

CANADIAN & BRITISH COLUMBIA  
ART THERAPY ASSOCIATIONS  
2017 CONFERENCE

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**CREATIVE AGENCY  
+ POLITICAL RESPONSES  
THROUGH  
ARTZ THERAPY**

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OCTOBER 13-15, 2017  
VANCOUVER, BC



# MESSAGE FROM THE CONFERENCE COORDINATOR

We are pleased to welcome everyone to Vancouver for the joint conference of the Canadian Art Therapy Association and the British Columbia Art Therapy Association. This year is the 40th anniversary of the official formation of CATA. From our grassroots beginnings in the mid-20th century to the formal establishment of the Canadian Art Therapy Association in Toronto in 1977; from a handful of pioneers to hundreds of practitioners today, we have walked a path which originated in art studios and psychiatric hospitals, meandered through fields of psychological repression, and now, stepping into our 40s, takes in a grim vista of political oppression. In our work and in this conference, we are proud to give voice to the vulnerable populations we work for as well as to the strength in our midst.

This conference was birthed by a small group of dedicated, hardworking, and creative volunteers well deserving of acknowledgement:

Laura Worrall MC:AT, RCC, RCAT

Sabine Silberberg PhD, RCC, RCAT, SEP

Trish Rapske MAIS, RCAT, RCC

Tatjana Jansen RCAT, PhD

Patricia Ki DTATI, MSW, RSW

Frances Bryant-Scott RSW, BCATR

Estelle Barron BA, DVATI

Cover artwork: Mia Tremblay

CATA conference 2017 coordinator

*Mehdi Naimi MA, RCC, RCAT, BFA*

# CONFERENCE SCHEDULE

There is a 10-minute travel time between each session. Please note that if a workshop is cancelled, the conference committee will assign another workshop to replace the cancelled session.

Friday October 13										
		Auditorium	Room A	Room B	Room C	Art Gallery	Room 4			
9:00	BLOCK A	Keynote: nancy viva davis halifax 9:00-10:50								
9:30										
10:00										
10:30										
11:00	BLOCK B		Reid 11:00-11:50	Tong 11:00-11:50	Press & Linton 11:00-11:50	Siow 11:00-11:50	Schenkeveld 11:00-11:50			
11:30										
12:00	LUNCH & COLLEGES UPDATES 12:00-2:00									
1:00										
2:00	BLOCK C			Beniston 2:00-5:00	Chiu 2:00-2:50	Parekh 2:00-2:50	Ruebsaat 2:00-2:50	Toll 2:00-5:00		
2:30										
3:00	BLOCK D					Clarkson 3:00-4:20	McKerracher 3:00-4:20	Winkel, Proulx & Lummis PANEL 3:00-4:20		
3:30										
4:00										
4:30										
5:00										

## POSTERS/DISPLAYS

### Auxilium Horizons and Blue Heron Games

Jason Carter & Monica Carpendale

### Spiritual Transformation in Art Therapy: A Living Human Portrait

Laura Foster

### Pop-Up Art Hive: Art-making & Travelling

#### Community Art Exhibit

Sarah Peacock & Rachel Chainey

### Covenant House Art Groups

Sabrina Yau & Lutetia Wallis-Mayer

### Mind, Body, and Soul

Sabrina Yau & Morgan Coulson

## Saturday October 14

		Room A	Room B	Art Gallery	Room 4
9:00	BLOCK E	Trasken 9:00-9:50		Williams 9:00-12:00	Norton & Bailey 9:00-9:50
9:30					
10:00	BLOCK F	Armstrong 10:00-11:20			Dukowski 10:00-11:20
10:30					
11:00					
11:30					
12:00		LUNCH & CATA AGM 12:00-2:00			
1:00					
2:00	BLOCK G	Winkel & Naïmi 2:00-3:20	Stochansky 2:00-5:00	Lummis 2:00-3:20	Weinberg & Hewitt-Parsons 2:00-5:00
2:30					
3:00					
3:30	BLOCK H	Jobin 3:30-4:50		Jansen 3:30-4:50	
4:00					
4:30					
5:00					
6:00-11:00		BANQUET			

## Sunday October 15

		Room A	Room C	Room 4
9:00	BLOCK I	Stewart 9:00-10:20	Sparrow & Ladd 9:00-12:00	Šimončíčová & Proulx 9:00-12:00
9:30				
10:00				
10:30	BLOCK J	Chainey 10:30-11:20		
11:00				
11:30				
12:00				

# CONFERENCE INFORMATION

## KEYNOTE ADDRESS: NANCY VIVA DAVIS HALIFAX PhD

Friday, October 13, 9:00 – 10:50am



nancy viva davis halifax teaches in the MA & PhD program in Critical Disability Studies at York University in Toronto, Ontario. Originally trained as a conceptual artist her praxis is grounded in that history. She is a critical disability scholar and artist who finds usefulness and pleasure within crip theory, poststructuralism, the feminisms, and the new materialisms. Embodying disability and illness, she is curious about life that is not lived as whole, separate and invulnerable but rather lived through entanglement and ways of knowing that are off-centred, multiple, sensuous.

Over the past 50 and more years the orientation of contemporary, Western art practice has gradually shifted its focus from art as object to include art as a social, participatory practice; its media the social, relationality, collaboration.

The arts practices with which i have been engaged over the past decades include within the social fabric such unruly practices as deep presencing, dialogue, collage, knitting, and tea drinking. As practices that occur within the social these forms embody fluid, unfinished and lively moments. In the course of my address i will draw upon social practice arts in which i have worked collectively and collaboratively (Red Wagon and Recounting Huronia) with persons who experience poverty, immiseration, disability and difference, as well as work done outside of these collectives. Although these practices are not without their critics, my attention will be upon surfacing what is expressed from the specificity of different and disabled embodiments whose critical knowledge is often perceived as illegible and as such unworthy of consideration within the larger realm of the sociopolitical.

Image: <http://picassoprohub.org/featured-artist/nancy-viva-davis-halifax/>

## SATURDAY EVENING: IT'S A BIRTHDAY BASH!

Saturday, October 14, 6:00-11:00pm

**Celebrate CATA's Fabulous 40th!** Cut loose with us at this energizing event!

Enjoy a great catered dinner and cash bar (one complimentary drink ticket included), dance to the joyful sounds of a live band, and more entertainment!

