

Artwork by:

*Irit Epstein*

Riverman

24 x 36, oil on canvas



this issue

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## Vision

We are the Canadian voice of Art Therapy. We bring together art therapists to raise standards and advance the profession.

## Mission

### BRINGING TOGETHER ART THERAPISTS

- 1) To network and connect members
- 2) To host an annual national convention
- 3) To support the creation of provincial chapters
- 4) To sponsor regional events and workshops

### RAISING STANDARDS AND ADVANCING THE PROFESSION

- 1) To uphold ethical standards for professional accreditation and designation for art therapists
- 2) To encourage educational standards for art therapists
- 3) To publish a tri annual newsletter and a bi annual journal
- 4) To support and encourage scientific and arts based research
- 5) To provide public education about the field

## president's message

It has been an interesting ride here on the CATA executive over the past little while; having more growing pains and trying to figure out creative ways to overcome challenges. We now have a relatively small group of dedicated volunteers who do their best to make the association run as smoothly as it can.

We have joined forces with the Federation of Associations of Counselling Therapists of British Columbia who is spearheading the lobbying effort towards creating the regulatory body, i.e. the college of counselling therapists, in BC. This lobby is a recent reincarnation of a more spread-out group that began the negotiations in 1998. Today I heard an approximation of when the college might be put in place: 2019... hopefully. That's how fast pieces of paper move through government offices.

On the other hand, among ourselves we have been putting forward ideas about advocacy, promoting the art therapy profession, putting a stop to misappropriation of the title 'Art Therapist' by non-art therapists, and so on. Our advocacy panel at the conference is a culmination of the forces behind these ideas. I am excited about ideas that might emerge from the discussion; practical plans that we can take up and realize over the coming year.

I also watched from a distance, the enormous task of organizing a gathering of art therapists from the ground up. The conference committee members for the Halifax conference have to be commended



*Mehdi Naimi, MA, RCATA, RCC*

*Nanose Bay, BC*

for their stamina and their creativity. I am sure it will be with pride that they will pass on the torch of the annual conference to the next organizing team. We all do what we can. I wish for each one of you to get a chance to play your part in the betterment of our association. 🍷



CATANews is the tri-annual newsletter of the Canadian Art Therapy Association, published in February, July and November annually and circulated by email to our 440+ membership. Content is provided by members and is subject to editing.

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## editor's note



*Haley Toll, MA, CCC*

*Edmonton, AB*

Hello CATA-ACAT Community,

Wishing you a beautiful end of fall and beginning of winter.

The work never stops for the CATA Communications Committee, which makes me extremely grateful to those who volunteer their time and expertise to help CATA communicate with our members and promote art therapy in Canada. This includes our Journal Committee, Social Media Committee and Newsletter Committee.

Our CATA conference was October 16-18 in Halifax, NS. In this beautiful location, I was able to meet so many of our members and those interested in art therapy. Furthermore, the learning opportunities at the poster, panel and workshops were outstanding. Thank you CATA Conference Team for your extremely organized and successful work!

In other news, CATA would like to design a new website that is mobile-friendly and



"Beauty behind the clouds" acrylic on canvas, 2015

aesthetically pleasing. We need support from those with design backgrounds to help us- or else it is a one-woman show (on my part.) Our new website will help us display beautiful images that are submitted by our members, especially from the Adler University of Professional Psychology art therapy students.

What is remarkable about this issue is the amount of content that was submitted. I have never received so many deep poems, images and diverse articles from our Chapters, art therapy schools and individual CATA members. Your willingness to share your stories is very encouraging. It connects art therapists and increases understanding across our geographically large nation. I would like to share my profound thanks to your generous participation in our community- and ask you to keep them coming!

Our next issue will be published in February 2016. Please submit your stories/artwork/insights/events

with us during December 2015 to  
[cata.communications.chair@gmail.com](mailto:cata.communications.chair@gmail.com)

Warm wishes,

Haley Toll 

# prairie chapter news



*Jo Ann Hammond-Meiers PhD*

*Registered Psychologist (AB), RCAT, ATR,  
BC-DMT, GDDDET*

*Edmonton, AB*

As Chair of the Prairie Chapter, I have the honor to reflect upon what the Prairie Chapter of CATA is about and why it came into existence. We were only eight initially and we were determined to begin the Chapter after Marilyn Magnuson's project demonstrated that a chapter to CATA would serve to support local art therapists, help spread the word or art of art therapy, and give more visibility to the Canadian Art Therapy Association, which was evolving, but needed more active supporters. Art therapy is such an important therapeutic approach whether it is practiced as an adjunct therapy to counselling or school-based programs, or as a stand-alone therapy or as art studio expression, creativity and healing. The mid-west of Canada has many enthusiastic and hardworking art therapists and students. Over the past 40 years, when I first came to Edmonton, Alberta, I have been involved in art making in therapeutic art with clients and with many colleagues who also have their own inspiring experiences and histories. I would like to encourage people to share about their practices, events they construct in their communities, and any research they are conducting. The Prairie Chapter is a small chapter with many talented art therapists and it will evolve over time, and I hope that students will find out about it and add their voice and actions to spread an awareness of what art therapy offers to our agencies, clinics, hospitals and private practices.

