

ART THERAPIST

Newsletter of the BC Art Therapy Association



Volume 20 Issue 3

September 1998

A Message from the President



As the new President of the BCATA from June 1998 to June 2000, I wish to thank those who contributed valuable time and energy to the successful 20th Annual General Meeting held in June, 1998. I wish to thank specifically the organizers, composed of members of the Executive Board: Harry Carr, Monica Franz, Marga Hanna, Linda Coyne, Lynda Boyd, Llona O’Gorman, Sandy McCartie, Virginia Ise, Sophia Kelly and Cynthia Farnsworth. In addition I would like to thank our Administrative Assistant, Sue Manley, who displayed able and energetic assistance. I was deeply touched by the recognition accorded me by the panel and conference participants.

The Executive Committee chose to present a one day mini conference and AGM to include a panel of individuals who have contributed and been part of the Association and the discipline of art therapy over the past twenty years. I wish to thank those panel members who accepted the invitation, and who spoke so

eloquently and with such conviction and commitment to the profession of art therapy: Sophia Schneider, Marie-Jose Dhaese, Paul Biscop, Marga Hanna, Margaret Jones Callahan, Bruce Tobin and Virgil Brown. The question proposed to the panel for discussion and debate was “What have you learned since art therapy training.” This question was suggested by the younger members of the Association who not only wished to hear of the experiences of long term members, but who wished to contribute, comment on, and discuss current issues. After the panel discussion two students, Meghan Blackburn and Sharen Johnston from the BC School of Art Therapy, presented their experiences as students participants in art therapy for the International Summit Conference on Sexually Exploited Young People which was held in Victoria in March, 1998. The Summit Conference presentation detailed the complexities, the unknown, and profound learning experiences in working with the delegates from this population. The delegates attending came from North and South America. The politicians and counsellors who also attended came from all over the world. An excellent presentation. Thank you All for a successful day!

The idea of professional development workshops now offered on a monthly basis by the BCATA was proposed and designed by Monica Franz to replace the

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Part 2 of 3

Traumatized Children

The Intake Process

by Linda Coyne, BA, RCAT

Intake and therapy represent processes along a continuum. From the very first conversation to the beginning of therapy, the therapist is aware of building rapport, offering empathy, assessing the client’s needs, and evaluating treatment. Knopf (1984) suggests that the primary objective of the initial interview is to have a sensitivity to the client’s dilemma and to establish ‘rapport’. James (1989) asserts that it is imperative to understand the impact

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of the traumatic **Trauma Cont'd** events on the child and their family, and to take a fairly active part in the gathering of information at the intake stage. Additionally, in this evaluation it is important to assess if this client's situation, family dynamics, and degree of difficulty are within the therapist's clinical interests and potentiality. Furthermore, the intake provides the groundwork for the treatment plan and the progress reports which are part of therapy.

At the initial interview the therapist is often greeted by parents in crisis who want them to respond at once and begin with their child immediately. It is a natural instinct to do so.

Unfortunately this can often leave the therapist quite unprepared for unseen complications on the road ahead. James (1989) suggests that, "Dashing in to help a child without going through this process can be likened to rushing off on a journey without knowing where you are going, how to get there, what you need to bring along, or who will be traveling with you," (and if you can handle the case, and how it will be funded.)

Also, when taking time to address intake issues and payment of fees, the nondirective, client-centered therapist may feel drawn into an uncomfortable role. This dilemma can be resolved when the therapist realizes he is lost without the information that is needed to provide structure and clarity for successful treatment. Knopf (1984) suggests that three kinds of information are required: Identifying data, present problems, and child and family history around and prior to these problems. Adding child strengths and challenges, family strengths and challenges, the efforts they have tried and what has been helpful or not helpful are also important. One will find that during this process, it is

advantageous to do a family tree or map. A diagram of the family, the supportive members, the offender or problematic relationships, as well as friends & community support systems gives the art therapist a visual reference that is extremely helpful. This information taking process is often too much for the first intake session but can be gathered as part of the intake process.

It is advantageous to interview both parents or caretakers prior to seeing the child. This gives them the opportunity to discuss their child's problems more openly, to see the art therapy room and decide if this is the therapist for them. Additionally it prevents the possibility of the non-involved

parent from sabotaging treatment. It gives the therapist an opportunity to see how the parents relate to each other, to their child's problems, and the solutions they have tried.

The therapist's role is to provide leadership to the interview and instill confidence while allowing their story to unfold. As they share their concerns the therapist will want to blend in questions about their family history, the strengths in the family and the child, and about the efforts made to handle these difficult situations. Also, the therapist will want to give the parents an understanding of the process of therapy and how to prepare their child for these sessions.

Regarding funding: If the child has been sexually abused, a victim of violence or an accident, their therapy may be covered by Workers' Compensation Board. Prior to receiving compensation the parents' need to report the incidents to the police and then apply to WCB for

their services. The parents or therapist can obtain these forms from Victim Services or from WCB. Once the parents get the approval for therapy the therapist will then need to obtain the child's WCB number from the parents to proceed with the case, as WCB will not release this to the therapist. A thorough intake process is part of their requirements and this information is easily obtained from them. The therapist will require pre-approval with WCB, therefore feel free to contact them regarding these issues at (604) 244-6400. Additionally, the Ministry for Children and Families may pay for child therapy and will provide guidelines.

As the intake interview winds down the scheduling of regular sessions, payment of fees, and other parental responsibilities will also be covered. Confidentiality guidelines will be discussed and relevant permission forms signed. Finding a balanced way of providing the parents with ongoing information and support, without breaking confidentiality, can greatly reduce any tendency on their part to sabotage treatment. "Their involvement is not a violation of the child's confidentiality, but a planned clinical intervention" (James, 1989).