Featuring collaborative art making with your friends and colleagues, face paints, games, door prizes, and photo booth with guest photographer Vivienne McMaster — you're invited to experience fun and playful portrait photography in a whole new way that facilitates self-esteem, resiliency, and body positivity.

We are planning for this party to be one of the stand-out experiences of your time at this conference, so don't miss out!

Tickets: \$50/person

## COLLEGES UPDATES

Friday, October 13, 12:00pm

CATA-ACAT's Governance Director, Waqas Yousafzai will provide an update on the government relations and advocacy work of the Canadian Art Therapy Association. He will explain our advocacy efforts and update members on what is happening across Canada to regulate art therapists as counseling professionals. There is ongoing grass roots work being undertaken on the application for regulation in Alberta, British Columbia, Manitoba, Saskatchewan, and Newfoundland and Labrador. This work seeks to establish a regulatory body with a standardized code of ethics, standards of practice, and competency model. An update will also be provided on the 2016 advocacy effort to seek a GST/HST exemption from the Department of Finance for art therapy services provided to the public.

## WRITERS' LOUNGE

Time & location TBA

The *Canadian Art Therapy Association Journal* invites you to visit the Writers' Lounge, where you can: learn more about the Canadian Art Therapy Association Journal and share conversations about writing and art therapy; meet the editorial board and journal authors who can answer questions about writing an article for the journal; find out about upcoming journal issues and submission headings to publish new research, practice methods, theoretical approaches and art therapy perspectives; and share your ideas and be part of the art therapy writing community!

# PRESENTER INFORMATION & ABSTRACTS

## **Zoë Armstrong DKATI, BCATR, RCAT, Doctoral Candidate**

### **Workshop (80 min.): Transitioning into Visibility**

Zoë will present her doctoral research, which examines the potential benefits of publically exhibiting artwork created in art therapy sessions. The goal is to provide a chance for her transgender and gender non-conforming clients to be witnessed and responded to in a safe and secure environment. She is hoping participants of this lecture will contribute to the research by creating art in response to one of the art pieces that she is presenting.

**Zoë Armstrong** is co-owner of Ignite Counselling in Whitehorse, YT and provides art therapy with a focus on trauma, grief and loss, as well as crisis intervention. She is currently completing her Doctorate of Art Therapy at Mount Mary University in Wisconsin, with a research focus on transgender and gender non-conforming individuals in a multicultural community. Zoë is an exhibiting artist, working in mixed media to explore transitions in identity.

## **Susan Beniston MFA, ATR-BC, RCAT**

### **Workshop (3 hrs.): Extravagant Edges, Lines and Form in Self-Care**

Our arts practice can be a significant form of self-care, particularly if engaged to support resilience, empathy and compassion. This workshop understands and advances drawing as an embodied practice with a transformative potential. As a facilitator, I encourage exploration and thinking through materials, letting the medium influence and mediate an intuitive range of graphic experience. Participants will extend their mark-making and rhythms on paper to build three-dimensional forms in space. In small groups we will explore resonances, similarities, and differences as connecting points. Each group will build/co-create forms and structure. "Thinking through materials" in collaboration provides us with impetus for dialogue, relational connections and reflection on self-care.

**Susan Beniston** is a sculptor, a certified art therapist and art educator at Sheridan College, in the Faculty of Animation, Arts and Design (Ontario.) She has a significant exhibition history, credentials and investment in all three spheres. Susan knows first hand that experiential learning, and sensory-based attunement promote all the arts in relational health, resilience and well-being.

## **Jason Carter BSc Hons., Computer Science & Monica Carpendale BFA, DVATI, BCATR, RCAT, HLM**

### **Poster: Auxilium Horizons and Blue Heron Games**

The Auxilium Horizons poster will explore the interface between art and play therapy with the use of therapeutic communication games. The intention of the new venture is to develop culturally responsive therapeutic materials into diverse areas and to support the development of communication and social skills. The new venture is revising the Blue Heron Games, developed by Monica Carpendale and Blake Parker, and moving into digital formats and the potential of augmented reality.

**Jason Carter** majored in databases, image processing, neural networks and artificial intelligence. He is a technology expert with over 25 years of experience in many technology sectors including full life-cycle software development and be-spoke hardware engineering and with significant experience in worldwide distributed team management and engagement. Jay has a keen interest in multi-media, robotics, augmented reality and mobility.

**Monica Carpendale** founder and executive director of the Kutenai Art Therapy Institute, Nelson, BC, has 30 years of experience in art therapy,

supervision and education. Monica has authored *Essence and Praxis in the Art Therapy Studio* (2009) and *A Traveler's Guide to Art Therapy Supervision* (2011). She has produced documentary films in art therapy, and co-designed 9 Blue Heron therapeutic communication games (now under Auxilium Horizons).

## **Rachel Chainey**

### **Paper (50 min.): Art Hives: A Video Harvest of the Threads that Weave Our Stories Together**

Art Hives are community art studios that welcome everyone as an artist. These grassroots hubs provide multiple opportunities for skill-sharing, intergenerational and intercultural dialogue, and sustainable community building. These spaces are connected in solidarity through a national network, and this model of restorative community engagement is available to all for adaptation following an "open source" approach. This participatory video project is a documentation of the narratives of ten Art Hives leaders, including a majority of art therapists. This study looks at their motivations for starting and maintaining such a project, as well as the perceived effects on themselves, others and their community. The presentation of the video will be followed by a discussion and question period.

**Rachel Chainey** is a social entrepreneur, community organizer, artist, and art therapy student. She is passionate about inclusive spaces where the intersections between art, social justice and resilience can be explored through action. She is Co-Founder and Co-Director of Coop Le Milieu and National Coordinator for the Art Hives Network.

## **Grace Chiu MA, RP, DTATI**

### **Paper (50 min.): Creative Expression as a Component of Acute Psychiatric Care: The Benefits of Single-Session Expressive Arts Therapy Groups**

This presentation will detail research exploring the impact of single-session expressive arts therapy groups on patient mood states in the context of an adult psychiatric unit in a large urban hospital. Using both qualitative and quantitative methods, the research conducted demonstrated that participation in the group was an efficacious means of improving patients' moods. Selected case studies will be used to illustrate the effectiveness of an expressive arts-based approach and describe the nature of a typical single-time group session. The paper was awarded the CATA-ACAT Journal Article Authorship Award (October 2016).

