinator to create and implement an outstanding new BCATA WEBSITE! For information contact Michelle, Prez (above)

Social Media & The Art Of Positioning Yourself As An Expert

Cost: BCATA and MTABC Members \$40.00

Non –members \$50.00

<http://www.mtabc.com/page.php?34>

with Matt Astifan, Social Media Director

Founder of Web-friendly and co-founder of Internet Masterminds Group

Date: Saturday September 29th, 2012

Times: 12:30 PM Registration, 1PM - 4PM

Presentation, 4PM - 5PM Social Event

Where: Capilano University

2055 Purcell Way , North Vancouver, BC

Library Room 322

WELCOME TO NEW EXECUTIVE MEMBERS :



Frances Bryant-Scott, MSW, BCATA Vice President

Frances is an art therapist at the Trent St. Open Studio Artist-in-Residence program and at South Island Centre for Counselling and Training. She works with adults in both individual and group formats, frequently dealing with issues of grief, loss, and spirituality. In addition to her art therapy certificate she brings 22 years of textile arts experience to her work and is the current vice president of the BCATA.

To see the names of all the current BCATA executive members, check out the BCATA website.

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Jodi Murphy BFA, DVATI, BCATAR
BCATA Treasurer

I have been making art for as long as I can remember. In 1994 I received my Bachelor of Fine Arts Degree with a Major in Painting. Since that time I have had many solo exhibitions and also participated in group shows. In 2004 I received a post-graduate diploma from the Vancouver Art Therapy Institute. As an Art Therapist, I have worked within agencies, schools, and have maintained a private practice for the past eight years. My specialization is working with children on the autism spectrum. I am happy to balance my creative endeavors with my new role as treasurer for BCATA.

(NB: no picture available for Jodi, and she is unfortunately sick a'bed – we wish her hasty recovery)

ABUNDANT THANKS TO OUTGOING Treasurer, Barb Baillie, Happy travels, Barb,



Geri Nolan, Newsletter Editor

I am a recent graduate of KATI and am currently working to complete my thesis. I came to Nelson two years ago from Nova Scotia to study Art Therapy, after a long and enjoyable career as a Photography Instructor and Technical Assistant at NSCAD University. I enjoy "field training" with my two golden retrievers, and being physically active outdoors: cycling, running, swimming and hiking. I am looking forward to beginning a practice in the Nanaimo region that will be based on Eco Art and Photo Art Therapy approaches.

Thanks to Llona O’Gorman, outgoing Editor, who thoroughly enjoyed her tenure in this position.

Modern and Contemporary Art Practices to Open and Inspire our Work with Clients Presented by Gretchen Ladd, (below) RCAT at the BCATA 2012 AGM



Attendees of the June 2, 2012 AGM were most fortunate to be the spellbound audience of (and participants in) Gretchen’s premier of this presentation. By way of encouraging us to look beyond our work-a-day materials and methods, Gretchen showed us art created after World War II that began to express events and emotions that were hidden, taboo, or secret. Everything from the intensity of personal grief to the more global horrors of genocide can be, and has been, exposed through art. She stated, “It can be easier to face into the truth knowing these artworks stand behind us.” Contemporary artwork can both inspire us in our work and help us to feel connected to a larger movement, outside of art therapy, that strives to “make the invisible, visible.”



Playing around in the creative workshop

Something many works had in common was a tendency to involve the whole body in the creation of the work, sometimes in the nature of a ritual. This was especially visible in works meant to be experienced as an “installation” outdoors or in a large gallery space. Application to our clients’ issues of

grief and trauma was evident. Some works allowed for the viewer to participate in the building or changing of the piece. Other works deliberately involved the public in seeing and feeling a particular social injustice, and then making art to help deal with the feelings as well as create a social change. For myself, I can say that looking at these examples opened my eyes to many possibilities beyond the pencils and markers,



paints and clay that are the mainstay of an art therapy studio. What if we went outside? What if we used dirt, fire, pollen, or plaster? What if how a piece of art *sounded* was as important as what it looked like? What if we could help our clients make art that they could actually get *inside* of? What if we asked “what if?” more often and more courageously?



Review by:

*Frances Bryant-Scott, MSW
BCATA Vice President
Professional Art Therapist*

Task Group for Counsellor Regulation in BC MAJOR EVENTS AND ACCOMPLISHMENTS (1993 to 2012)

Prepared by George K. Bryce, legal counsel
Current to: March 2, 2012

SUMMARY (The Highlights)

1997- The Health Professions Council concludes that counselling was a health profession that should be regulate in BC.

1998- The Task Group forms and proposes a model to regulate counseling under the *Health Professions Act*.

2001-The Ministry of Health Planning provides the Task Group with a confidential draft of the regulation to designate counselling therapy under the Health Professions Act and thus create the new College of Counselling Therapists of BC.