Most importantly, a clear and enlightening intake process will ideally set the stage for a harmonious working relationship between the parents, therapist and their child.

Ref. James, B. (1989). *Treating traumatized children: new insights and creative interventions*. Toronto: Lexington Books.

Knopf, I. (1984). *Child psychopathology, a developmental approach*. New Jersey: Prentice-Hall.
Wright, L., Everett, F., Roisman, L. (1986). *Experiential psychotherapy with children*. Baltimore: John Hopkins



(Continued from page 1)

presentations that a longer conference time would have included. These workshops have

President's Message Cont'd

proven to be an excellent marketing tool for art therapy. Cynthia Farnsworth has done an exceptional job of coordinating and marketing these workshops.

Your new Executive will be listed elsewhere in this newsletter. Beatrice Wilhelm, who left the presidency of BCATA to move to Calgary in December 1997, set the Association on an exciting road to goal achievement with her insight and energy. She is presently active with the Coalition of Alberta Art Therapists and continues her membership with BCATA. Thank you Beatrice. Linda Coyne resigned as Membership Chair, and I appreciate the creativity, energy, and passion for art therapy which she contributed to this position and to the conference planning.

The British Columbia Art Therapy Association was founded on November 15, 1978 in Victoria BC. The founding members were: Katherine M. Leonard, Bruce H. Tobin, Linda Lange, Lori Gray, Kathleen G. van Sickle (now Collis), and F. Graham Mills, MD. I was appointed as first President. It now seems fitting that, after twenty years in the field, I finalize my career in art therapy by devoting the next two years to the Association as your President. I am proud and pleased to do so.

The development of art therapy in BC and in Canada has been steady and complex. I will attempt to summarize the progress from my own experience and perspective. One of the important questions that I have often been asked to address by students and professional art therapists, one that needs clarification and consideration, is that of the roles of the provincial associations in relation to the Canadian/national associations.

For the past twenty three years I worked as an Art Therapist and

Psychologist for the BC Ministry of Health, Mental Health programs. During the last eight years of my tenure, I held the position of Coordinator of the Adult Community Support Team, a multidisciplinary team with members from psychiatry and medicine, psychology, nursing, psychiatric nursing, social work and so on. This team worked with the most seriously mentally ill in Victoria. In my capacity as Coordinator, I was responsible for filling positions on this team. Each individual who was panelled for a position was represented by a professional association that had clearly defined standards of practice, training and ethics. For example, the BC Registered Nurses Association, the BC College of Psychologists, the BC College of Physicians, the BC Association of Registered Social Workers. In all cases the associations were registered or licensed in BC and the employees were represented by provincial unions. It is therefore my concern that members of th BCATA who belong and work in the art therapy community have strong provincial representation in the workplace.

In Canada, three provinces have provincial art therapy associations: Ontario, Quebec, and British Columbia. At one point there was an Alberta Art Therapy Association which has been put on hold for lack of membership. Alberta is presently represented by a Coalition of Alberta Art Therapists who are negotiating with the BCATA for affiliation until their numbers are such that, with the support of the BCATA, they can form their own provincial association.

The role of the Canadian Art Therapy Association (CATA) appears unclear to many members of the BCATA, and as I recollect, to other provincial associations. CATA was formed, I believe, from the Toronto Institute of Art Therapy by Dr. Martin Fisher, and in those years represented his particular approach to the education and practice of art therapy. The concern expressed to me

by members who have joined both associations (CATA and BCATA) revolves around the expense of paying two membership fees, the benefits of belonging to both, and the different roles that each association plays.

To alleviate the confusion between associations, in 1983 the four provincial associations founded the National Art Therapy Council of Canada (NATCC) and invited CATA to be part of it. The purpose of the association was to act as a national forum in conjunction with the existing provincial associations to develop and standardize criteria for training, ethics, and provincial registration which would be specific to the needs of each province but with criteria which would be fundamental to all. In addition, the purpose was also to advance research, to improve standards of practice, and to provide a vehicle for the exchange of information and experiences between provinces. The members of the NATCC were the individual provincial associations represented by the president, one member from the executive, and one professional member. The funding for the NATCC came from the provincial associations through a slight increase in provincial membership fees, and thus alleviated the difficulty of charging two sets of dues. At that point in my career I focused on my position in government and my doctoral studies. I understand that the NATCC has since been temporarily retired. Hopes were high that CATA would take on a similar role, and I am indeed still hopeful. I believe it is important to clarify the existing provincial and national structure in terms of representative associations. The dedication which has been demonstrated by all associations and its members is without question. Art therapy is an exciting and important treatment/research area which is finally beginning to be recognized for its untapped potential.

Thus, as President of BCATA,

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Professional Development Series: Off to a Great Start!

by Monica Franz

Art in the Service of the Earth, the first of the Association's professional development series, was presented by Katharyn Morgan, a recent graduate of the Kutenai Art Therapy Institute in process of establishing her private practice in Nelson. The focus of the workshop represented her personal and professional response to the question: What is the future of Art Therapy in relation to the future of the earth?

Drawing on the works of John Seed and Joanna Macy, Katharyn provided us as participants with an opportunity to explore and share our personal experience of concern, anger, and despair with respect to the global destruction of the natural world. One of the basic principles that informs her work is that of the ecological unconscious: that we as humans have an inherited loyalty and alliance to all life forms that share this planet with us (biophyllia) and consequently experience anxiety and related states when we register (consciously or unconsciously) its destruction. Yet as a culture, we have erroneously imagined that our survival as a species on this planet is independent, separate from what she referred to in Buddhist terms as the dependent co-arising of all beings.