**Grace Chiu** is a registered psychotherapist in private practice. She holds a graduate diploma from Toronto Art Therapy Institute and MA from Wilfrid Laurier University in Theology, Spiritual Care and Psychotherapy — a specialized degree grounded in an interfaith and diversity-centred approach to personal growth and spirituality counselling. Grace practices art therapy and psychotherapy at the LucSculpture School & Studios in Toronto, which is a welcoming space that encourages creativity and expression in a nonjudgmental and supportive environment.

## **Peggy Clarkson MA Art Therapy**

### **Workshop (80 min.): Working for Social Justice in an Anti-Oppressive, Arts Based Feminist Analysis**

How art therapists have always been social activists—we started as artists on psychiatric wards! This session will educate on anti-oppression theory and frames of feminist psychological theory, trauma-informed practice and the deep connection to expressive arts healing methodologies. This session will ask therapists with a minimum of 3

years post graduate experience to dive into a reflective practice session, to work into their careers and frames of activism in psychotherapy to ask intuitive questions, and make connections. The main intent is for processing in directive, exploratory painting, and group dialogue. Where are you now in your practice? Let's take a look together. What is your frame of reference for social justice work in your art therapy practice?

**Peggy Clarkson** is a registered clinical counsellor, clinical supervisor, trauma-informed therapist and registered art therapist. A strong desire to create a sense of balance by using clinically sound practices to facilitate social change is woven into all aspects of her work. Peggy has 20 years of direct experience spanning all aspects of trauma-related care. She is currently an art therapy professor for a master's program in Counselling Psychology at Adler University and the Vancouver Art Therapy Institute. She has worked in Indigenous health for more than a decade utilizing a variety of trauma-informed, clinical care and art therapy paradigms to support many remote, rural BC communities where she lived and worked on-reserve. Within the field of Critical Incident Stress Management, she has worked as the western regional manager for the largest EFAP company in Canada. Peggy strives to be balanced in her work and self-care, enjoying kayaking, yoga and art. She is a mixed media artist and painter with a studio in North Vancouver.

**Kali Dukowski BFA, DVATI, MA, RCAT**

**Workshop (80 min.): Listening to Stories of Distress vs. Stories of Illness**

In this presentation, I will confront the very concept of mental illness and its stigmatizing effects. How do we position ourselves as art therapists when the most powerful authorities, that care for those who are suffering, are entrenched in a medical model? When we listen, how are we influenced by the pathologizing language of our culture? What began for me as an inquiry into my own insidious self-stigmatization as a former psychiatric patient, became a journey into becoming a Peer Support facilitator based on the Hearing Voices movement. I will present parts of my own story of hospitalization in images, along with some of the comments from peers I have met within the Hearing Voices context. It has been disheartening to hear that after many years, treatment has seeming not evolved in understanding the suffering of people in extreme states. This is troubling, as there are more people than ever who are receiving psychiatric diagnoses and pharmaceutical treatment for both mild as well as extreme states. As art therapists, we have a way to listen deeply to poetic and/or anomalous communications, and respond accordingly to that language, human to human.

**Kali Dukowski** has been an art therapist since 1994, with a master's degree in expressive arts therapy and psychology. She has worked extensively with children and adults who have experienced trauma in their lives. Inspired by the unfolding of images, ways of seeing, and anomalous experiences by courageous clients, Kali advocates for a change in cultural consciousness — a paradigm shift — around extreme states and the non-pathologizing of lived experience.

**Laura Foster**

**Poster: Spiritual Transformation in Art Therapy: A Living Human Portrait**

This thesis is about a client I worked with during my practicum experience. It explores my research question: How was art therapy spiritually transformative for my client? Through art therapy, she addressed a root cause of her depression, the unresolved issues of childhood sexual abuse, and this was healing. I was drawn to the client's images, and how they emerged through her art-making and reflections. Through a synthesis of research methods, I designed "a living human portrait." This study portrays how issues of childhood trauma hidden from consciousness were confronted in art therapy.

**Laura Foster** developed a passion for art as healing through facilitating

an art program in an inner-city agency in Edmonton. This drew her to St. Stephen's College, to study in the Master of Psychotherapy and Spirituality program with an art therapy specialization (MPS-AT). Laura is practicing art therapy and facilitating a community-based arts program at Robertson-Wesley United Church in Edmonton.

**Tatjana Jansen PhD**

**Workshop (80 min.): Responding to the Trauma and Grief of Our Times — Past and Present**

In this presentation, I will explore grief as an embodied experience that shapes us while we in turn have tried to shape it, finding some measure of relief and release through the arts as a place for lamentation. Grief is the in-between space that eventually haunts us all, although my interest here for the most part is less on our own personal and sometimes disenfranchised hauntings, but the hauntings of the recent and not-so-recent past, and the demands of ghosts that have not been adequately acknowledged and mourned; memory forms a zone of contestation in the sanctioning (and repressing) of stories, memory exploited through ideology and by those who claim authority over an often shameful, colonizing, violent and hidden — but felt — past. Grief will be defined through a multitude of sources, the most relevant being the artists in saying, depicting, dramatizing, and embodying the unsayable, drawing our attention to ethical, moral, and political issues and to those who have been ghosted.

**Tatjana Jansen** is an unapologetic feminist, poet, art therapist, and educator who tries not to take herself too seriously. Her focus has been on equity and diversity issues, feminist scholarship, trauma, and grief and loss, both in her clinical work and as an instructor and supervisor. Currently, she is the director of the Vancouver Art Therapy Institute as well as a counsellor at a private school with children from kindergarten through grade 12.

**Anne-Marie Jobin**

**Workshop (80 min.): New Creative Journaling: A Self-Empowering Tool**

Come discover an original method of Creative Journaling developed by French Canadian art therapist Anne-Marie Jobin. Based on creativity theories, art therapy and much more, this method offers over 60 different techniques combining writing, drawing and collage in a way to do both introspective and creative work. New Creative Journaling is a very flexible tool, easy to use and accessible to all. It is complementary to therapy and fosters clients' independence and self-reliance. They learn ways to manage stress and anxiety, have access to their inner resources and nourish their creative life at the same time. New Creative Journaling is also a very useful tool for the therapists, giving them an easy access to a creative space where they can center themselves, manage their stress and nourish their art practice.

