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our mission

To encourage and sponsor activities which enhance knowledge of and skills in art therapy.

To foster the dissemination of information about art therapy services, practices and training opportunities to professional individuals, professional groups, educational and mental health institutions and other interested individuals and groups in Canada.

To provide a meeting ground for adequately trained and experienced practicing art therapists who have professional backgrounds in the field of health and education.

To practice, maintain, advance, coordinate and promote interests in art therapy and the practice of art therapists in the field of health in Canada. 🐾

president's message

Decluttering and organizing (your home, studio or office) are very popular words these days. For us at CATA, they mean clarifying our roles, simplifying our procedures, and streamlining our communications.

Over the past year, we were successful at decluttering and organizing in several areas. We hired an Administrative Assistant to put our business affairs in order. This action paid off in an organized office where membership is well documented and looked after in detail and inquiries from all corners of the country get responded to in a timely manner.

We also tightened up our bookkeeping procedures in order to establish a clear and reliable budget based on which we can now plan for the future. Community events, fundraisers, or anything else that will fall in line with CATA's fundamental mission of supporting its members and promoting art therapy in Canada, are becoming tangible possibilities.

Our annual conference in Gatineau, QC was a well-organized event that saw a close

mehdi naimi
Nanoose Bay, BC



collaboration between CATA, ATTQ and the Art Therapy Program at the University of Quebec in Gatineau, thanks to Diane Ranger.

The preparation for our 2014 conference in Nelson, BC is well underway and I am sure it will stand as yet another symbol of our collaborative community, this time in partnership with the BC Art Therapy Association and the Kutenai Art Therapy Institute.

I would also like to thank the Executive Council for their constant contributions and generous dedication to our organization. Your busy lives have been busier with attending to the affairs of CATA and our members who, I am sure, are grateful for what you do.

I wish everyone in the CATA community a very colourful, creative and prosperous new year! 🐾



cover artwork by
Gillian Vellet
London, ON

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haley toll
Ottawa, ON

I would like to formally introduce myself as the new CATA Newsletter Chair and Editor. I am an Art Therapist from Ottawa, ON and I have received my Masters of Creative Arts Therapies at Concordia University in Montreal.

I have worked with children with special needs; the geriatric population; Aboriginal, First Nations, Inuit and Metis individuals experiencing homelessness; and hospitalized children facing social, emotional and psychological disorders.

I have recently returned from Botswana, where I worked for the World University Services of Canada as a Psychosocial Support Advisor (Mental Health and Arts Expression) at a clinic for pediatric HIV patients and a NGO for at-risk youth.

editor's notes

Needless to say, I enjoy diversity and new challenges. Thus, I am very thankful to have been appointed to work on the CATA newsletter.

I would like to sincerely thank you for your vast and diverse submissions for the CATA newsletter. The newsletter provides a wonderful opportunity for our many CATA members to share their experiences and learn about what we are doing across Canada. It is about sharing

knowledge, building connections and increasing communication amongst our community.

I would also like to encourage you to keep writing, taking photos, submitting and continue to do wonderful things in your practices.

The next newsletter is scheduled to be distributed in June, so please feel free to e-mail me at with your submissions and photos. 🐉



Wishing you a new year full of wonder,
unfolding horizons and the realization of your dreams.



Lynn holloway
Parksville, BC

Many of you, through renewing your membership, have gotten familiar with logging on to the site and updating your own member profiles. Whenever any of your contact information changes, you have the ability to make those changes on your own. It is imperative for you to keep your profile updated so that we are always able to stay connected to you and to ensure that your CATA Journal gets mailed to the correct address. Also important, is maintaining your **Volunteer Interests** as we are calling on people who state they are interested in certain areas to help the Association. What will be most important in the next six months is having someone step up to chair the By-Laws Committee as they require a full rewrite before Sep/14. As well, we will need volunteers to form a committee to support that work

If doing any updates to your Member Profile does not seem self-explanatory, please contact

administrator's message

me and we'll walk through it together until you are comfortable with the process.

There are a couple of ways that we can expand the website for your benefit through features to allow you to post photos and also to blog. Both of these features are not yet being used and may prove beneficial in creating a stronger sense of community, enhancing your ability to communicate with each other easily.

