

BCATA CONFERENCE 2022

SOCIAL NIGHT

August 26, 2022 (5:00-9:30 PM)

Returning to Roots:

Reconnection, Resilience and Diversity

August 27, 2022 (10:00AM - 4:30PM)

BCATA CONFERENCE 2022



SOCIAL NIGHT

August 26, 2022 (5:00–9:30 PM)

Join our social night event for socializing, and experience a therapeutic dance movement workshop to explore the connection between self-knowledge and resilience.

Date and Time: Friday, Aug 26th (5:00-9:30 PM)

Location: 1659 Venables Street, Vancouver

Price: \$20 for regular tickets and \$10 for students

[Registration Link](#)

For more information, please contact info@bcarttherapy.com

BCATA CONFERENCE 2022

SOCIAL NIGHT

August 26, 2022

5:00 – 5:15 Reception

5:15 – 5:30 Introductions and Intentions

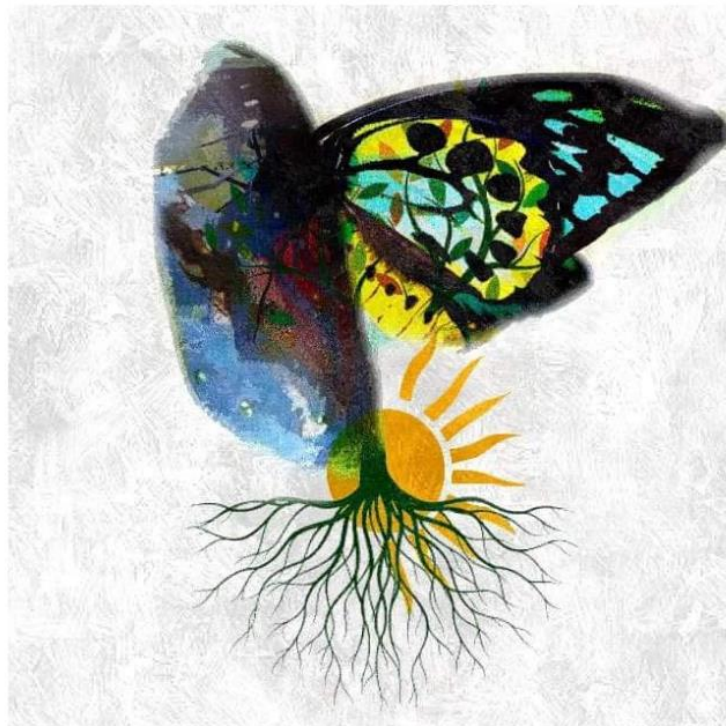
5:30 – 6:00 Dinner break

6:00 – 7:00 *Therapeutic Dance Movement Workshop:
Resilient Body by Marco Esccer*

7:00 – 9:30 Socialization and art-making

9:30 Closing

Returning to Roots: Reconnection, Resilience and Diversity



BCATA CONFERENCE 2022 August 27, 2022 (10:00AM - 4:30PM)

Join our full day conference for art-making, art exhibits and workshops based on this year's theme on Reconnection, Resilience and Diversity!

Date and Time: Saturday Aug 27th (10:00 AM - 4:30 PM)

Location: 1659 Venables Street, Vancouver

Price: \$80 for regular tickets and \$40 for students

[Registration Link](#)

For more information, please contact info@bcarttherapy.com

BCATA CONFERENCE 2022

Returning to Roots: Reconnection, Resilience and Diversity

August 27, 2022

Morning

- 10:00 – 10:15 Opening, BCATA Board Introductions
- 10:15 – 11:15 The Resilience Kit by Hannah Sherebrin
- 11:15 – 11:30 Break
- 11:30 – 12:30 Finding Balance for the Busy Art
Therapist by Michelle Oucharek-Deo
- 12:30 – 1:30 Lunch break

Afternoon

- 1:30 – 2:30 A Beautiful Void by Babeeta Chhabra
& Amarpreet Chinna
- 2:30 – 2:45 Break
- 2:45 – 3:45 Shame – A trap in Supervision
by Hannah Sherebrin
- 3:45 – 4:30 Informal gathering for art-making,
art exhibit and meditation
- 4:30 Formal close

Therapeutic Dance Movement Workshop: Resilient Body

This therapeutic dance movement workshop will explore the connection between self-knowledge and resilience. Our bodies are made to regenerate and to adapt. When we are aware of our movement patterns and movement possibilities beyond our comfort zones, we can allow the resilient nature of our body to recreate sense in an ever-changing world.

The past 2 years has been a challenge to remain connected with other humans through digital platforms and has brought a sensation of loneliness and discomfort in our old relating patterns. Stepping into reconnection is important to acknowledge others and finding the mirror of our stories in the ways other people move through the world.