**Anne-Marie Jobin** was trained as a social worker first (UQÀM, 1987), then as an art therapist (Vancouver Art Therapy Institute, 1994) but soon developed her own method of Creative Journaling, which she has been teaching since 1998. She opened a school (École le jet d'Ancre) in 2004 and is now training professionals in Canada and Europe (Belgium, France and Switzerland). She is the author of 5 books on Creative Journaling and creativity (all in French).

**Dr. Christine Lummis RCAT & Guest, The BC Professional Firefighters Association**

**Workshop (80 min.): The Human Behind the Hero: Working with First Responders**

"When you're in trouble you call 911; you call us. Who do we call?" First responders attend to extraordinary circumstances daily, yet find it difficult to locate effective support specific to their needs. The BC Professional Firefighters Association has been developing mental health initiatives and information for mental health workers about what they

need from counsellors and therapists. Dr. Lummis and a special guest from the Association will provide information on working with first responders, information on debriefing critical incidents, as well as art therapy and mind-body practices useful in addressing trauma.

**Dr. Christine Lummis** is an internationally recognized art therapy instructor and presenter with 20 years of clinical experience. She has developed art therapy programs for children, youth, women with addictions, professionals, and the elderly. Christine obtained a Doctorate of Art Therapy in 2015. In her doctoral research, she coined the phrase Therapeutic Body-Mapping to differentiate it from other forms, and developed grounded theory on its therapeutic value and clinical application. She advocates for its use as a culturally sensitive trauma intervention based on responses from her research in 18 countries on three continents. Christine is President of the BC Art Therapy Association and an Adjunct Instructor at the Canadian International Institute of Art Therapy, the Winnipeg Holistic Expressive Art Therapy Institute, and Adler University. Christine is also a Trauma Responder for Morneau Shepell offering psychological first-aid following critical incidents. She is the author of *The Use of Art Therapy in the Treatment of Addictions*, and *Parents Handbook on Reducing Anxiety: What's going on in the brain*.

**Kelty McKerracher, with Renae Morriseau & Illicit Cast Members**

**Workshop (80 min.): Illicit: Intermodal Arts Therapy, Creation and Performance as a Harm Reduction Approach Panel Presentation (with Performance Excerpt)**

*Illicit* is a community arts-based research and performance project exploring the harm reduction movement in Vancouver. The presentation will begin with a video created from our performance. Then, the panel will raise ethical, aesthetic, and logistical issues encountered in collaboratively creating this work, such as:

- The relevance of the arts to harm reduction in the context of the opioid overdose crisis
- Possibilities for intermodal arts therapy in facilitating collective responses to trauma
- The role of performance creation in restoring creative agency and breaking down stigma
- Humanizing (anti-oppressive) practices in artist-community collaborations
- The necessity for community approaches as clinical practice with groups affected by marginalization

**Kelty McKerracher** is a community-engaged artist based in Vancouver, BC. She holds a masters degree in expressive arts therapy, which she applies in her work alongside the Downtown Eastside community. Growing from relationships built at the former PHS Drug Users Resource Centre, she founded the interdisciplinary performance project, *Illicit*, with leaders/peer staff from the Centre ([illicit.blog](http://illicit.blog)). Kelty also works as program manager at the Community Arts Council of Vancouver.

Between professional and community-engaged theatre productions, musical collaborations and film creation, **Renae Morriseau** works to cultivate social justice and inclusiveness in utilizing the creative arts as a mechanism for change. In 2017 she was associate director with David Diamond's forum theatre production on Truth & Reconciliation, called *šwəʔamət (Home)*. She is currently co-writing a play *Weaving Reconciliation* for Vancouver Moving Theatre. Renae has been involved in the *Illicit* project since its inception as dramaturge, director, and co-facilitator.

**Mary Norton PhD, PGCAT & Terri Bailey MA Counselling, CCC**

**Paper (50 min.): What Happens in the Art Happens in Life: Integrating Art Therapy Approaches in a Hoarding Support Group**

The co-presenters will describe how they integrated art therapy

approaches to support psycho-education for individuals affected by hoarding disorder. They will describe the art therapy invitations, report on participants' responses and describe relationships between participants' sometimes intense responses to the art making and patterns and stresses they experience related to hoarding.

**Mary Norton** coordinates the Creative Arts Therapies to Support Resilience and Wellness project, a collaborative initiative of Aboriginal Counseling Services Association, Canadian Mental Health Association-ER, and Edmonton John Howard Association. Her work is informed by training and experiences in adult education, expressive arts, art therapy and Hakomi.

**Terri Bailey** educates professionals, co-facilitates hoarding groups, provides counselling for individuals and works with family members who are concerned about a loved one who is hoarding. She is a member of the Edmonton Hoarding Coalition and is dedicated to facilitating a collaborative and compassionate community response.

**Nicole Parekh MA, DVATI, RCAT**

**Paper (50 min.): Navigating Poiesis in Virtual Landscapes**

The digital revolution has altered the personal and professional lives of Canadian art therapists. Let's talk about it! This presentation will explore and discuss some of the benefits, challenges and surprises that may be encountered while engaging with digital media and the Internet. It will share an arts-based heuristic bricolage research process of intentionally exploring virtual landscapes with avatars, digital comics, video, collage, painting and other arts modalities and reflect on how this process was a helpful way to develop digital fluency and to aesthetically respond to the complex experience of being an art therapist in the digital age.

**Nicole Parekh** lives with her family in East Vancouver. She is a registered art therapist and expressive arts practitioner who works at a local non-profit agency and has a passion for participating in local community arts events and festivals.

**Sarah Peacock & Rachel Chainey**

**Poster/display: Pop-up Art Hive**

Visit a pop-up Art Hive created by members of the Art Hives Network. Explore the simple pleasures of creating in community and connect with other conference members while anything else you want or need to make, with the wide variety of materials that will be on hand in this special type of third space. In addition, while at the Art Hive, you are invited to contribute your creative voice to in the traveling national community art exhibition: *Reconciliation : What does it mean to you?* For more information about this exhibition, please visit: <http://arthives.org/blog/national-call-art-reconciliation-appel-national-soumission-doeuvres-dart-reconciliation>

**Sarah Peacock** is an Art Therapist committed to incorporating art therapy and community arts through the foundation and development of community art spaces. She is the co-founder of Magpie's Nest Community Art Society and Another Space in Vancouver, and works with Alternative Creations Studio supporting artists with developmental disabilities.

