

# BC ART THERAPY mini newsletter #3 September 2011

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Greetings everyone. Our mini-mini newsletter has overflowed its banks and has become a maxi-mini, primarily so we can introduce our great new executive team to you. The team has jumped right into action and, working around holiday times and busy schedules, has dug right in to get things rolling. Morgan Reinsbakken, our membership chair, has done yeoman's job at getting the membership data sorted out and embraces the new on line system put in place by our Executive Assistant, Merle Miedzygorski. The blips and bumps will be sorted out, we promise. Deb Broadhurst, Registration Chair, is fine honing the Registration procedures. And, Our new Pres, Michelle Oucharek-Deo, is as busy as a waterbug, attending networking meetings, fielding issues, planning a trip back east to attend the CATA conference (along with V.P Ara Parker) to discuss, among other things, the potential of some sort of collaboration between BCATA and CATA. No decisions will be made, of course, but the news will be brought back to the membership for further consideration. Michelle, in her wonderfully exuberant manner, is excited about the upcoming year and encourages your input in helping the Association grow. Contact her at [president@bcarttherapy.com](mailto:president@bcarttherapy.com)



Michelle Oucharek-Deo-President

As your new president I take this opportunity to introduce myself. I have been in private practice with my husband going on seventeen years offering art and music therapy services through Van-Art Expression. I have been a member of both the BCATA and CATA since I graduated from the Vancouver Art Therapy Institute in

1994 and became registered in 1998. I was the CATA membership chair for two years in the mid 1990's and then went on to do three years on the membership committee with BCATA. After that, I took on the co-appointed position of representing the BCATA for the Proposed College for Counselling Therapists and have held that role for over ten years now. I am very excited about my BCATA Presidency and look forward to walking with all of you throughout the next two years.



Ara Parker, MA, Vice Pres.

Ara Parker studied Art Therapy at the Toronto Art Therapy Institute and was granted her Masters in a concurrent programme in Expressive Arts Therapies from Lesley University in 1997. She has just completed piloting a successful Expressive Arts Therapies program, with a focus on Art Therapy, for the Queen Alexandra, Centre for Mental Health, Children and Youth In-Patient Programme in Victoria, BC. This summer, Ara traveled to Switzerland to begin her doctoral studies in Expressive Arts at the European Graduate School. In addition to working as an Art Therapist, Ara enjoys a career in arts education and management.



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Deborah Alain, Recording Secretary

Deborah Allain (MA, RCC) received her Masters degree in Art Therapy in 2003 from the Adler School of Professional Psychology at the Vancouver campus. Deborah has over twenty five years experience working in the public school system; first as a French Immersion teacher and later as a school counsellor. She is presently employed by SD #46 (Sunshine Coast) as a high school counsellor and also operates a private practice from her home studio, "L'Atelier du Coeur" in Roberts Creek, BC where she lives with her husband and two grown sons, aged 19 and 21 years. Her interests include: meditation, yoga, gardening, cycle touring and many forms of visual art.



Barb Baillie: BCATA Treasurer

I'm 62 years old and new to art therapy as I just graduated last November from St. Stephen's College with a Masters in Pastoral Psychology & Counselling with an art therapy specialization. My starting point has been spirituality rather than fine arts, having worked since 1991 in retreat houses doing spiritual direction/

pastoral counseling and retreat work. But art-making was very significant in my own journey, hence I trained in this area and at present I am using art therapy in my private practice of spiritual direction & pastoral counseling at South Island Centre in Victoria.



Carolyn Simpson, Corresponding Secretary

I am very excited to be a part of the 2011 -2013 BCATA team as Corresponding Secretary. I graduated from VATI in 2004 and have been a practicing Art Therapist for the last 7 years with a particular focus on life transitions, grief and loss, addictions, at-risk youth and developmental disabilities. Currently I hold a contract with Developmental Disabilities Mental Health Services



Llona O'Gorman, Newsletter & Ethics Chair

After many years' involvement as an art therapist in mental health, Hospice, the prison system and private practice, I am trying out semi retirement. Currently my art therapy activity is on line teaching and supervision for BCSAT. I love it. Now, I spend time in my studio doing my own art, walking my two big dogs, reading, writing, doing yoga and tai chi. What

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more can one ask for. I have been involved with BCATA Exec in one role or another since the 1990s.