About the workshop:

Resilient Body

This therapeutic dance movement workshop will be a journey of embodiment and acknowledgment of where our bodies are today and by that understanding what patterns are constricting the natural resilience of the ways our body moves after the pandemic started.

We can keep fostering new ways of relating with our surroundings through practicing understanding of our own bodies.

This will be an effective opportunity to dive into our own bodies and foster a safe space to begin new relationships and connections from an embodied perspective.



About the presenter:

Marco Esccer



Marco Esccer is a **Mexican queer artist, performer, creator and educator.**

Marco's professional introduction in the world of arts began as a ballet and contemporary dancer and choreographer in the National Ballet school in Mexico City (2011-2016). Followed by certifications in "Research, experimentation and artistic production "(2015-2016); "Network-marketing: education in business and leadership" (2015-2018); "Dance Movement Therapy" (2016 & 2020); , "Mental Application: Metaphysical studies on the power of the mind"(2019-2021); "Certified Yoga Instructor"(2021), "Mental Application: Metaphysical diagnosis"(2022).

Throughout these years Marco has developed a deep interest in **understanding and fomenting the well-being of artists** (humans) and spreading the importance of coming **back to the heART of art** going beyond only the technical part of it. Marco believes in **art as a perspective opener**: when perspectives are expanded, compassion and understanding arouse, and separation and fighting diminish.

Experiential interactive workshop: The Resilience Kit

This experiential interactive group experience uses materials and discussion to introduce the subject of refugees and immigration trauma, and the effect on children and the family constellation.

Presenting a form of intervention and “First Aid” in the form of the Resilience Kit created by the presenter, Hannah Sherebrin, for Ukrainian children and mother refugees.

Participants will create one of the 8 activities in the brochure that is included in the kit. Participants will receive the brochure and material list for the kit.



About the workshop:

The Resilience Kit

Goals:

1. Become trauma-informed in working with refugees and immigrants
2. Gain practical experience and a useful tool
3. Experience the power of intervention

Intervention

Participants will create 1 of the 8 activities in the brochure that is included in the kit.

Materials:

- two 8x10 white sheets of paper
- one 11x14 heavier paper
- glue stick, markers, oil pastels or chalk pastels, watercolors and brushes (optional)
- writing instruments

Experiential interactive workshop: Shame – A Trap in Supervision

Based on a Humanistic Therapy model, this experiential interactive group experience using materials and discussion to introduce the existence of shame phenomena in supervision both for supervisors and supervisees.

The workshop will discuss the sociological and cultural aspects of shame, and toxic shame and existential shame in our supervisory relationships. The connection between transference, countertransference and shame will also be discussed, offering a better understanding of treatment versus supervision.



About the workshop:

Shame – A Trap in Supervision

Goals:

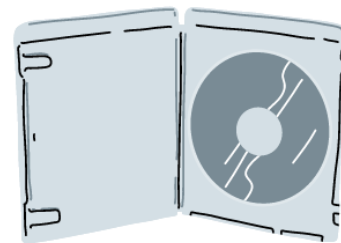
1. Understand shame triggers in self and capacity to shame others
2. Avoid the shame Trap and become an empathic supervisor
3. Create a healthy and open supervision relationship

Intended audience:

Supervisors and all others as well.

Materials:

- plasticine of all colors
- paper
- scissors
- oil pastels
- markers
- 1 clear plastic CD holder



About the presenter: Hannah Sherebrin



Hannah Sherebrin is an **art therapist (ATR-BC, OATR, YAHAT) and supervisor.**

She has practiced Art Therapy for the past 40 years and is an active member and supervision chair of Ontario Art Therapy Association (OATA) and has acted as a Vice President of the Israeli Arts Therapies Association. She is a keynote presenter, workshops facilitator and lecturer around the world, and has authored numerous articles and published book chapters.

Hannah taught a one-year course of AT supervision at Haifa University and supervised 2nd-year students of the Art Therapy program at UWO, 2nd and 3rd-year students at Tel Chai college in Israel and continues to supervise professional Art Therapists, Drama Therapists and clinical social workers. She was recently designated as Senior Supervisor.

Let's Talk Time:

Finding Balance for the Busy Art Therapist



When you chose counselling as a career and niched down into the field of art therapy, what did you envision your life looking like? It is close to what you wanted? Or is something missing?

Did you stop making your own art along way? Ran out of time?

What happened to the promise of going to the gym after work?

When was the last time you made your favorite meal?

When was the last time you read a new book? Work or Pleasure?

When you get home do you fall into a chair and get lost in the screen? And then tell people you didn't have time to...

Whether you have been in the field for 30 years or your graduation is just around the corner we all need to find balance in our lives. And balance can only be realized when we set time aside to achieve our goals both big and small.

The universal challenge we all face is the 24-hour clock. No one person on the planet gets more minutes than another during a daily cycle.

It is what we do with those minutes that makes the difference.