I would humbly like to share some of the outreach that I continue to have the privilege to do for students, and potential art therapists. Today, like many days, I received an email from a young person who was inquiring about how to become an art therapist and counsellor who uses art to help young children. She offered to take me to lunch and even bring cookies for a coffee break if I would guide her on her journey. Of course, I offered to see her for a free information session as I have hundreds of others for the past 30 some years, or since I've been in private practice. I have never written about these sessions but thought how often my colleagues and myself give of our

time to inquiries from students who are in the exact same spot as we once were. Thank you everyone -- thank you. I also have many inquiries about how to work in art therapy or counselling with people who have eating disorders, or depression or anxiety. These inquiries are from students who are doing projects and are often sent off by their instructors to ask professionals in the field, how they assess, treat, evaluate and research various mental health challenges. Thank you, all of you, my colleagues – you know who you are – for showing up for these students. You pave the way for their own giving and sharing in the professional context as they will also be asked by other students as we all know. And then there are the people who are contributing to the Canadian Art Therapy Journal or to the newsletter. These are not only necessary communications, they are essential for the professional obligations of research and excellence. Thank you, each and every one of you in CATA, for helping serve in this capacity. I would like to take this time to have you ask yourself, is there something I'd like to contribute but I've held back thinking I was not going to look good enough, sound professionally adequate, or just out of not thinking I had anything to offer? I would like to humbly suggest that we all have personal and professional challenges but we need to courageously get into motion, feel the emotional charge, and take actions in the areas that we can focus and contribute. Thank you for taking the time to consider what it is that you would like to offer, could offer, and perhaps, with a little self-nudging, would like to offer. Thanks to all of you who have helped me and others to become better art therapists.

I have enjoyed many areas of art therapy with clients but also with students by reading their theses as a supervisor or reader, marking their papers as a teacher, helping supervise as a supervisor, and reviewing submitted journal articles. But I just want to tell you, these tasks were not easy for me and I was not a natural at these things. I grew over many experiences, made many mistakes. but just kept challenging myself to grow. If we grow we stay alive. I hope you will not only survive in this profession, but I wonder: "How is it that each of us can thrive and contribute beyond our dreams?" One of our greatest joys can be contributing to others – let's do it. Thanks for reading this. May you do some art making today that inspires you and helps you be the best you that you can be! 🍷



# prairie chapter workshop report

*Mary Norton, Edmonton, AB*

*Janet Stalenhoef, Edmonton, AB*

*Jean Tait, Spruce Grove, AB*

*Theresa Zip, Edmonton, AB*

The CATA Prairie Chapter hosted a workshop with Lani Gerity-Glanville, titled, *A world of possibilities: Characters, narratives and murals*. It was held on March 21 -22 at St. Stephen's College, Edmonton. The intention of the workshop was to offer professional development and to begin to build a network of art therapists and others involved in creative arts therapies work. As well, the CATA Prairie Chapter AGM was held prior to the workshop on Sunday morning. Twenty-four people registered for the workshop and 22 attended. The majority (15) of registrants were CATA members.

Lani introduced the use of puppet and story making to invite people to draw from their strengths, build resilience and find possibilities in the face of challenge. Workshop participants created puppets and then joined in small groups to draw a "world" for their puppet characters. Groups explored challenges and how their characters might draw from their gifts and abilities to resolve them.

Lani also presented on research underlying the use of puppets, and presented about pioneer art therapist Edith Kramer. At the close of the workshop, participants brainstormed ways to continue to meet for professional development and networking.

The workshop received very positive evaluations by participants. In their responses to an evaluation form, participants indicated a high degree of agreement with statements about the opportunity to learn about art therapy; the opportunity for meaningful interaction with peers; the relevance of the content; and the workshop pacing. There were several very positive comments about Lani's presentation and about the meaningful discussion of Edith Kramer's work. Three participants commented about the pace, namely they felt rushed in their art making.