The healing of the consequences of this mistaken understanding is firstly in our personal and collective transformation of our ego self to an experience of our eco-self, the latter being grounded in ecological intelligence, which holds the compounded evolutionary history of the human psyche (and its inherent biophyllia). In order for the eco-self to arise, children require three specific conditions (or matrices): the experience of possibility in the natural world, the sense of exploration within that world, and a sense of safety. Without experiencing



each of those conditions, children learn to detach from the natural world: as a consequence, the natural world remains unknown and, as Chief Dan George had eloquently stated it, "What one does not know, one fears. What one fears, one destroys."

Secondly, a transformation to the eco-self depends upon remembering and experiencing a more primal aspect of ourselves as an integral part of the natural world. This can be reached through direct political action, immersion in the natural world, and cultivating altered states of consciousness such as experienced in ritual, trance and visualization.

Katharyn shared Joanna Macy's guidelines for working with the process of remembering:

- i.) Feelings of pain for our world are natural and healthy: we are in grief together, not privately.
- ii.) Pain is morbid only if it remains denied, allowed to transform into depression and self-destruction.
- iii.) Information alone is not enough: information must be processed at an emotional level.
- iv.) Unblocking repressed feelings provides catharsis and clears the mind.
- v.) Unblocking our pain for the world reconnects us to the world.

Art making as part of the process of remembering facilitates the possibility to transform hopelessness and psychic numbing, links our right

and left brains, opens up a sense of options and provides an opportunity for renewal, empowerment, and celebration.

The experiential portion of the workshop included guided meditation, art making and participation in the Council of All Beings wherein each of us represented the concerns, needs, and inherent wisdom of an endangered life form. Extremely powerful, important and inspiring work. Thank you, Katharyn!

The second BCATA Professional Development workshop, Art Therapy and the Mental Health Care Professional, facilitated by Sophia Kelly, was a resounding success. Sophia created an interactive environment which fostered lively discussion on topics including: "What is Art Therapy?", "Who do Art Therapists work with?", "Professional ethics specific to Art Therapy", "Training in Art Therapy", and "What actually happens in an Art Therapy session?". As many of the participants represented mental health care professions outside Art Therapy, this discussion format and the information provided served to educate and generate interest in Art Therapy as an effective therapeutic medium.

The experiential portion of the workshop included an exercise in which each of us as participants experienced the art making process as a particular client population. This was followed by an insightful discussion exploring the relationship between the therapeutic needs of specific client groups and the art media and style of art therapy which would support or impede those needs being met.

Of particular interest was the discussion on how our theoretical perspectives as Art Therapists interact with those client populations whom we serve.

Sophia provided a great deal of written information and bibliographical information in the form of handouts as well as material downloaded from the Web. Very

Call for Proposals

The British Columbia Art Therapy Association is now accepting proposals for the 1999 Professional Development Workshop series. The deadline for submission of proposals is September 30, 1998.

The Professional Development Workshop Series is designed to provide exchange of information, exposure and community contact, as well as education and professional development for art therapists, students of art therapy, the professional therapeutic community and the interested public.

Workshops may be structured in a variety of formats: experiential, lecture, case-study presentations, interactional etc. Proposals should outline a description of the topic to be addressed, the general format of the workshop proposed, and any specific space or material requirements.

Students and recent graduates are invited to submit proposals for Professional Development Workshops based on thesis research or areas of specialized research in the field of art therapy.

A special workshop highlighting student research in the field of art therapy is scheduled for Saturday, April 3, 1999. There will be 4 presentation time slots, each 45 minutes long (presenters may choose one or more time slots.) Proposals should provide a description of the topic, presentation method and time requirements. The proposal deadline for the Student Research Workshop is January 29, 1999.

BCATA Professional Development Workshops will be held on the first Saturday of every month, from 1:00-5:00pm, with a light lunch and networking opportunities prior to the workshop from 12-1pm. An honourarium will be provided.

For more information or to submit proposals contact: Cynthia

Upcoming Professional Development Workshops

The British Columbia Art Therapy Association is pleased to announce a series of workshops for Art Therapists, students, associated professionals and the public.

Fall Workshops, 1998

Saturday, October 3rd: "Past Hurts, Present Healing: Art Therapy on Haida Gwaii / Queen Charlotte Islands" Facilitated by Peggy Clarkson, M.A.

First Nations community healing requires an understanding of historical abuse and pain, and its integral relationship with present healing. This workshop will present

two community Art Therapy models, individual and studio. We will also explore how our own personal history, subjective biases, myths and learned perceptions impact our work with First Nations clients.

Saturday, November 7th: "Traumatic Stress and Art Therapy" Facilitated by Marga Hanna, M.A., A.T.R., R.C.C.

Marga will bring her extensive experience as an Art Therapist working with traumatic stress to this workshop. Participants will explore the topic in both a theoretical and experiential manner (no art experience is required).

Workshops will be held at the

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Meet the New BCATA Executive

Monica Franz, R.C.A.T.; B.C.A.T.R.
Vice-president & Ethics Co-Chair
(Photo unavailable)

I have been an Art Therapist in private practice for more than eight (challenging and rewarding) years. I work primarily with adolescent and adult women who have experienced trauma, grief, and loss, and depression as well as offer supervision and small business management consulting.

I will be facilitating a series of professional development courses offered at the Justice Institute in the fall: The Art of Private Practice (also in Victoria), Marketing and Networking for Therapists in Private Practice, and Ethics for Therapists and Counsellors.