BLOG

We can create as many different blog pages as we want. We can also limit access to a blog page by placing it under a restricted page access. If we make the page public, we can still use the blog settings to control functionality for visitors and members. Only Administrators of the site can create a web page, so if there is a blog that you want to create, perhaps on a particular subject, please let me know and I will set it up and then inform the membership when it's available. We are learning as we go with adding these new features, so please bear with us as we develop them.

FORUM/BLOG – Gatineau Conference

We have started using this feature by creating a **Forum** for the **Gatineau Conference**. We have collected participant's comments and posted them there. In addition, there is a photo album that we hope you will add to if you have any pictures from the event. We have to have this particular forum available to people who are not members so that all registrants are able to participate in the blog and photo album. Please let us know if there is anything you need removed due to privacy concerns.

PHOTO ALBUM

To add a photo album to your profile, go to the **Member photo albums** page and click on the **Create album** button. On the dialog that appears, enter a title and description for the album, then click on **Submit**. With the album now created, you can make a title and description by clicking on the **Edit details** button. You can also delete the album by clicking on the **Delete album** button.

To upload a photo to an album, open the album, then click the **Upload photos** button. On the dialog that appears, you can select up to 5 images to be

uploaded at a time. You can select photos saved using .jpg, .gif, .png and .tif. After selecting the files to be uploaded, click the **Upload** button. The selected photos will be uploaded and added to the photo album.

After adding photos to a photo album, you can set a photo as the album cover, assign a caption to the photo, or delete photos. To set a photo as the album cover, hover over the photo within the album then click the **Set as cover** link. The photo will now appear as the first photo within the album and as the album cover on the **Member photo albums** page. To assign a caption to a photo, click the photo within the photo album, then click the **Add caption** link that appears below the photo. In the field that appears, enter the caption then click **Save**. The caption will appear below the photo thumbnail within the album and on the individual photo page.

To delete a photo, hover over its thumbnail within the photo album page, then click the **Delete** link that appears. You can also delete a photo from the individual photo page by clicking the **Delete photo** button that appears in the upper right corner. 🗑️

Vision Mission & Values

These are the cornerstones of each and every business or non-profit. We always have to know the reason for why we exist in order to deliver on that promise and evaluate what we do to ensure that we are 'in line' with what we say we stand for. It is the way we stay true to course, now and into the future.

VISION

A vision statement represents a description of what and where we want to be. It is a statement of aspiration, not necessarily of fact and represents a vision of the type of organisation that we are striving to become and the high level goals we are hoping to achieve.

MISSION

A mission statement defines our purpose and primary objectives. Its prime function is internal – to define the key measures of our association's success.

VALUES

Core values can best be described as operating philosophies or principles that guide our internal conduct as well as our relationship with the external world.

cont'd on pg 5



christine lummis

Vancouver, BC

I unpacked my suitcase three weeks ago at my new perch in Vancouver. After 16 months of living out of my suitcase, the wheels kept falling off, so it was time to be still and unpack my thoughts and experiences.

When I entered the Doctorate in Art Therapy program at Mount Mary University in Milwaukee, the first thing I became aware of was a need to define culture. As a professional that believes in learning from the inside out, I started with myself.

To understand my own culture, living and working as an art therapist in the Kootenays for 18 years, I decided to be outside of it. So, I gave away my work and most of my belongings, and packed books and art supplies to begin an educational journey of offering art therapy workshops and trainings internationally.

I made art with all kinds of people. As I sit still for a moment, I have images, languages and environments

cross-cultural & international body-mapping

running through my thoughts from this ethnographic research. I stayed with friends and art therapists immersed in the daily life of different cultures, working and studying.

In response to requests for Body-Mapping workshops, my journey took me through Panama, Hawaii, Victoria, Bangkok, Hong Kong, Halifax, New York, Nelson, Kaslo, Edmonton, Calgary, Vancouver, Barcelona, Florence, Bristol, London, and Winchester. Many thanks to all the people who hosted and supported me along the way.

What did I learn from all that? I made art, wrote and photodocumented my experience in a heuristic process as I allowed the changing environments to influence my ideas and identity. This will take some time to unpack.

I gained valuable awareness of differences and similarities working as an art therapist multi-culturally, both from the experiential perspective of a facilitator, and from great conversations with art therapists working in the different locations. The experience will provide context in my writing

and doctoral research on the multi-cultural application of mind-body art therapy interventions.