**Rachel Chainey** is a social entrepreneur, community organizer, artist, and art therapy student. She is passionate about inclusive spaces where the intersections between art, social justice and resilience can be explored through action. She is Co-Founder and Co-Director of Coop Le Milieu and National Coordinator for the Art Hives Network.

**Naomi Press HCPC, BAAT & Jess Linton HCPC, BAAT**

**Workshop (50 min.): Build Bridges Not Walls: Can Small Acts of Resistance Push Boundaries and Cross Borders?**

Jess Linton and Naomi Press will present their work with refugee and displaced populations in France, the UK and Nepal. They will reflect on



their response to the ever changing socio-political landscapes that they work within through examples of their collaborative art-making and art therapy practice with asylum seekers and displaced communities in Kathmandu, Nepal, the large refugee camps in Calais and Dunkerque, France, and in psycho-social services for young refugees in the UK. They will consider their position as art therapists working within a small charity, Art Refuge UK, and with/in international and local partnerships in situations that are, by their very nature, highly politically charged. They hope to share the use of a diverse arts and art therapy practice to adapt, respond and support a strengthening of agency and resilience.

**Naomi Press** is an art therapist and visual artist with a background in community arts and development. Practicing as a registered art therapist since 2011, she has worked in a number of international humanitarian and development settings in Europe, Asia, the Middle East and South Africa, with a specialist focus around refugees, displacement, political conflict and trauma. She teaches as a guest lecturer in higher education settings and on accredited training programmes for the British Association of Art Therapists. Naomi joined the Art Refuge UK team in 2014 to develop a new programme of delivery and training in their work with refugees in Nepal. Naomi continues to work in Northern France every week, alongside work in the UK for Art Refuge UK and other international NGO's.

**Jess Linton** is a registered art therapist, practicing visual artist and socially engaged practitioner. Her current work as an art therapist specialises in trauma and child and adolescent mental health in various settings including the UK health service, community and charity sectors. Since 2012, a main focus of Jess's work has been with refugees, torture survivors and displaced populations in the UK, Europe and Asia. Jess began her work with Art Refuge UK in 2014, including working with locally displaced communities after the devastating earthquakes in 2015, establishing UNICEF 'child friendly spaces' with local professionals and networks across health, education and the arts. Jess continues to be a member of the Art Refuge UK team, as a practitioner, trainer and guest lecturer in higher education settings and the British Association of Art Therapists training programme. In 2017, Jess established The Starling Project, a psycho-social service for young refugees in Sussex.

**Michelle Reid DKATI, MSW**

**Paper (50 min.): Blanketing Ceremony: Lessons from Using Art Therapy Approaches in a Social Work Classroom**

This paper will provide an overview of an Aboriginal-centered counselling course that was used as an art therapy thesis case study. Additionally, it will provide an analysis of using art therapy and Aboriginal modalities in teaching social worker students. The author of this paper presentation will utilize a personal narrative to identify her experiences from observations in the class, and an analysis of the students' written text and artwork.

**Michelle Reid** is a member of the Heiltsuk Nation and graduate of the Kutenai Art Therapy institute. She currently teaches in an Aboriginal-centered social work program and uses art therapy as an integrative teaching modality.

**Susanna Ruebsaat PhD, BCATR, RCC**

**Paper (50 min.): The Role of Supervision in Working with the "Disturber" in (Group) Art Therapy: A Proposed Model for Mythopoetic Mentoring**

In the disquiet of the countertransference the disturber within is intimating an unconscious call for a change of attitude. Supervision includes this intimate inner figure as an archetypal phenomenon entering the imaginal field and — in an atmosphere of support and mirroring of the professional-self — one is invited to be guided by the contents of the counter transference itself. Symbolically, the disturber

is transformational even in its own infant stage of impacting the intersubjective field.

**Susanna Ruebsaat** is a Jungian oriented art therapist, instructor and clinical counselor specializing in a symbolic approach to psychological work including supervision. Her doctoral research in trauma from a mythopoetic perspective offers an archetypal framing of the journey of individuation. Her book *Mourning the Dream/Amor Fati* will soon be published with Wipf and Stock Publishers. She has over two decades of experience working with image and personality both intrapsychically and socially.

**Taylor Schenkeveld BA, DKATI (Thesis Pending)**

**Paper (50 min.): The Seven Sacred Teachings and Art Therapy: An Indigenous Adolescent's Cultural Journey**

This presentation will explore the benefits and challenges of integrating the Anishinaabe (Ojibway) Seven Sacred Teachings into individual art therapy sessions with an Indigenous female adolescent. As a Metis researcher, Taylor has utilized the Indigenous case study research methodology to analyze the data. Through continually aligning with the 3 R's — Respect, Reciprocity, and Relationality — of Indigenous research, the research participant was able to reconnect with traditional Indigenous practices that fostered building self-esteem, demonstrate each of the Seven Sacred Teachings, and socially construct her Indigenous identity.

**Taylor Schenkeveld** is a Metis woman originally from Winnipeg, MB. She is a recent graduate of the Kutenai Art Therapy Institute in Nelson, BC and currently resides in Calgary, AB. Taylor has worked extensively with Indigenous populations through art and healing to help them reconnect, reclaim, and revitalize their Indigenous culture.

**Lucia Šimončičová MA, RCC & Lucille Proulx MA, ATR, CRAT**

**Workshop (3 hrs.): Preserving and Appreciating One's Own Cultural Identity in a Multicultural World**

We live in a multicultural world and we are constantly being exposed to a variety of cultural influences. This creative self-reflective workshop addresses the concept of unique cultural identity, its personal meaning for individuals and how it shifts and changes as a result of this exposure and living in a community with others. The workshop will focus on creating one's own visual reflection of their own unique cultural identity and its complexities through group work, discussion, creating a doll, a living scenario, storytelling and songs. An art therapy intervention using visual arts, soft sculptures, music will be explored. The purpose of this workshop is to increase an awareness of the personal and unique cultural identity by reflecting on its complexities as one adjusts to integrate into a new way of life. Suitable especially for those working with groups of adolescents, adults, immigrants or refugees.

**Lucia Šimončičová** is a qualified art therapist (MA in Psychotherapy & MA in Art Therapy, CIT, Cork, Ireland), and a professional member of CATA. In her practice with clients she uses an attachment informed therapeutic approach. She specializes in child and adolescent therapy with a focus on grief and loss, trauma and attachment difficulties.