I look forward to seeing you at these courses as well as at the BCATA series of professional development workshops. I welcome any thoughts you may have about your vision for the Association.



Llona O'Gorman,
Dip. Ath, BCATR
Registration Chair

Llona has 25 years experience working with children, adolescents and adults in a variety of community

settings including: community development; federal and provincial prison systems; Hospice Victoria; and Mental Health.

In addition to being a registered art therapist, Llona is a certified Hypnotherapist, an Educator, Trainer and a Facilitator of personal growth workshops. Her philosophic approach to therapy focuses on concerns rooted in the individual's existence assisting people to find their own strengths and beauty.

Harry Carr, RCAT
Treasurer

(Biography and photo unavailable at this time.)



Lynda Boyd,
Dip. AT, ATR, BCATR
Public Liason

I've lived on the west coast since 1989. I made the move to Paradise from Manitoba at the age of 40 after completing a BA in

General Studies (Psychology). I decided to study art therapy after attending one of Janice Rhynes' workshops. After receiving my Diploma in Art Therapy from the Victoria School of Art Therapy, I accepted a position at Squamish Mental Health where I worked for about three years. I opened my own business in Duncan, BC in 1996.

While in Squamish, I served on the Registration Committee (and am still on it.) I have been the Corresponding Secretary since my move to Duncan. These positions have added to my growth as well as served as a way of connecting with other art therapists.



Sophia Kelly,
DVATI
Webmaster

A 1995 graduate from VATI and volunteer Webmaster for the BCATA since January 1998,

Sophia is currently on sabbatical from her private practice to pursue personal artistic goals. She presented her thesis research on spiritual resource imagery and meaning-making in women survivors of sexual abuse to the 1996 CATA conference and has presented workshops in stress management and burnout prevention to activist, health professional and rape crisis workers. Sophia also teaches people how to use computer software, fixes computers and sets up web pages for



Marga Hanna,
ATR, BCATR, RCC
Recording Secretary

Marga's educational qualifications include a BFA and an MA in

Education, from Concordia University, Montreal, and a Diploma in Art Therapy from the Toronto Art Therapy Institute.

Her coast to coast and overseas career as art therapy educator, art therapist and psychotherapist began in 1978.

Today, she has a private practice, specializing in trauma work and the clinical supervision of art therapists. She is also a psychotherapist with Family Services of Vancouver, guest lectures at the Justice Institute, Goldsmiths College, London, and most recently the University of California, Berkely. She is credited with a number of recent publications. Her own art making provides the medium for ongoing personal growth and transformation.



Virginia R.S. Ise,
DVATI
Newletter Editor

Virginia has worked with children, adolescents, and adults dealing with such issues as grief, sexual abuse,

addictions, and life changes. She has a private practice and has experience working with people with fetal alcohol syndrome and mental health issues. She created and co-facilitated a programme of art and storytelling for children and their caregivers in the downtown eastside. Virginia is also a professional writer with experience in graphic design, electronic page layout, and web design.



Michelle Oucharek-Deo, DVATI
Membership Chair

Michelle has been working in the field of art therapy since the summer of 1994. At that time she started her

private practice, Van-Art Expression. Throughout the past four years Michelle has focused most of her work with clientele who have special needs and who are dealing with trauma issues. She has continued her studies in the area of play therapy and grief and loss. Recently, Van-Art Expression has expanded and brought in a Music Therapist. With this exciting addition the business is growing and Michelle is finding herself busier than ever.



Cynthia Farnsworth,
DVATI
Professional Development Workshop Coordinator

Cynthia assumed the coordination of

the Professional Development Workshops in May of 1998. She has been active as an art therapist in private practice and contract work since her graduation from VATI in 1995. Most of her work as an art therapist has been with youth and substance misuse, as well as with individual women clients and with families.

Cynthia has a background in fine arts, arts administration and conference/seminar coordination. She has also worked as a youth counsellor, agency program consultant and in case management. She has a particular interest in community building and the exploration of multi-disciplinary/multi-theoretical approaches to

BCATA Annual General Meeting

June 6, 1998

Acting President's Report

The Acting President, Kay Collis, reported on accomplishments of the Directors and Officers of the Board to date:

We have worked on, and succeeded, in developing a cohesive and efficient working executive team with members effectively sharing the many tasks of building a strong professional association.

We are involved in discussions/negotiations with the Coalition of Alberta Art Therapists Association, which is interested in becoming an affiliate member of the BCATA.

The Acting President recommended that serious consideration be given to the establishment of a coalition of art therapy associations across Canada, in order to gain professional strength, increased recognition, and greater political negotiating power.

A strong Registration Committee is being established in order to efficiently and speedily process

applications for registration. We are endeavouring to establish a reciprocity agreement whereby professional art therapists from other provinces will automatically become BCATA members upon presentation of their provincial registration certificate.

We are in the process of completing a membership Directory containing standards of training for art therapists, which will be mailed and otherwise made available to community agencies and other relevant resources in order to increase public awareness of our profession and our practitioners.

Considerable attention is currently being focused on the marketing of our profession. We are grateful to Monica Franz for compiling a comprehensive marketing plan as a valuable tool for our ongoing tasks in this area.

Goals:

- To undertake a thorough review of the currently existing By-Laws and to assess their legality and consistency and clarity.
- To begin to establish contact with other

art therapy associations (Canada-wide, other countries), and to make newsworthy items available in the BCATA Newsletter.

- To dialogue with as many art therapy associations, other professional associations, agencies and individuals as we can to raise our profile.
- To review and streamline job description and duties of the Directors and Officers of the Board.