I've offered Body-Mapping workshops since 2007 with over 230 art therapists, mental health practitioners and community members, broadening and developing its application. This Fall, I wrote an article combining an understanding of neuroscience and trauma with Body-Mapping, in order to develop a theoretical ground for its use as a therapeutic methodology.

Currently, I am engaged in art-based research using Body-Maps as data to explore themes and clinical implications, and developing an assessment tool for quantitative analysis. My Spring project is to complete a facilitator's manual for Body-Mind Mapping to formalize methodology, praxis, adaptation, ethics and therapeutic responsibilities.

I return to Hong Kong and Macao in February to introduce a Phase Two model for Body-Mind Mapping, which includes mindfulness and the role of the body in trauma. I look forward to presenting at the upcoming CATA conference in Nelson. 🍷



ice-art: art therapy in the northwest territories

patricia macaulay
Inuvik, NT

This is my fifth year working as an in-house Art Therapist for East Three Elementary School in Inuvik, NT, a town of about 3,000 people located above the Arctic Circle and at the end of the Dempster Highway. I was hired by a far-thinking Principal who wanted to find ways to better support students struggling with a variety of emotional issues, particularly those related to the after-effects of the devastating colonization process in the North. The first few years of the program were mostly focused on trauma and recovery. Lately though, I have been able to turn some of my attention towards more celebratory forms of art-making.

In collaboration with Inuvialuit and Gwich'in guides and cultural experts, Vice-Principal Jason Dayman, has been operating a very popular On-The-Land Program at the school for many years now. The intent of the program is to help reconnect children with the local environment and its traditional knowledge, while also encouraging the bonds that develop during shared

encounters within the natural world. Supported by knowledgeable and caring adults, students venture into the Arctic wilderness where they test their abilities and build their identities through challenging and formative experiences.

Last year, Mr. Dayman introduced a new component to this program by inviting every student in the school to participate in a low-cost, accessible outdoor program by a frozen lake close to town. For two weeks in November, just before darkness descends on the land, students from Kindergarten to Grade 6 go out to set snares, do some icefishing, enjoy playtime and gain knowledge and skills related to outdoor survival at that time of year.

This year, we tried something new and built some art-making into the program. We designed experiences that would incorporate simple, natural elements; promote respectful interactions with the earth while gathering the required materials; and generate feelings of wonder and joy within nature's beauty and bounty. Given that our temperatures at that time of year are frigid, often falling well below minus 20 or 25 Celsius,

we chose to focus our art-making around ice, an element which is always plentiful and available here.

Kindergarten to Grade 2 students were awed by a simple experience that involved mixing salt and food colouring on blocks of ice and watching the colours mix and blend.

Students in Grades 3-6 were delighted with the sun-catchers and candleholders they created out of ice molds containing bits of spruce boughs, berries and other found items. There were many "oohs" and "ahhs" throughout the afternoons of art-making out on my deck overlooking the lake. Students forgot the cold temperatures in their complete absorption in the art experience.

Being in nature is an integral part of every child's development. Here in the North, we remain connected to nature's cycles. Children name "playing out" as their favourite activity and they enjoy considerable freedom to exercise their imagination in the outdoors. These art experiences added to and expanded on the love and respect that already exists for the land and everything it offers. 🍷

cont'd from pg 4

As we are a Canada-wide (and beyond) organization, we never have the luxury of getting everyone in the same room to have this kind of deeper discussion, so we are calling on you for your input in order for the Executive Council to know the direction for our future based on what the membership wants. This is your opportunity to have a say.

Please take the time to participate in this vital aspect of our future by completing our survey coming to your inbox in the next month. Your survey answers will support the work ahead for the Council in rewriting our by-laws to comply with the new Non-Profit Act.

Help CATA turn your dreams and wishes into our Vision, Mission & Values.

Thank you for your future participation! 🍷

new masters in art therapy program for vancouver, bc



duanita eleniak
North Vancouver, BC

On November 8, 2013, the Adler School of Professional Psychology welcomed members of Vancouver's Art Therapy community to the first Community Advisory Council meeting where they had a great conversation about the upcoming Masters in Counselling Psychology: Art Therapy Program.