Both in the evaluation and in discussion at the end of the workshop, participants expressed interest in further opportunities for learning and networking. Two people expressed an interest in organizing a follow up event, however that has yet to be developed. 🐾

# member profile updates



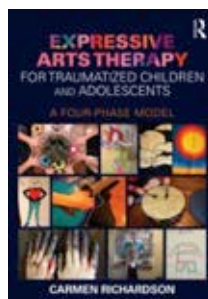
As a CATA member, your MEMBER PROFILE on our website is yours to keep updated. If you move, change jobs, open a private practice, get a new phone number or email address, can't volunteer right now or want to volunteer in a particular area – it's all up to you. You also have the ability to change the privacy settings on your Member Profile to whatever you want. You are in the driver's seat! All you have to do is login using the same email address that you used when you signed up for your membership and enter your password. If you don't have one or have forgotten it, click on FORGOT PASSWORD, and follow the directions. Once on the website, click on the MEMBER PROFILE button, and you're there! By pressing the EDIT button, you can make any changes you wish.

As a Professional or Registered member, whatever information you have provided in the business contact information section and the PRACTICE DESCRIPTION box shows on our website in our two directories. The professional directory in the section that says FIND AN ART THERAPIST shows all Professional & Registered members and is available to the public to be able to find an art therapist close to home. FIND AN ART THERAPY SUPERVISOR is in our MEMBERS ONLY section of our website and has all the names of our Registered members who are qualified because of their designation to offer supervision. If you do not wish to be in either

directory, then you reset your privacy settings to whatever you prefer. Have a look next time you're on our website and read your directory information to see if you are promoting yourself the way you want to.

From time to time, we may add new information that we are seeking to have completed. In the past year, we have added BIRTHDATE which is kept confidential and only our staff/volunteer web administrators have access to the information. This helps us in creating a demographic of our membership. We also added a question asking about REASON(S) FOR MEMBERSHIP. This information is providing us with data on what our membership are most looking for in having a membership so our attention can be focused on delivering what's wanted. And, most recently, we have added PROFESSIONAL ASSOCIATIONS. If you belong to any other professional associations, we ask you to complete this section so that we can see what other affiliations our membership has as a way to look toward furthering partnerships in the future.

By keeping your Member Profile updated, your CATA Journal will be delivered to the right place; we will be able to communicate with you effectively, we won't ask you to volunteer for things you haven't said you wanted to do, and we will be able to gather the data we need to provide our membership with what you are looking for out of your membership. If you have any problems, just drop an email to our Administrator at [cata.office.manager@gmail.com](mailto:cata.office.manager@gmail.com). 🐾



# VATI campus news



*Hanna Verhagen,  
Vancouver, BC*

The Vancouver Art Therapy Institute is pleased to introduce our 2015 full time diploma cohort to the CATA community. This year's students have come from across Canada and abroad to study and are settling well into the art therapy student life here in Vancouver, BC. This photo depicts students with a collaborative, group sculpture they built together with clay, nature objects, feathers, pipe-cleaners and more! Check out VATI's [Facebook](#) and [LinkedIn](#) pages for more updates! 🌸



# honorary life member: Nick Zwaagstra

Congratulations to Nick Zwaagstra on being awarded Honorary Life Membership at the CATA AGM on October 17, 2015 🌸



# soulfull art

Hi, my name is Sarah Smith and I am an art therapist (TATI graduate). I am a sole proprietor and I own "Soul-Full Art Therapy," where I work with different populations within a variety of settings. Most of my work is in long-term care. Here is a photo collage Instagram image of my clients at Cilla Leonardo Gambin Long Term Care Facility in Woodbridge, Ontario. The facility had posted this photo during some of my summer group art therapy sessions with them, which makes me very proud. I would like to share this image with you because of how alive and happy they look when making art together. 🌸



*Sarah Smith  
Woodbridge ON*

**villagambin**

♥ 13 likes

**villagambin** VLG residents working hard on their artwork! Thanks to our wonderful Art Therapist Sarah! #vlgrec #arttherapy



The Communications Committee would like to thank the Social Media Team for their consistently great work! The team is Andrea Hrysko (Chair), Emilie Amai Luc, Julie Herman Lemelin, and Sandra Hewitt Parsons. You give CATA a large and positive presence online by posting great information and increasing our followers on: LinkedIn, Facebook, Instagram and Twitter Sites. Thank you!! 🌸





# around campus

## Adler University MCP Art Therapy Student's Create Youtube Videos of their Work



*Dr. Duanita G. Eleniak*  
*BCATR, RCAT, ATR, RCSW, PHD*  
*Program Director, MCP: Art Therapy Program,*  
*Adler University*



*Raman Samra, B.A.*  
*Master of Counselling Psychology Art Therapy Student*  
*Surrey, BC*

The Fall 2014 Master of Counselling Program: Art Therapy Program Cohort at Adler University Vancouver BC Campus had a busy first year of their program. They have compiled short videos and photographs into two short YouTube videos highlighting their work.