Secretary's Report

The Secretary, Marga Hanna, indicated that as well as carrying out recording duties, she has taken responsibility for the redesigning and printing of an updated and upgraded brochure for the BCATA. The brochure is now available to members who wish to

distribute it to appropriate resources for their information. It is hoped that this comprehensive and informative document will support awareness of our profession

and our activities as art therapists in the community.

The Secretary also took responsibility for the distribution of a flyer advertising the upcoming workshops for the year which are being sponsored by the BCATA. The flyer will be distributed together with the July Newsletter of the BC Association of Clinical Counsellors. It will reach about 1000 clinical counsellors across the province, thus raising awareness of professional work activities of art therapists with other mental health professionals significantly.

Treasurer's Report

The Treasurer, Harry Carr, noted the following changes:

There has been an increase in the income of BCATA. Harry has effected a more comprehensive breakdown of income and expenses into specific categories.

It is anticipated that the introduction of art therapy workshops, open to art therapists and other professionals, offered throughout the fall and winter, will

Annual Treasurer's Report Fiscal Year 1997 (January 1, 1997 to

Balance Forward December 31, 1996	\$5,029.87
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ADJUSTMENTS

Less uncleared cheques	340.24
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INCOME

Membership Fees	10,710.00
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Registration Fees	—.—
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Bank Interest	14.46
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Total	10,724.46
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\$ 15,414.09

EXPENSES

Office / Copy	3683.06
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Postage	524.66
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Executive Travel	674.56
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Telephone	456.98
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Ethics Committee	0.00
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Newsletter	541.11
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AGM	2081.62
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Misc	20.00
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Returned Cheques	150.00
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Total	8132.00
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\$ 7,282.09

CLOSING BALANCE

December 31 st 1997	\$ 7,282.09
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generate additional income for the association.

Acting Membership Chairperson's Report

A full report is available from Michelle Oucharek-Deo.

Ethics Chairperson's Report

The Ethics Chairperson, Monica Franz, wishes to thank members who responded to the poll regarding changes

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to the Ethical Standards.

The Chairperson received two complaints this fiscal year, both addressed **AGM Cont'd** the issue of individuals practising without valid art therapy credentials. Monica recommended that art therapists who are members of the Association accurately represent themselves to the public, identifying only those credentials which they are entitled to use.

She provided specifics to the membership regarding the marketing plan she had developed for the BCATA, and indicated that movement is well underway to activate the plan.

She identified the goal of the marketing effort: To support current members, to increase membership, and to raise public awareness.

She further identified the mission of the marketing plan: To use money wisely and to create a long range plan by which the Association can guide itself in its growth.

Specific tasks have been completed, through combined team effort: new brochures were designed and printed, and 1000 flyers distributed with the July Newsletter of the BC Association of Clinical Counsellors, advertising the art therapy workshops province-wide. A combined effort by a number of members helped to put the workshops and workshop schedule together, to find presenters willing to donate their time, and to locate the venue for these events,

Additional business brought forward by Ethics Chairperson:

The Ethics Chairperson proposed a number of additions and amendments to the existing Code of Ethics:

5.9 Art therapists shall identify themselves as such on all promotional and advertising material by their letters of educational accreditation and/or professional registration.

In the discussion pertaining to this particular amendment, it was suggested that a list of valid letters of accreditation and registration be specified; this will be part of our work for this year.

1.14 Art therapists shall be aware of their influential position with respect to students and supervisees and they shall

avoid exploiting the trust and dependency of such persons. Art therapists, therefore, shall not engage in a therapist/client relationship with their current students or supervisees.

3.21 If the art therapist is unable to continue to provide professional help, the art therapist shall assist the client in

“The two most therapeutic things I know are getting dirty and getting clean. Having confronted the despair of multiple deaths, I can testify to the healing power of art. Art is therapy: our work is to honor the resilience of the human spirit.”

making reasonable, alternative arrangements for continuation of treatment. It was also agreed that we would revisit next year proposed amendment 3.22 Art therapists shall, at the outset

of the client/therapist relationship, discuss and explain to clients their consumer and client rights, respective roles, expectations, and limitations of the art therapy process. It was generally felt that the terms in this amendment need to be outlined with increased precision.

Public Relations & Corresponding Secretary's Report

The Corresponding Secretary, Lynda Boyd, presented the following report:

During this past term in office, 1997-1998, I have received 117 calls, down from the 148 calls I received last year which is due, in part, to the change we had in telephone access. As well, I had miscounted the year before by reporting more calls than I had actually received. A breakdown of this year's calls is as follows:

17 Requests for personal therapy or specific art therapists' phone numbers or jobs for art therapists

32 Inquiries related to BCATA memberships or registration

5 Inquiries related to liability insurance

36 General inquiries (names of schools, addresses, phone numbers, curiosity about the art therapy profession, brochures, conference info.)

5 Changes regarding BCATA membership status

6 Inquiries regarding ethical practices, grievances

1 Reference request

“Sometimes you have to go very far to discover what is near”

—Marie-Jose Dhaese,

10 Marketing, advertising in BCATA newsletter

2 Inquiries related to art therapy in other provinces or associations

2 Inquiries related to volunteering with BCATA

As you will notice, having membership with BCATA has been helpful for agencies and/or the general public requesting art therapists. Most of the inquiries have come from the mainland. Advertising has picked up. One category that has been receiving more attention than in previous years is ethical concerns and/or grievances. It has been delightful to receive calls from those offering to volunteer on specific committees. This has also been receiving more attention than in previous years.