Michelle Oucharek-Deo, President of the BC Art Therapy Association; Deb Broadhurst, Vice-President of the BC Art Therapy Association; Margaret Jones-Callahan, pioneer in the art therapy field; and Pat Roles, MSW BCATR, came together and shared ideas of how best the MCP: Art Therapy Program can best serve the local community.

The MCP: Art Therapy Program will begin in September 2014. 🌸

I live a creative life, and you can't be creative without being vulnerable. I believe that Creativity and Fear are basically conjoined twins; they share all the same major organs and cannot be separated, one from the other, without killing them both. And you don't want to murder Creativity just to destroy Fear! You must accept that Creativity cannot walk even one step forward except by marching side-by-side with its attached sibling of Fear.

by Elizabeth Gilbert
American Author



the benefit of community

tara liberi
Bay Roberts, NL

card, I continued to wait much longer than I had anticipated.

When I first arrived in Newfoundland, I was excited and eager to begin my new life, but as time passed and my everyday lifestyle changed dramatically, life became more challenging. I began to feel isolated and dependent on others, as I had no access to public transportation. In order for me to feel connected to my new community, I decided to become a vendor at the local craft market. Knitting and sewing also helped me get through some difficult days. Furthermore, I became involved and volunteered at my local library in Bay Roberts, facilitating a summer workshop.

This Creative Art Book Workshop brought children and parents back to the library and they got to know who I was in their community. The library staff, parents and children wanted to know if I could facilitate more creative workshops.

These elements helped boost my confidence level and I became more socially involved and connected to my new community. When I finally got my PR confirmation, I applied to many mental health related jobs, as art therapy jobs were scarce. I am grateful that Lynn Holloway from CATA sent me a reminder to apply for a clinical art therapy position at Eastern Health. When I saw Lynn's email, I could not believe that someone who I didn't know would go out of their way to send me a job posting. I was very touched. I applied for the job and within one week, I was notified that I got the position.

In conclusion, I cannot say enough about networking, volunteering and meeting as many people as you can. My experience supports the notion that informing and educating people about creative arts therapy comes full circle.

Thank you for allowing me to share my story. 🌸

around campus



monique bedard
Toronto, ON

We are excited to introduce ourselves to CATA for the first time, the TATI class of August 2014!

We are an incredible group of women who began our studies at TATI in Toronto, ON in May 2013. We are 12 young, some younger and some even younger, dynamic women from diverse educational, cultural and spiritual backgrounds. We are excited and inspired about the personal and collective group journey we are on. We are now halfway through our studies and we are enjoying the challenges and learning that our classes and practicums offer. With our brand new art therapy student glasses, we are seeing, doing and experiencing life in new ways and from new perspectives. We see our

future as bright and full of unknown and exciting possibilities!

The Toronto Art Therapy Institute (TATI) is quite small in size, but we really enjoy this aspect of the school because it provides a close knit atmosphere. Our TATI group is amazing and everyone has a connection in some way, which makes us very grateful for each other. TATI is also very hands-on, making it a great way for us to learn. The art experiential portion of the program is allowing us to learn new insights into who we are. There is a lot of excitement present at TATI as it is a great accomplishment toward each of our visions.

Prior to TATI, I attended the University of Lethbridge and earned my Bachelor of Fine Arts Degree in Studio Art. I discovered art therapy in high school, but I really had the



vanessa rebelo
Toronto, ON

honour to experience the direct benefits of art therapy, taking an art therapy course with Straja Linder-King and her therapy dog, Tumbra. Straja and Tumbra truly inspired me! This is when I knew art therapy was my path. With my passion for people, creative art and natural healing, my vision is to develop an art and Reiki healing centre.

I started my first practicum in October at the Native Canadian Centre of Toronto. Before I moved to Toronto, I decided this is exactly where I am meant to start my practicum. Naturally, I was quite nervous before I began, but once I started, it felt like 'home.' The on-site experience with clients is a phenomenal opportunity to learn. 🌸

tati class of 2014



Before TATI, I studied psychology at Ryerson University, and although it struck a chord in me, I always felt that there was something missing. During my second year, I volunteered at Sunnybrook Hospital and worked with veterans, alongside an amazing art therapist, Mary Leblanc. This was the moment I found my calling - art therapy! My personal passion is art, which I've never been formally instructed in. Psychology, being the second, was interesting, but I wasn't sure how my Bachelor degree would prepare me for real life. I wanted to be out there in the world making a difference. I am grateful for my time here at TATI and hope to use my passions to bring peace to others.