My goal during this workshop is to present a different way for you to look at time and how you use **your** minutes in the day.

We will have one hour together

- During the first 20 minutes I will introduce you to The 42 Minute Club: My Time Philosophy.
- Then we will do a breakaway with specific exercises in small groups
- And come back together for stories and questions.
- I'll finish with a 10-minute summary and leave you with a bonus downloadable workbook that will help you take the next steps to finding more balance in your personal and professional lives as art therapists.

Can't wait to see you in August and start talking time!

Michelle Oucharek-Deo BFA, BCATR RCAT
#0065R Registered Art Therapist/Supervisor,
Horticultural Therapist



Owner of Van-Art Expression and Live and Grow Press

About the presenter:

Michelle Oucharek-Deo



Michelle has been working in the field of art therapy for twenty-eight years. She started Van-Art Expression in 1994 and served on the BCATA board in many capacities over the years including four years as president and twenty years as the FACTBC representative. Michelle currently is the Chair of FACTBC as well as runs her private practice out of her home studio in Port Coquitlam and manages the art and horticultural therapy program at the Provincial Assessment Centre in Coquitlam, BC. In addition to her art therapy career, Michelle started her own publishing business in 2014 and has published two novels with a third on the way and is also preparing to launch her book on time mentorship in 2023, called The 42 Minute Club.

Michelle is an avid gardener and has jumped into the world of oil paint over the last few years. Making time for all the things that count in her life.

For upcoming workshops, live events and bonus material please email Michelle at thetimementor@gmail.com and she will add you to her time mentor mailing list.

Sharing Poetry and Art: A Beautiful Void



In 2020, Babeeta wrote a book entitled “ A Beautiful Void”. The journey began during the Covid-19 lockdown in France. Babeeta would send her recorded poetry to Amar who would be inspired to paint spontaneously in watercolour. After some time of this exchange, there was enough material to publish.

The journey itself was one of resilience during extremely challenging times, where Babeeta was not allowed out of her apartment for more than one hour per day and Amar was experiencing up and down cycles in his health and work. Babeeta and Amar in their pursuit to continue their artistic exchange found resilience.

The poems and short stories themselves speak a lot about reconnecting with humanity and nature and coming back to a space of peace and contentment. The work also includes short stories that span India, Japan and France expressing cultural nuances and diversity.

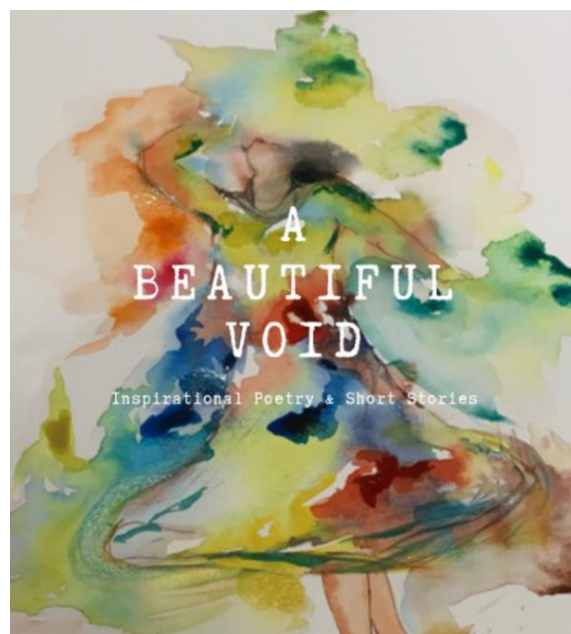
About the presentation:

A Beautiful Void

Inspiring inner transformation and creative solutions
for student mental health

Outline

- introduction of the presenters and the book
- student based activity: preferred artistic hobby
- identify stressors/feelings in challenging situations
- short guided meditation
- word mapping game
- individual/group creations
- sharing
- Q & A



About the presenters: Babeeta Chhabra & Amarpreet Chhina



Babeeta likes to be referred to as a ‘global citizen’, born in the UK, of Indian descent and has travelled and worked in Canada, Japan, India, Germany and France. Educated as a Pediatric Occupational Therapist and a Sri Sri Yoga teacher, she continues to inspire many people to live happier and healthier lives. She is an author, jazz singer, dancer, motivational speaker and artistic director for cultural initiatives. “A Beautiful Void” is her first book.

Amarpreet has always been passionate about creativity, spirituality, and animals. He was born and raised in North India and is living in Vancouver presently. He describes himself as a creative being on the journey to express the beautiful complexities of emotions through storytelling. A student of Counselling Psychology and Art Therapy programme, a Veterinary Doctor/Technician, and an artist, he intends to enhance all roles/identities in his journey as a part of purposeful living and self-mastery. Growing constantly through the vivid experiences his eclectic lens to living brings, he desires to continue dancing to the mystic songs of the unknown. He illustrated the book “A Beautiful Void”.