Most of the general information on art therapy, that is, schools, being an art therapist or addresses of art therapists in a specific area have been handled by myself utilizing the directory. Thank you to the schools who have attended to the inquiries so efficiently when forwarded to them. Public inquiries have been directed to the chairperson of a specific office or the president or vice-president. Thank you Kay, Monica, Sue, Llona, Marga, Sophia, Linda, and Beatrice for taking the information and attending to it so efficiently when required. Thank you to all art therapists for submitting their specific areas of interest or expertise as it has helped a great deal when I receive a call from an agency, or individual requesting a specific focus. I am hoping that by next term we will have geographical areas also included in the directory so that I will be able to locate art therapists in specific areas on a map. It gets easier each year!

Newsletter Report

Marga Hanna, Newsletter Committee member, reported on behalf of Virginia Ise, Newsletter Chairperson, in her absence. Marga

informed members that Virginia developed a new “look” for the Newsletter, enhancing its professional appearance, its attractiveness, and its special features. The current edition of the Newsletter, now called “The Art Therapist” reached members shortly before the AGM. It is hoped that, while

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serving the BCATA membership, the Newsletter will also serve as a marketing tool to help raise the profile of art therapists in the community. Members of the Newsletter Committee are: Virginia Ise, Chair, Marga Hanna and Cynthia Farnsworth, Committee Members.

AGM Cont'd

Webmaster Report

Webmaster, Sophia Kelley, reported on the benefits to members of the new BCATA Website. This website makes worldwide communication possible. Sophia indicated that a member can create a webpage with information about their practice which can then be accessed by subscribers to the Internet. Sophia indicated that she would answer e-mail correspondence for the BCATA. Future goals: To keep reports on newsworthy items from the Internet flowing to the Newsletter.

Professional Development Workshop Coordinator

PDW Coordinator, Cynthia Farnsworth, reported that professional development workshops will be offered the first Saturday of every month. Workshop proposals for 1999 will be accepted beginning now, by Cynthia. Cynthia is also planning to include student presentations as part of the workshop offerings.

Elections

The following Directors of the Board were re-elected to their positions by acclamation for a second term:

Secretary: Marga Hanna
Treasurer: Harry Carr
Public Relations: Lynda Boyd

The following Directors of the Board were elected by acclamation:

President: Kay Collis
Vice President: Monica Franz

Appointed Executive Members:

Ethics: Monica Franz
Registration: Llona O'Gorman
Membership: Michelle Oucharek-Deos
Newsletter: Virginia Ise
Webmaster: Sophia Kelley
Professional Development Workshops: Cynthia Farnsworth

"I have seen years of patterning dissolve in the puddle on the page. There is a self-propelling process that continues long after the therapy work is over: we as art therapists spark something in the client. It's not just our obligation and duty to do so, it's a privilege.

There is a deeply intuitive part of the art therapy process that extends past our skill as therapist or artists."

—Paul Biscop, Ph.D, ATR

"How most of us got here doing what we're doing is through our connections with each other.

The piece that's missing now is how do you get legitimacy in a community that increasingly legislates out opportunities to work in community especially for people who may have no formal education.

Pull us (the founding and early members) back in and find ways to use us. We are your resources. A lot of us are political animals. The only solution is to work together. Develop a vision that is based on inclusion and collaboration among the schools and associations."

—Margaret Jones-Callahan,
BCSAT, HLM

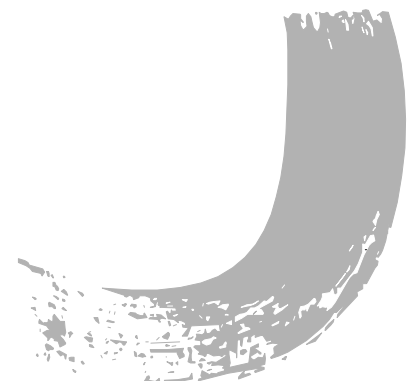
(Continued from page 3)

and in discussion with others in the association, I have defined one of our goals as working for strong national representation in both Associations in an effort to work together to resolve the issue of national representation to include the whole of the art therapy community. As Art Therapists it is absolutely fundamental that we present a united and powerful front both on educational and political levels.

During the past year the Executive has managed to complete a number **President's Message Cont'd** of tasks. An updated Directory, which will accompany this Newsletter. The Directory will be an ongoing process and I urge you to contribute your ideas to make it a valuable document. Monica Franz and the Ethics committee have been responsible for the work on the Code of Ethics, another ongoing process which will continue to address important and current ethical issues. Sandy McCartie will be assuming this responsibility in the future. The reformatted BCATA brochure will be distributed to the membership. A website has been created by Sophia Kelly for the Association, and access to the internet and email can be arranged with Sophia.

Virginia Ise is doing an excellent job of the BCATA Newsletter, and would welcome any contributions.

I wish to thank all members of the Executive Board for the time, energy, and dedication devoted to the Association over this past year. It has been a pleasure to work with you. We



SOMETHING

SOMETHING NEW

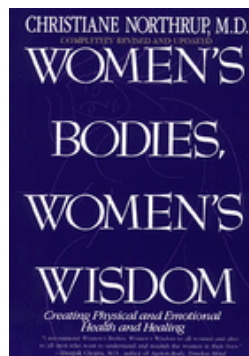
Exploring Books and Ideas
with Llona O'Gorman

WOMEN'S BODIES, WOMEN'S WISDOM, Christiane Northrup, M.D., Bantam Books, 1998, 1994, paperback, 906 pages, \$24.95.