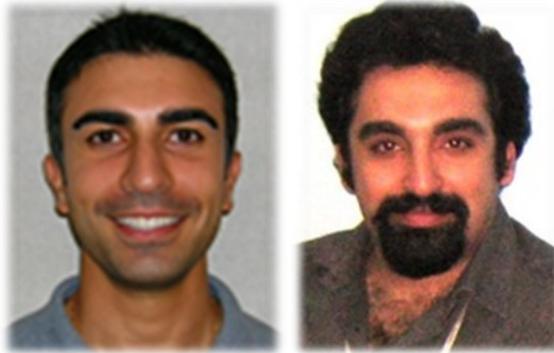
I am very excited to begin preparing for my practicum placements. I am looking forward to co-facilitating group sessions for the elderly in long-term care facilities and hospital settings. I cannot express how thrilled, but yet nervous, I am to begin my practicum training.

Currently, our TATI group is in the initial stages of planning a group art show, which will consist of all art therapy student's artwork. In a public space, we will share how we explore our own creative art forms, which will give a strong message to the community.

abstract: art therapy in reduction of anxiety

Post-Traumatic Stress Disorder (PTSD) is one of the anxiety disorders in which the client's mental image is distorted along with stressful experiences and memories. The client always reviews the painful and stressful memories and this issue can lead to low function in their social and personal life. After problems such as earthquakes, rape, car accidents and trauma, PTSD may emerge. This disorder can have a lasting effect on a child's mind. Therefore it is necessary to help children heal from their experience of PTSD as soon as possible.

According to studies, art therapy is one of the best strategies in which the client's mental image can be changed. Art is a projective activity. During visual and auditory arts such as painting, listening to music and doing ceramics, children with PTSD can release their negative feelings and painful memories. They can talk about these experiences and memories, and the therapist can help them to reduce anxiety and reorganize their ego. Then their self-esteem and self-confidence will be increased. 



kaveh moghaddam & amir askari
Tehran, Iran

I wrote this poem as a aesthetic response to my art therapy practicums for a MPS Art Therapy specialization degree from St. Stephen's College. This poem is based on my reflection of learning to hold space for clients.



lisa hardy
St Albert, AB

sanctuary

A place of refuge from the storms of life.

Like a cave deep within the earth.

Like a velvet chamber within your heart.

Like a womb full of your becoming...

Welcoming warm ... fire of creation.

Welcoming arms ... hold and accept.

Welcoming grace ... bless and opens you.

As gentle as a single drop.

As powerful as a thunderbolt.

As complex, natural, and in the "here and now" as a snow flake held within my open palm...

True self quickens...

The authentic you moves – and is seen.

Together we invite and anoint her with paint and sparkling glitter.

She has found her way out and together you create a way through the storm...

Knowing sanctuary, finding home: so within, so without.

Like a priestess in King Solomon's holy of holies:

I bow to your journey,

I bow to your becoming,

I bow to the found treasure of your healing heart.

recycling the world through art therapy: implementation of ecological ideas in art therapy with children

thesis concept at Kutenai Art Therapy Institute



tzafi weinberg
Winnipeg, MB

This research project focuses on the development of an ecological identity in children (ages 7-10), as well as the value of ecological intention in art therapy treatment generally. It emphasizes the resources by which the awareness of these children to their relatedness to the world can be increased. Furthermore, this project investigates the understanding that these children have of their place in the world through making art with recycled material.

The concept of reparation

The spiritual aspiration of repairing personal and global environments which have been damaged by pain and misfortune relates to my cultural background. In the Jewish tradition, an ancient Hebrew phrase is "Tikkun-Olam," which translates to "mending the

*"There is a secret person
undamaged in every
individual waiting to
reconnect with nature."*

Paul Shepard

world" by repairing or healing the individual inner-self. According to Matlins (2001), "Tikkun-Olam" means to bring about God's rule on earth. In contemporary usage, the phrase refers to the betterment of the world, including the relief of human suffering, the achievement of peace and respect among peoples, and the protection of the planet itself from destruction (Matlins, 2001).