**Lucille Proulx** is a registered art therapist with 30 years experience in the field. She is the executive director of the Canadian International Institute of Art Therapy, and works with student worldwide. She is an Honorary Life Member of CATA and of AATQ. The author of *Strengthening Emotional Ties through Parent-Child-Dyad Art Therapy* and *Attachment Informed Art Therapy*.

**Tze Tjuin Siow MAAT**

**Paper (50 min.): Championing for Terminally-Ill Patients in Singapore: Healing the Dying through Art Therapy**

In Asia, terminally ill patients are typically a disenfranchised group as

medical resources tend to be focused on healing and recovery. This is especially so for lower income members of society who require palliative care. In Singapore, hospices are run by voluntary welfare organizations. The hospices focus on the destitute and those abandoned by or estranged from their families and typically facing the last few months of their lives without money or family to take of them. Since art therapy is not recognized as part of standard care, which receives some government funding, art therapy services are funded exclusively through charitable donations. This presentation will discuss:

- Blazing the trail in advocating for art therapy in palliative care in Singapore
- Case studies to illustrate the needs of terminally ill patients and how/ why art therapy is an effective means of addressing their needs
- The changes and progress of art therapy in palliative care in Singapore this decade

**Tze Tjuin Siow** was the Art Therapist at Dover Park Hospice in Singapore, Singapore's oldest purpose built hospice. She was also the first art therapist ever brought on staff in palliative care in Singapore. While in Singapore she has practiced in various Hospitals as well as in community care. Tjuin was also active in the training of healthcare professionals and teaching within the wider community. She has presented at various conferences in Singapore, Thailand and Canada, including the International Congress on Palliative Care in Montreal and the ANZATA Art Therapy Conference in Singapore.

#### **Debra Sparrow & Gretchen Ladd MEd, RCAT, RCC**

##### **Workshop (3 hrs.): Weaving Across Cultures: Warp, Weft & Common Threads**

Gretchen and Debra will be sharing their insights and experience in using weaving as a way to support positive change in individuals and communities. The act of weaving is both practice and metaphor for bringing together different aspects of self as well as supporting kinship and connection with others. Through a hands-on art activity, participants will have the opportunity to use weaving to explore their own life stories and cultural identities. This workshop will highlight the use of weaving across diverse cultures and provide practical ideas for bringing weaving into therapeutic practice.

**Debra Sparrow** was born and raised on the Musqueam Indian Reserve and is self-taught in Salish design and jewellery making. In 1983, she joined a class of women in Musqueam which focused on the revival of Salish textiles and has since been combining textile and Salish designs in a contemporary way through geometric, hand spun blankets and hangings. It is Debra's hope to educate others about the beauty and integrity of her people's history through her art. She is currently facilitating Weaving Our Way (WOW) is a newly funded public art project that integrates Musqueam weaving artistry, storytelling, and community organizing to share our heritage in the form of contemporary woven art.

**Gretchen Ladd** is an art therapist and educator who has provided therapeutic arts to diverse communities for over 20 years. Her clients have included long-term care residents, mental health clients, cancer patients, bereaved families and clients who have experienced trauma. Gretchen has been an instructor at the Vancouver Art Therapy Institute since 2007 and facilitated art therapy trainings in Nepal, Thailand and Japan.

#### **Jennifer Stewart**

##### **Workshop (80 min.): Breaking the Silence: PTSD in the Canadian Armed Forces**

While soldiers may, at first glance, appear to be part of the dominant culture, the experience of mental illness within the Canadian Armed Forces can be extremely disenfranchising. Expressing herself artistically allowed Jennifer to move away from the language of "brokenness" and

make meaning for herself outside of the culture of the military. Art making was integral to her recovery from war related PTSD and was the focus of her master's thesis. As part of her research, she created a body of art work which she exhibited widely. Breaking the silence that surrounds PTSD in the Canadian Armed Forces is arts-based social action because it calls others to consider the value of arts-based healing for soldiers as well as the cost of war to individuals, families, and communities.

**Jennifer Stewart** is an artist, art therapist, and registered nurse. As a member of the Canadian Armed Forces, she deployed to Afghanistan in 2010 and 2011. Her war experiences led her to research art making and disassociative symptoms related to post traumatic stress disorder.

#### **Jerry Stochansky BSc, BFA, DVATI, RCAT**

##### **Workshop (3 hrs.): Working with a Suicidal Person**

The workshop will introduce how to do a thorough suicide assessment and how to create a safety plan including the use of art therapy exercises. This will include signs and symptoms, how to ask the question and risk factors. It will also examine the role of emergency resources and what to expect from them and the political challenges a therapist faces in trying to help a suicidal person. Jerry Stochansky has worked as a suicide intervention therapist for almost 20 years at SAFER Counselling, a program which currently is part of Outpatient Psychiatry at Vancouver General Hospital. He has found ways to introduce art therapy into the sessions as part of the recovery program to stabilization. The workshop will be interactive which will include not only art therapy exercises but how to work with a person who is low, medium, high or imminent risk for suicide.

**Jerry Stochansky** graduated from the Vancouver Art Therapy Institute in 1995. Previous education includes the University of Toronto in Psychology (BSc) and Emily Carr University (BFA). He also completed Marsha Linehan's training in DBT and is a Registered Canadian Art Therapist since 1999. He previously worked as a research assistant at the Clarke Institute of Psychiatry in the early 1980s and as a therapist at BC Society for Male Survivors of Sexual Abuse. He began working at SAFER in 1998, a program that specializes in suicide intervention.

#### **Haley Toll MA, CCC, RCAT, RP (inactive)**

##### **Workshop (3 hrs.): Envisioning the Future of the Canadian Art Therapy Association**

The Canadian Art Therapy Association was created to support the professional development and practice of art therapists since 1981. As our political climate, social circumstances and responsibilities as Canadian art therapists are changing, so must our future vision for our organization. The intention of this workshop is to create an open discussion and environment for art therapist members, chairs, advocates and associates to create art about what the future of our organization may look like and how we can work on creating this shared vision. The workshop hopes to end with a final call-to-action.

**Haley Toll** is the president of the Canadian Art Therapy Association. She is a painter, registered art therapist, certified Canadian counselor and registered psychotherapist (inactive) who has worked with diverse clients across Canada (Alberta, British Columbia, Montreal) and internationally. Haley works as a policy advisor in Mongolia and is an instructor at the Canadian International Institute of Art Therapy. Haley completed her MA in Creative Arts Therapies at Concordia University.