I have seen this tome everywhere I go, in the offices of medical doctors, counsellors, women's centres, the homes of friends and it is prominently displayed in every bookstore I enter. However, if you have not yet encountered it, allow me to give you an overview. A small portion of the dedication in the front of Dr. Northrup's book states: ". . . This book is for every physician, nurse, healthcare practitioner, healer, or patient who has ever honestly acknowledged how much we don't know. It is for those who know that our healing will not be complete until we bring the sacred back into our daily lives. . ."

In the introduction to the first edition she tells the story of her own coming to terms with healing. The title of this chapter is "Physician, Heal Thyself." In 1981 Northrup was an Obstetrician/Gynaecologist caught between the demands of a challenging career and determined to breast feed her first child. She treated herself when she first developed a severe breast abscess, becoming more and more ill until she herself became a patient. She had neglected her own well-being and courted despair until she, a medical doctor, found help in the grassroots organization of La Leche.

She says of her experience, "My body, however would not let me get away with my neglectful treatment of it and had communicated an important lesson to me: Our body



symptoms have meaning beyond the immediate health problem they are warning us about." She continues, "Carl Jung said that the gods visit us through illness, and I've come to believe that we can benefit emotionally, physically, and spiritually by paying attention to our body's messages."

This experience called her to re-evaluate her life and her role and direction as a doctor. She moved into the arena of creating a new model

for women's wellness convinced that as women find their own voices, they begin to heal and create health every day in their own lives. She says, "I want to awaken that still, small, wise, intuitive voice in all of us, that voice of our body that we have been forced to ignore through our culture's illness, misinformation, and dysfunction."

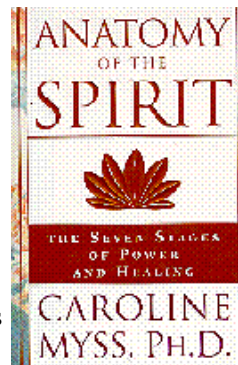
Northrup explores The Patriarchal Myth and Feminine Intelligence in a thoughtful, expansive manner. She demands that we go beyond the myopic attitude that permeates traditional medicine, but stay in relationship with it, and insists "we can uncover the deep programming of our bodies and change it to support health." She encourages us to be open to the messages and mysteries of our body and its symptoms.

When was the last time your medical doctor spoke to you of healing "energy leaks" or explored the connection between physical or emotional health with the state of well being of your chakra system. Dr. Northrup's plunge into the abyss of serious illness was the vehicle which allowed her to make an extraordinary leap into a new consciousness about health and healing and to create an exceptionally fine reference book for women.

And it is primarily a reference

book. Beginning with the menstrual cycle, she explores every dimension of health and every symptom that has traditionally been categorized as "women's problems." She speaks of healing and cure as two different possibilities. Northrup investigates treatment potentials and looks at how we nourish ourselves. Regarding menopause she challenges us to "consider ourselves pioneers on a new frontier, one at which menopause and aging will be redefined."

She includes a discussion of ways to move the body, charts for hormone replacement, an entire section of resources is appended for each chapter and provides as well notes and an index. At 960 pages, one is not likely to scour through it in a weekend. However, it can become a valuable companion on your own ongoing journey to physical, emotional, spiritual and intellectual wellness. Travel well!



ANATOMY OF THE SPIRIT, Caroline Myss, Ph.D., Three Rivers Press, NY, 302 pages, paperback, \$21.70.

This is a companion for Christiane Northrup's book. In fact, Myss and Northrup do team up in their medical work. Myss describes herself as a medical intuitive. The first half of her book is dedicated to elucidating her philosophy and the concept of energy medicine and intuition. I found this section fascinating. It pulled me along.

In the last half of the book she details the functions of the chakra system in every level of being: personal power, family, health, money, etc. Each chakra is discussed in its own chapter, at the end of which she gives you questions for self-examination.

This section is both informative and exhilarating and at times confounding and just too much. I had the feeling she started out writing one book and changed directions midway. It's good, though. I liked it

(Continued from page 5)

Unitarian Church at 49th and Oak in
Workshops cont'd

Vancouver. A light lunch will be offered at 12:00, followed by the workshops from 1:00 to 5:00 PM.

Fees per Workshop

Individual workshops:

Students: \$20.00
Members: \$30.00
Non-members: \$35.00

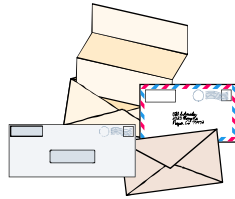
Three or more workshops:

Students: \$15.00
Members: \$20.00
Non-members: \$30.00

To register for these workshops or get information about future workshops, contact:

Cynthia Farnsworth,
Professional Development
Workshop Coordinator
BCATA Professional Development
Workshops
101 - 1001 West Broadway,
Department 123
Vancouver BC V6H 4E4
tel: (604) 618-8039.

LETTERS



Dear Editor,

Congratulations on a Newsletter very well done. We can all be proud of the work you and previous Newsletter volunteers have done in providing this vehicle for communication for our membership.

Secondly, I want to say how much I enjoyed the article by Marga Hanna "Art Therapy in Australia". Her vivid verbal descriptions really brought her journey to life. It took courage for her to go so far away and face such diverse challenges.

We would benefit from other such stories of adventures of art therapists. I hope others will contribute to the newsletter.

Linda Coyne, Surrey, B.C.

CLASSIFIEDS

Call for Student Reps

The BCATA is looking for new Student Representatives for the upcoming year. If you are interested, please inquire through your school or contact a member of the Executive Committee. Join us. Your participation is valuable.