A discussion of the findings regarding reparation

The re-use of material refers to the process of rearranging and fixing as a course of reparation. This is a metaphor for mending and healing the individual's self. In this study, the process of attaching and decorating the construction material often gives the impression that clients are creating protected and repaired layers. In addition, the process of change

and the supportive setting of the holding environment of the art therapy treatment, aid in the process of reparation. The act of creating art helps to repair and restore the individual's self in a mental and spiritual sense; in other words, it is healing. It is the reparation of personal and global environments, as everything is seen in relation to everything else.

Creating with recycled materials can promote the transformation of negative experiences (such as rejection) into positive ones (such as building). In addition, the child who hasn't had support in developing beyond an earlier stage can re-experience it through a wide variety of ways of manipulating the recycled material, such as tactile sensory experience, the use of cognitive skills, and the naming of objects.

Moreover, reparation was evidenced in this study through the way each child could develop different designs for the same objects. One example is of a child who added different designs to four identical rolls (Shawn, Project #1). The differences between them showed a process of change that led to reparation. These examples of reparation demon-

strate a therapeutic method for healing and growth.

Creating with recycled materials as a process of change in art therapy is similar to the "environmental restoration work" of individuals that bond with the earth. This connection to the earth includes a sense of dignity and belonging, a tolerance for diversity, and an ecological sensibility. On the other hand, part of the process of healing involves releasing of emotions of guilt and shame, grief and despair, loneliness and powerlessness. The work of restoration involves collaborative relationships between people and the nature world, of giving back as well as receiving, a pattern of reciprocity.

The therapeutic process of the individual has potential implications for the environment. There is potentially a spiritual component behind repairing personal environments, as the process of healing the individual inner-self leads to the reparation of global environments and the mending of the world. An underlying goal would be the achievement of peace and respect among peoples, and the protection of the planet itself from destruction. 🌱

The only method we have of getting information to our membership expediently is through e-blasts on our website.

On average, only 55% of them are ever opened and we're not sure why. Is it member disinterest or are members' computers recognizing it as SPAM and so they are not getting through to everyone?

One way you may be able to circumvent this from happening is to put the Administrative Assistant's e-mail address in your e-mail contact list as the communications are normally given to her to send out and have her address as the REPLY TO address.

If you know of any other reasons why this may be happening, please contact the Administrative Assistant so we can ensure that everyone is getting the communications meant to get to each and every one of you!

cata.office.manager@gmail.com

body-mapping



christine lummis
Vancouver, BC

The following is an edited description taken from the article "The Creative Link: Neuroscience as a foundation for Body-Mapping", submitted to *Art Therapy: Journal of the American Art Therapy Association* for their next publication.

Solomon (2008) designed a Body-Mapping approach as a social action initiative in response to misinformation about the treatment of HIV/AIDS in South Africa. She expanded the concept of body tracing, identifying a series of structured directives used with the body outline completed over five days, to explore impact and treatment options for people living with HIV/AIDS. She offered Body-Mapping training in Toronto in 2007, in



FIGURE 1

collaboration with the Canadian AIDS Treatment Information Exchange (CATIE). I attended Solomon's training and spent six years expanding the Body-Mapping approach to include exploration of physical and emotional trauma, illness, and medical conditions (figure 1). Based on observation, written evaluations, and verbal feedback from more than 230 Body-Mapping participants over six years, grounded in years of art therapy trauma work, I am developing a theoretical base for Body-Mapping as an intervention that incorporates sensory-somatic strategies and utilizes bilateral and vertical neural processing needed to address trauma.

Body-Mapping is an art therapy methodology for exploring and discussing health and medical concerns that creatively links experience, emotion and cognition in a visual autobiography within one's socio-cultural context, and integrates past experiences in the present. The art-based methodology of Body-Mapping holds potential as a trauma treatment. The structured approach to creating a cohesive symbolic narrative may help bridge the gaps in the trauma narrative resolving implicit triggers and traumatic memories. Body-Mapping incorporates aspects of bilateral and vertical integration by combining visual sensory stimulation and body-awareness techniques with cognitive pro-

cesses, pairing spontaneous art response with structured directives.

The guided art-based approach facilitates movement between reflection on intimate experiences and the larger environment in sustained art immersion. It provides an opportunity for perspective change and integration of emotions and experiences by reframing the personal autobiography; creating an image that represents a coherent sense of self. Generating a symbolic narrative has the capacity to re-frame the cognitive narrative.