2001--07 -The Task Group develops a comprehensive Competency Profile for Counselling Therapists, which is then is validated across Canada and later becomes the foundation for Ontario’s profile.

2007 -Ontario passes legislation pursuant to the Regulated Health Professions Act to regulate psychotherapists and mental health practitioners, making it the second province after Quebec to regulate the counselling profession.

2008 -Nova Scotia becomes the third province to regulate counselling therapy when its Counselling Therapists Act receives Royal Assent.

2009 -Task Group Submits an in--depth analysis of the legislative options available to the BC Government to regulate counselling therapy.

2011-Task Group Submits a 63--page report to the Ministry providing detailed information and analysis on the risks of harm associated with the unregulated practice of counselling therapy in BC

2012-Task Group hires a public relations company to manage the next step of intervention and negotiation with government officials.

2012 – In Loving memory of Joanne Hayward

We lost one of our wonderful long time BCATA members this past year. It was too unexpected and too soon. Joanne was much loved and admired in our art therapy community. She lived and worked for many years in her beloved Haida Gwaii. A wonderful tribute was given to her this spring at the Edge of the World Music Festival, an excerpted clip of which appears below:

“Dedicated to Joanne Hayward, and cancer awareness, the 2012 Edge of the World Music Festival on Haida Gwaii promises to be full of light and amazing danceable music.

It is with sadness that we will also be marking the loss of another long time festival contributor, Joanne Hayward. Joanne, with her partner Germain, was the creative force behind the lantern parade, a parade that has become a unique symbol of our festival. Joanne passed away from cancer suddenly this fall, and so it is in her honour that the 2012 Festival is dedicated. The lantern parade will go on, however, so look for notices about how to get involved. All lantern workshops will be free of charge this year.”

For Joanna, for Germain, for all her friends: from Anam Cara by John O'Donahue

In the Celtic tradition there was the beautiful notion of the Anam-Cara. Anam is the Irish word for “soul” and Cara is the word for “friend.” In the Anam-Cara friendship, you were joined in an ancient way with the friend of your soul. This was a bond that neither space nor time could damage. The friendship awakened an eternal echo in the hearts of friends...



BOOK REVIEW, by Jodi Murphy

Melissa Studdard's middle grade book, *Six Weeks to Yehidah*, was released by All Things That Matter Press in August 2011, hitting bestseller charts on both Amazon.com and Tower Books. It also won first place in the National Literature Award. The ten year old protagonist, Annalise, journeys with two talking sheep, Mimi and Mabel. She ventures out in the rain, against her mother's wishes, and winds up on a six week spiritual journey to self-discovery. *Six Weeks to Yehidah* is a unique novel intended for young readers that includes philosophical questions and is based in the fantasy genre.

Studdard's descriptive language creates a dreamlike fantasy land filled with many deep life lessons. Her creative descriptions evoke vivid imagery. The metaphors are direct and clear. The story is creative, odd, and at times even humorous. The characters are drawn from familiar archetypes.

Melissa Studdard also wrote *My Yehidah: A Journey Into The Story of You*. This workbook is designed to accompany her novel *Six Weeks To Yehidah*. The workbook is filled with writing, coloring, and drawing exercises.

As an artist and art therapist I found the format of the workbook overly illustrated and visually distracting. On each page there was a restricted amount of space for each activity because every page has a two inch border filled with ornate drawings by illustrator Cheryl Kelley. Perhaps this was intentional and is a further lesson on turning inward, and turning off the noise of everyday life. This was a lesson that Annalise learned in Chapter 2: Acoustic Island. Melissa Studdard is also adding forums and an online game set, based in Annalise's world, to accompany *Six Weeks to Yehidah*. These are being developed by Otakurai Games and are not yet completed. They will

be available on her website:

sixweekstoyehidah.com.

I was asked to review both the novel and workbook from an Art Therapy perspective, As with any therapeutic tool, I believe they could be helpful with the right client(s). The ideal client would be a 13 to 16 year old who is struggling with the idea of why she is here and whether she should stay. I think the addition of online games and forums are perfectly suited to Studdard's ideal audience. I would recommend having this novel and workbook on your shelf.