American Art Therapy Association Conference

November 18 - 22, 1998
Portland Hilton
Portland, Oregon

If anyone is interested in car pooling and/or sharing hotel expenses please leave your name, address and phone number with the BCATA for Lynda Boyd at: (604) 878-6393 or (250) 746-9869

Applications for Registration Packages

Available from:
Lona O'Gorman
Registration Committee
2904 Phyllis Street
Victoria BC V8N 1Y9
(250) 472-0549

Submission Deadlines:
April 30
August 31

CLASSIFIEDS

FROM THE INSIDE / OUT!

A multimedia art exhibition in collaboration with Persimmon Blackbridge
September 25 to October 11, 1998
Roundhouse Community Centre (Davie and Pacific Boulevard)

Gala Reception Thursday October 1 at 7:00 pm at the Roundhouse

In October 1996, B.C. closed the last of its large institutions for people with developmental disabilities. Their voices remember, with courage and compassion, the pain, isolation, resistance, and relationships that made up the fabric of institutional life. They speak with pride about surviving institutional systems and meeting the challenges that come with community life. With humour and with tears, these voices struggle to express an experience few people share.

Based on the stories of 28 individuals who experienced life "on the inside," this multimedia art installation honours the history and the courage of those who have made the journey from institutional living to community living.

Presented by the B.C. Self Advocacy Foundation, the B.C. Association for Community Living and the Roundhouse Community Centre.

For further information call BCACL (604) 875 - 1119

BCATA Membership

To become a member of the BCATA please contact Michelle Oucharek-Deo. Fees are due on April 30th annually.

Registered Member \$100.00
Professional Member \$100.00
Associate Member \$50.00
Student Member \$20.00

BCATA EXECUTIVE COMMITTEE**CLASSIFIEDS**ELECTED MEMBERS*President:*

Kathleen Collis, PhD, ATR
(250)592-6572

Vice President and Ethics Co-Chair:

Monica Franz, DVATI, RCAT
(604)732-3220

Registration Chair:

Llona O'Gorman, Dip. Ath, BCATR
(250)472-0549

Treasurer:

Harry Carr, DVATI, RCAT
(604)513-1698

Public Liason:

Lynda Boyd, ATR, BCATR (250)246-0913

Recording Secretary:

Marga Hanna, BCATR, ATR (604)605-7008

Membership Chair:

Michelle Oucharek-Deo, DVATI

APPOINTED MEMBERS*Ethics Co-Chair:*

Sandy McCartie, DVATI (thesis pending)

Webmaster:

Sophia Kelly, DVATI (604)253-0143

Newsletter Editor:

Virginia R.S. Ise, DVATI (604)733-9221

Prof. Development Workshop Coordinator:

Cynthia Farnsworth, DVATI
(604)618-8039

MAILING ADDRESSES**BCATA**

101-1001 W. Broadway Dept 123
Vancouver BC V6H 4E4

**THE ADLER SCHOOL OF
PROFESSIONAL PSYCHOLOGY**

#101-1193 Kingsway
Vancouver BC V5V 3C9
(604) 874-4614

BC SCHOOL OF ART THERAPY

1941 Lee Avenue
Victoria BC V8R 4W9
(250) 598-6434

**KUTENAI ART THERAPY
INSTITUTE**

#2G - 601 Front Street
Nelson, BC V1L 4B6
(250) 352-2264

**VANCOUVER ART THERAPY
INSTITUTE**

350 - 1425 Marine Drive West
West Vancouver BC V7T 1B9
(604) 926-9381

Let the Image Guide You***Clinical Supervision
For Art Therapists***

Using art as the medium for the
exploration of challenging clinical
material.

(Group and Individual Supervision
Beginning in September)

For further information, call:

**Marga Hanna, M.A., ATR,
BCATR, RCC**

(Registered Art Therapist,
Registered

Clinical Counsellor)

Suite 708, 1155 West Pender St.
Vancouver, B.C., V6E 2P4

Monica Franz, B.A.; R.C.A.

T.; B.C.A.T.R., will be offering
the following workshops,
sponsored by the Justice Institute
of B.C., in the fall of this year:

The Art of Private Practice

October 3 & 24

The Art of Private Practice

November 7 & 21

(at the B.C. School of Art
Therapy)

**Ethics for Therapists and
Supervisors**

November 18 & 19

**Marketing and Networking for
Therapists in Private Practice**

November 28 & December 5

Please contact the Justice Institute
(604)528-5608 for further
information and/or registration.

Business Card \$15.00

¼ page \$30.00

Inserts \$50.00

***Networking and Professional
Development Workshops***

Art Therapy Counselling Centre
Crescent Beach, B.C.
Tel. 538-1293

This series of workshops will relate to
treatment issues for child art
therapists.

October 8, & 9, 1998

**Key Issues in Treatment of
Traumatized Children**

October 22 & 23, 1998

**The Intake Process: Strengths &
challenges for therapists**

November 6 & 7, 1998

**Stages of Therapy: Assessing child's
growth & planning treatment**

December 4, 1998

**Care of the therapist: Preventing
Burnout**

* **Pre-Registration required.**

* Refreshments provided.

* Lunch not included. Boxed lunch or
restaurants in the area.

Supervision Groups

for Art Therapists.

Contact: **538-1293**

Linda Coyne BA, RCAT

We welcome your ideas and feedback.

website: www.arttherapy.bc.ca

e-mail: info@arttherapy.bc.ca

To place an ad or submit an article, please contact a member of the newsletter committee:
Virginia Ise, Marga Hanna, Cynthia Farnsworth.

Due date for submissions is November 10, 1998.