Body-Mapping incorporates trauma recovery components of exposure and cognitive restructuring while engaging life enhancing experiences of creativity and action taking, through art making, directed reflection and mindfulness.

Body-Mapping encourages art making in a mindful environment and the emergence of insight through phenomenological exploration of personal

symbols, metaphors, and symbolic language to rework traumatic content without relying on verbal description or interpretation. Meaning emerges through engagement and relationship with the art. Using a single, large paper allows sustained artistic immersion integrating expression and experience through a visual dialogue which promotes discovery of personal themes and resolutions.

The therapeutic process is replicated by structuring the directives from a focus on strength and resource outside the tracing, to the intimate and internal experience of physical and emotional experience of illness or trauma, then back to the environment. The structure encourages neurological hemispheric connection by placing sensory experience in context, supporting the ability to make new meaning of an event. Describing symbolic themes and experiences in the Body-Map joins the hemispheres in building meaning and self-awareness by incorporating

unconscious body memories, and organizing symbolism and emotional reactions into a structured self-narrative. Past and present experiences are combined with visions for the future in a single cohesive, visual life narrative.

Structured directives alone cannot create therapeutic safety and positive outcomes. Maintaining a mindful therapeutic space and attending to individual needs are essential. Body-Mapping is designed for adult populations due to the insight-oriented sustained art immersion, limiting use with children or people with mental disability. The amount of movement limits use with serious physical impairment. Body-Maps may be completed over a longer duration in segments to allow more time for integration following acute trauma. Clinical observation to assess emotional response and access to individual debriefing with a qualified therapist during and/or after the workshop is required as a safety precaution. 



 Join us on
Facebook

Did you know that CATA has its own Facebook Group?

Facebook offers three privacy levels for groups: open, closed and secret. We have chosen a “closed group” format to be able to ensure the people joining are actually interested in art therapy and will not try to sell anyone anything.

The names of closed groups are visible, as are the lists of members, but only members can see the content that is posted on closed groups.

You can become a member by requesting inclusion in the group. This “invitation only” policy allows the CATA Facebook group Administrators to approve each person that joins. All CATA members are welcome in this group!

The opportunity is to be able to be in discussion and bring topics of interest to the Canadian art therapy community. We hope you'll consider joining soon!

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research & publications

VACANT

upcoming events

BRIEF ART THERAPY PROGRAM

Kingston, ON

April 26, 2014

The BAT programs are just three sessions each and provide a powerful and effective way to introduce clients to art therapy. Learn the design and methodology for five of these innovative programs. Cost - \$50.

Contact: Sr Kay Morrell, sr.kay.morrell@providence.ca or 613-544-4525, ext 175

INTENSIVE PRACTICAL TRAINING IN PHOTO THERAPY TECHNIQUES

Vancouver, BC

June 9-14, 2014

This 6-day certificate training course taught by Canadian psychologist and art therapist, Judy Weiser, is an intensive training experience for advanced mental health professionals to learn to use Photo Therapy Techniques to improve their therapy or counselling process. Prior experience with camera or photographic art is not required.

Contact: Judy Weiser, jweiser@phototherapy-centre.com

Website: www.phototherapy-centre.com

AATA 45th ANNUAL ART THERAPY CONFERENCE

Art Therapy: Trailblazing The Future

San Antonio, TX

July 9-13, 2014

The conference will provide a forum for attendees to visualize what the future of art therapy can look like for both the therapist and the client. Presentations will bring together the latest theories and methods that demonstrate how art therapists can grow, become energized, and promote the profession of art therapy in a competitive environment. Early-Bird registration now open until Jan 31, 2014.

CATA 35th ANNUAL ART THERAPY CONFERENCE

Art Therapy As An Instrument Of Peace

Nelson, BC

Sep 18-21, 2014

In cooperation with the BC Art Therapy Association and CATA, the Kutenai Art Therapy Institute is hosting our annual conference. We will share ways that art therapy and the creative process can be used to support coming back into peace and balance for us all. This year, we are excited to offer a unique conference by providing a "Family Stream" of daily workshops. This will provide a safe and creative space for your children to be while you are attending other presentations or you can join in the fun with your children. Come for the conference and stay for a holiday in the beautiful Kootenays! Look forward to planning updates on plans over the next few months!