#### **Sarah Tong RCAT**

##### **Paper (50 min.): The Therapeutic Use of Art in a Hong Kong Prison**

Creative Arts for Rehabilitation is a volunteer program using art to work with long term inmates, the vulnerable and disenfranchised population. This minority group is labeled as criminals, usually being described as violent and aggressive. When an individual creates, he feels alive

and humanized. Art helps program participants find their own voice and rebuild a healthier identity other than inmates, in a nonverbal way. The act of art making engages, stimulates, inspires, transforms, educates, entertains and heals oneself in safe and relevant ways. In this presentation, audience will learn about their life stories through their creations.

**Sarah Tong** has worked in Canada and Hong Kong promoting and delivering art therapy programs in non-profit organizations, schools and institutions for over 18 years. She has extensive experiences working with clients affected by mental illness, special needs (Autism and ADHD), geriatrics, abuse, domestic violence, and trauma. She has been volunteering at the Creative Arts for Rehabilitation program in the maximum security prison for male offenders in Hong Kong for 7 years.

**Si Transken PhD, RSW, DVATI Candidate & Hailee Pitkethly**

**Paper (50 min.): Creativity, Coalitions, Trust for healing — Settler/Indigenous Facilitations with Vulnerable Oppressed Populations**

We have been working in coalition and connection with various vulnerable populations (men recently released from prison; men with various mental health/oppression issues and their children; very young mothers who are connected with Elizabeth Fry Society). Two of these groups had all Indigenous members participating and one had about a third of the participants who are Indigenous. There were five facilitators (two First Nations professional artists, a First Nations actor/singer, a helping professional representative from the agencies and our contributions as art therapists). We would like to share how these experiences went forward with these disenfranchised populations.

**Si Transken** has been living in, and working with, northern communities all of her 56 years. She has been teaching in universities in Social Work and Gender Studies for 20 years. She is always focused on antiracist feminist ways of being in a Eurocentric classist patriarchal world. She identifies as white trash being recycled. She has a sense of humour.

**Hailee Pitkethly** is a student completing her DVATI training. She is a graduate of Emily Carr and a practicing professional artist. Her youth and vibrancy have brought a liveliness and verve to these community sessions. She has especially connected with the young mothers who are in their process of completing high school credits while they are learning parenting and life skills. Hailee also has always lived in the north. Her wish is to practice empathetically, respectfully and usefully with the Indigenous populations here who invite engagement with art therapy.

**Tzafi Weinberg & Sandra Hewitt-Parsons**

**Workshop (3 hrs.): Art Therapy Advocacy**

Art therapy advocacy has an origin story which begins in areas of challenge and potential. As the advocacy committee, we believe all art therapists have the potential to be super heroes who have the creative agency to change attitudes, fight misinformation and to shield our profession from the effects of misunderstandings. In this workshop, participants will work in groups to brainstorm ideas and identify resources to transform these challenges into creative agency. Groups will make a shield and create a skit against a green screen representing our super hero qualities to defend against forces that attempt to undermine our work.

**Tzafi Weinberg** is an art therapist with experience guiding with the Society for the Protection of Nature in Israel, and working with children and art in Canada. She studied art therapy at the Kutenai Art Therapy Institute in BC and is currently a Doctoral student at Mount Mary University, Milwaukee. Her research topic deals with dyadic art therapy with indigenous children and foster parents. Since 2011, Tzafi has worked with First Nations children in Winnipeg

**Sandra Hewitt-Parsons** is an art therapist, professional artist and current CATA advocacy chair. She opened her own private practice (Safe Harbour Expressive Therapies) since graduating from Kutenai Art Therapy

Institute in 2015. She continues to pioneer art therapy workshops, presentations and groups as well as working one-on-one with various populations in local communities. Sandra is currently setting up Newfoundland's first art therapy social enterprise organization for individuals who cannot afford private art therapy.

**Patricia R. Williams**

**Workshop (3 hrs.): Cultivating Compassion for the Earth through Creativity and Self-Compassion**

Although self-care and ecological action are typically regarded as separate, this workshop is an invitation to explore the possibility that "true self-care takes us deeper into the world and caring for the world takes us deeper into the essential self" (Straub, 2000, forward). Participants will connect with their innate capacity for compassion — for self, others, and the earth. Using mindfulness, guided imagery and a self-compassion activity, participants will create a mixed media artifact reflecting their experience of "the rhythm of compassion." This workshop is an opportunity to experience compassion as a courageous and creative response to struggle, and an essential action in times when we feel most helpless. The workshop will conclude with an interactive discussion about how participants can integrate creativity, mindfulness and self-compassion, personally and professionally, to address the rising anxiety we all share about the future of our dear planet and our potential for compassionate action.

You are invited, though not required, to bring images of the earth and/or images and symbols of the natural world that inspire you (i.e., for collage as an option in the art-making process).

**Patricia R. Williams** is a play therapist, registered art therapist, a Canadian certified counsellor, a mindful self-compassion teacher, and member of the Charter for Compassion. Patricia offers individual and group art therapy, presentations, workshops, and training based on a model she calls "ONEBird" — a unique integration of mindfulness, creativity, and compassion. She is passionate about supporting and inspiring others using her integrative and experiential approach.

**Michelle Winkel MA, RCAT, ATR, MFT & Mehdi Naïmi MA, RCAT, RCC, BFA**

**Workshop (80 min.): Eros and the Art Therapist**

[How] Do you talk about sex with your clients? Why is there not enough (any?) mention of the erotic in our discussions? What is the connection between creativity and eroticism? What is the role of eros in other aspects of our lives? We are aiming to continue conversations on a much avoided topic we initiated in our Toronto conference in 2016. We will engage in some art-making to explore this subject in our personal and professional lives.

**Michelle Winkel** is an artist and art therapist on Vancouver Island. She loves making art alone and with others to make meaning in her life, and to help others do the same through listening and facilitating creativity.