COMMUNITY EVENTS AND WORKSHOPS

The Kutenai Art Therapy Institute
Presents
An International Art Therapy Summer
School July 17-26, 2012

Information and Registration: 250 352 2264 email:

kutenai_art_therapy@shaw.ca

Website: kutenaiarttherapy.com

Place: 191 Baker Street, 2nd floor, Nelson, BC
V1L 4H1

The Art of Art Therapy Supervision Symposium July 17 – 20th

This workshop introduces a phenomenological approach to art therapy supervision that includes metaphor theory, a dialectical framework and art making methods. The underlying principles of this model have been drawn from hermeneutics, phenomenology, art therapy theory and the psychology of perception. Focus is on introducing methods for developing a reflective internal supervisor and techniques for self and peer supervision, and values and use of art making in the context of art therapy supervision. This workshop combines an opportunity for supervision for art therapy professionals, and supervisors, and to learn art making and reflective writing exercises. The symposium combines teaching skills in art therapy supervision and art therapy supervision for professional art therapists. Participants are encouraged to prepare 3 ethical questions and artwork from 3 clients or clinical situations. Early registration includes the book: "A Traveler's Guide to Art Therapy Supervision".

INSTRUCTORS:

Monica Carpendale, BFA, DVATI, RCAT, BCATR.
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.

Judith Siano, MA: Is a registered art therapist and supervisor and chair of the Ethics Committee of ICET (The Israeli Association of Creative & Expressive Therapies). Judith Siano works in an art therapy studio with adolescents and young adults and in other settings, such as sponsorship of youth at risk.

Times 9 to 4pm Cost: \$400.00 early registration – includes the text - A Traveler's Guide to Art Therapy Supervision (2011) (\$450.00 late registration after July 1st)

"DROP IN – WIN WIN": Art Therapy with Adolescents at risk July 23rd

This workshop introduces activities that can be applied personally and multi-culturally with adolescents. Adolescence is an intermediate stage in which play turns to work, and in art therapy, a significant part of the work is play addressing their need to build an identity within a supportive environment and the importance of ritual. We will experience creating art relating to the peer group and environment. (like My Tree, Our Tree, Our Forest)

Date: July 23rd 9 to 4 pm and evening
presentation of "Drop in Win Win" at 7 – 8 pm
Instructor: Judith Siano, MA

Cost: \$100.00 early registration (\$125.00
after July 1st)

Earth Art Therapy: Recycle, Restore and Renew

2nd Bi-Annual Symposium - July 24rd – 26th,
2012

Earth Art Therapy is an emerging synthesis of ecology, psychology and art therapy. Eco- art therapy includes the belief that one of the underlying problems for the individual experiencing a disruption to their sense of self is that a lack of connection to the natural world which can leave one in a dissociated state. An ecological model of Art Therapy utilizes theory and techniques from phenomenology, existentialism, humanism and gestalt therapy.

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See the website or contact KATI for the list of Workshops and Presentations

Key Note Presenters:

Monica Carpendale, BFA, DVATI, RCAT, BCATR. Initiator of Vallican Ecological Sculpture Park, Slocan, BC

Judith Siano, MA: Registered art therapist, supervisor and chair of the Ethics Committee of ICET.

Will Parker, MA, MA (2008) eco sculptor, environmental educator.

Cost: \$300.00 early registration (\$325.00 late registration after July 1st)



CENTRE FOR EXPRESSIVE THERAPY

846 San Malo Crescent
Parksville, BC, V9P 1S5
250 248-1290

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July 24-28 : Sand Play, A Healing Journey for All Ages

August 22-25: Images of Healing In Sand Play

August 8-11: Expressive Play Therapy Methods to Help the Abused and Neglected Child

September 21-23: The Mindful Play Therapist and the Dance of Transference/ Counter transference (level 2)

Marie-José Dhaese, PhD,RCC,ATR,RPT-S,CPT-S
846 San Malo Crescent
Parksville, BC, V9P 1S5
250 248-1290

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BCATA Bylaws overview by Deb

Broadhurst, Registration Chair

In the next few weeks we will post the revised 2012 Bylaws following the approval of

numerous motions at the June 2 AGM.

Briefly, highlights include:

- Table of Contents with Article and Section numbers.
- The “Code of Ethics” along with the “Ethics Committee Complaint & Inquiry Form” and “Competency, Complaints, and Disciplinary Procedures”, will now be a separate documents from the Bylaws.
- supervised hours towards Registration should include a minimum of 50% with a BCATR (or contact the Registration Committee to be exempt from this requirement and for approval of an alternative)
- Volunteer art therapy services can be counted towards the 1000 post-graduate direct client contact hours to a maximum of 50%. The hours must documented and supervised by a BCATR or equivalent, who holds current professional liability insurance and is in good standing with their professional association. The location at which the art therapy services are offered must be an established agency or organization
- clarified our requirements for reciprocal registration of a registered member of another art therapy association
- clarified our requirements for a professional to apply who obtained training from outside Canada
- specified requirements of registered professional and professional members who wish to become inactive or take a leave of absence (LOA) from the practice of art therapy.

Registration update

- * the May 31 deadline for applications has been extended to July 27, 2012
- * anyone willing to assist on the Registration committee please contact registration@bcarttherapy.com