Debora K. Broadhurst, BA, DVATI, BCATR

Registration Chair is my seventh role on the Board. My journey began as VATI student rep in 2000, then included Newsletter, Ethics, Vice President, President, and Registration Committee. Over the last few years I have been focusing on family: two children and caring for a senior - but I am now dabbling back into the field of art therapy, reconnecting with colleagues and meeting new faces of students and members.



Morgan Reinsbakken, Membership Chair

I am a recent VATI grad. I was born and raised in Northern BC and I am honored to join the association and take on the membership chair. I am brand new to this position and your patience during this transition period is much appreciated. Due to difficulties as a result of our new on line membership renewal system, we wish to show our appreciation by waiving the late fees this year to all our members. Also, we have leapt into the 21st century and are proud to offer not only membership renewals but

payments online via our website. All you have to do is enter your membership number (with no dash) and the password: 'creative' and all your information is at your fingertips. Please ensure that your information (especially mailing address) is current and up to date.



Liz McKenna, Pro-D Committee Chair  
**Edd, CAGS, MA, MCAT, BA (Psych), BA (Fine Arts Studio Work)** Doctoral candidate with the European Graduate School, Switzerland (See mininews#2 for alternate photo)

Liz has doctoral and post graduate work in education, counselling, coaching and expressive therapies. Psycho-educational areas of interest are self-esteem building using life, leisure, social skills, anger management, stress inoculation, coping strategies. To understand the breadth of Liz's extraordinary experience, practice and education, you need to contact her directly.

Find her at [lmckenna@dccnet.com](mailto:lmckenna@dccnet.com)

Liz is currently the Clinical Director with the Canadian Mental Health Association (Delta) and has a busy private practice.

Liz studied the formal aspects of painting, sculpture, photography, and art history at Emily Carr, Kwantlen University, UBC, Calgary, Lethbridge, Athabasca and EGS. Liz's other persona for the last twenty years has been "Blossom – the Environmental Clown".

Liz has written *The Art of Being Spirited* and a *Psychoeducational/Art Therapy Resource Guide for use with Eating Disorders*. Liz has won several Canadian and community awards for her environmental work and her contribution to scholarship and education.

The Professional Development Committee, which she is chairing, is hard at work planning

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an Expressive Therapies workshop for the Spring, early Summer 2012. Stay tuned!



Isabelle (Izzy) Payne, VATI rep

I am a former high school teacher from Ontario. In 2009 I attended Lakehead University where I obtained a Bachelor in Social Work. While working on a Social Work degree I came across the field of Art Therapy and knew that it was the perfect fit for me. I moved to Vancouver in September 2010 to pursue a Post Graduate Diploma in Art Therapy at the Vancouver Art Therapy Institute.

Photo and Bio for Frances Bryant-Scott, BCSAT student rep was not available at press time. We'll track her down for the next edition.

## Other News

### [Arts Health Network Canada](#)

As we launch Arts Health Canada and its BC Chapter, joining is as easy as filling out the registration form below. There are no fees or obligations to join.

Joining indicates your general interest in the arts and health field and, if you choose, tells us more about your specific interests. As the site develops, this will help you and us tailor the information you receive. By joining, you are also helping to show potential funders the level of interest in arts and health in Canada.

In time, AHNC intends to become a membership organization. At that point, joining may mean paying a membership fee that would give you access to information and services not available to the public. By joining early you will ensure you are part of the process that will determine what membership will look like.

## Follow Us



Arts Health Network Canada is on Facebook and Twitter! To follow us, or to subscribe to the RSS feed, please click on the corresponding icons above.

## *The Network*

Arts Health Network Canada and its BC 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. For more information see [About](#) and [Arts & Health 101](#).



Arts Health Network Canada-BC gratefully acknowledges its founding contribution from 2010 Legacies Now and the Province of British Columbia.

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Recommended Reading: *The Boy Who Was Raised As a Dog and Other Stories from a Child Psychiatrist's Notebook: What Traumatized Children Can Teach Us About Loss, Love and Healing.* By Bruce D. Perry, Maia Szalavitz  
Basic Books: New York, NY. ISBN-10  
0465056520

This book reflects Dr. Bruce Perry's almost 25 years working with traumatized children. Each chapter of the book represents another step in the development of a treatment model he refers to as *neurosequential*: an integration of strategies addressing both the physiological elements and psychological aspects of trauma. He had many teachers, a foster mother, unsophisticated tho' she was, probably taught him the most valuable lesson of all: the value of physical affection and stimulation in the healing of unspeakable trauma. The children themselves were his greatest teachers. A video series of Dr. Perry's training is also available.