**Mehdi Naïmi** spends his time on Vancouver Island writing, sculpting and listening to people's personal stories.

**Michelle Winkel MA, MFT, ATR, REAT, Lucille Proulx MA, ATR, CRAT & Dr. Christine Lummis DAT, DKATI, RCAT**

**Panel (80 min.): Balancing Cultural Safety and Adherence to CATA-based Ethical and Educational Standards in Art Therapy Programs with Other Cultures**

The panel will discuss how cultural safety is respected while using CATA-based ethical and educational standards in art therapy programs in other countries/cultures. Participants will learn how the members of this panel adhere to rigorous educational standards in culturally sensitive ways when working in other countries (Japan, Thailand, Egypt & UAE), and the challenges of applying North American ethical

considerations in art therapy training when working with other cultures. Panel members will share their perspectives on cultural competency. There will be opportunities for participants to ask questions about application of CATA's ethical standards when working with other cultures.

**Michelle Winkel** is an art therapist, with 20 years experience in Canada and Abroad. She currently clinical director the Canadian International Institute of Art Therapy. Michelle's credentials include a license as a marriage and family therapist in California and registered art therapist (ATR) with a master's degree in clinical art therapy from Loyola Marymount University, and a fellowship in infant-parent mental health from Harvard Children's Hospital. She serves on the board of directors of the Proulx Global and Community Education Foundation.

**Lucille Proulx** holds a master's degree in art therapy from Concordia University in Montreal. Lucille has several years of experience working with children and parents in Hospital, in the community and abroad. She is the founding director of the Canadian International Institute of Art Therapy. She is the author of *Strengthening Emotional Ties through Parent-Child- Dyad Art Therapy*, translated in Hebrew and Arabic, and *Attachment Informed Art Therapy: Strengthening Emotional Ties Throughout the Lifetime*.

**Dr. Christine Lummis** is an internationally recognized art therapy instructor and presenter with 20 years of clinical experience. She has developed art therapy programs for children, youth, women with addictions, professionals, and the elderly. Christine obtained a doctorate of art therapy in 2015. In her doctoral research, she coined the phrase Therapeutic Body-Mapping to differentiate it from other forms, and developed grounded theory on its therapeutic value and clinical application. She advocates for its use as a culturally sensitive trauma intervention based on responses from her research in 18 countries on three continents. Christine is President of the BC Art Therapy Association and an adjunct instructor at the Canadian International Institute of Art Therapy, the Winnipeg Holistic Expressive Art Therapy Institute, and Adler University. Christine is also a trauma responder for Morneau Shepell offering psychological first-aid following critical incidents. She is the author of *The Use of Art Therapy in the Treatment of Addictions*, and *Parents Handbook on Reducing Anxiety: What's going on in the brain*.

### **Sabrina Yau & Morgan Coulson**

#### **Poster/Installation: Mind, Body, and Soul**

The Fall 2016 MCP-AT cohort is sharing their work at CATA-BCATA 2017 in lieu of a traditional poster, as a tangible reminder to practitioners of the integral part image plays in the healing and transformation process, and of the importance for practitioners to engage in their own arts-based work. This installation of artworks is created with the theme of resilience, the arts, and health in mind. Each diverse work focuses on a theme of specific importance to the artist, ranging from exploring body image and acceptance, vulnerability, forgiveness, grieving, and attunement to the senses. The works in question were created specifically for the annual MCP-AT art exhibition, entitled *Mind, Body, and Soul*. Collectively they demonstrate the power of working with art as a companion in exploring the uncertainty of life, creative agency, and the power of art to create community and a sense of empowerment.

**Sabrina Yau** and **Morgan Coulson** are master's degree candidates in the Adler University in Counselling Psychology — Art Therapy program. They are co-presenting the art installation along with **H. Adam, G. Bath, H. Cline, Y. Gifford, B. Gillespie, L. Lin, C. Manchur, and L. Wallis-Mayer**.

### **Sabrina Yau & Lutetia Wallis-Mayer**

#### **Poster: Covenant House Art Groups**

Adler University Master of Counseling Psychology — Art Therapy students had the opportunity to complete their Social Justice Practicum

at Covenant House working with homeless youth ages 16-25. This population deals with trauma, addictions, attachment and mental health issues. Using a strengths-based approach, the MCP-AT students developed a studio art therapy group to help develop a stronger sense of community and relationship building, trust, self-awareness and strategies for emotional regulation. The youth developed a strong sense of belonging with their peers which was encouraged by the social interactions and engagement in the art group. Each participant has grown since the beginning of the program and it brings youth hope knowing that they can create their own paths in life — metaphorically shown in their self-created images.

**Sabrina Yau** and **Lutetia Wallis-Mayer** are master's degree candidates in Counselling Psychology and Art Therapy at Adler University in Vancouver, BC.

# CONFERENCE LOCATION



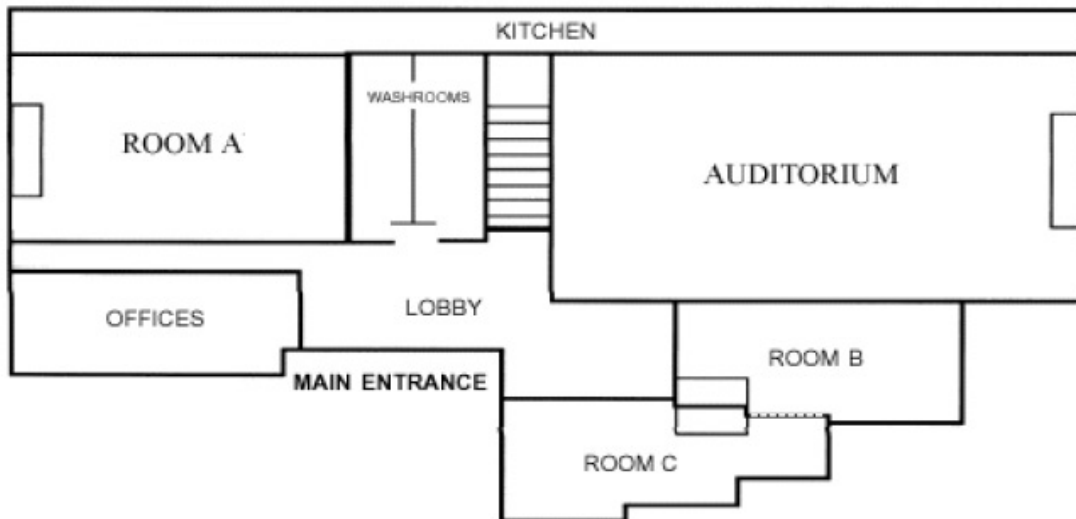
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## *Main Level*



## *Second Level*