A [welcome video](#) was shown at the 2015 Adler University New Student Orientation to give new 2015 MCP: AT students a snapshot of the past year and to get new students excited for their upcoming journey to become counsellors/art therapists.

Their second video "[Images of Resiliency](#)" was created and curated by MCP: AT students in alignment with the theme of resiliency for presentation at the Canadian Art Therapy Association's (CATA) 36th Annual Conference.

CATA's Annual Conference in 2015 focused on the theme of Resilience, Recovery & Art Therapy. Each MCP: AT student used a medium congruent to his or her style of expression. Mediums ranged from photography, to acrylic paint, to ink - illustrating each

individual's unique strengths and assets that he or she brings to the Adler University MCP: AT Program. You can see their work here:

[https://www.youtube.com/watch?v=ZT\\_o-7EXr\\_8&feature=share](https://www.youtube.com/watch?v=ZT_o-7EXr_8&feature=share)

To see more of the Adler University MCP: Art Therapy student's work go to

<https://mentoringstore.wordpress.com/>

For further information contact [vanadmissions@adler.edu](mailto:vanadmissions@adler.edu) 📧



Artwork



The Fall, Raman Samra



Resilience, Craig Lee

# campus news: adler university

## CATA Student Bursary Winner is Dana Delorme

CATA would like to congratulate **Dana Delorme** from VATI on receiving the student bursary for 2015. Congratulations and good luck in your academic pursuits and interesting research! 🍀



*Dr. Duanita G. Eleniak*

*BCATR, RCAT, ATR, RCSW, PHD*

*Program Director, MCP: Art Therapy Program,  
Adler University*

Welcoming the 2015 Cohort: "A Threshold for Wisdom"

On Wednesday September 2, 2015 the [Master of Counselling Psychology: Art Therapy program at Adler University](#), Vancouver BC Campus welcomed 15 new counseling/art therapy students in an initiatory rite of passage entitled "A Threshold for Wisdom".

Studio One was transformed into an interactive art installation with veils of different colors representing the Seven Female Liberal Arts. Working with the concept of liminality, the second year counseling/art therapy students, in collaboration with staff, faculty, and alumni, created a modern day ritual honoring the psychological need for creative events that can activate necessary changes in consciousness.

Dr. Evangeline Rand, Adjunct Faculty in the program, led the event and guided the new students while they painted

their "first marks" in the program on the traditional Cohort Canvass as the Dean and faculty sat in silent witness.

A small dance, tea and cookies followed in celebration of the new 2015 cohort as they join us with all of their skills, enthusiasm and creative potential!

Check out the [photo story of the event](#).

Read *Dr. Rand's* welcome speech "[A Threshold for Wisdom](#)" and see more pictures of the event.

Check out the [2015 Cohort Welcome Video](#) on YouTube created by the 2014 Cohort <https://www.youtube.com/watch?v=AN3FYEKEk5Q> 🍀



2015 Cohort Class Mandala.



Masks were worked with as part of the ceremony.



Beautiful Feast image.

# 2015 graduates

Congratulations to all of our Student members who graduated in 2015. We wish you all the best and success in your new career!

## CONCORDIA UNIVERSITY

Meaghan Shaw, Rockland, ON – Jun 10/15

## KUTENAI ART THERAPY INSTITUTE

Lindsay Joy Hamilton, Fort Frances, ON – Aug 31/15  
Sandra Hewitt-Parsons, Corner Brook, NL – Jun 19/15  
Kate Leppard, North York, ON – Jun 19/15  
Samuel Stevenson, Winlaw, BC – Aug 31/15

## TORONTO ART THERAPY INSTITUTE

Heidi Argyle, Cambridge, ON – Jun 8/15  
Kirsten Gane, Toronto, ON – Apr 30/15  
Sarah Hughes, Toronto, ON – Apr 30/15  
Eun Young Joo, North York, ON – Jun 30/15  
Pamela Li, North York, ON – Jun 26/15  
Tiffany Merritt, Toronto, ON – Jan 31/15  
Carolyn Ritchie, Barrie, ON – Jun 30/15

Sarah Smith, Keswick, ON – Jan 31/15  
Alison Thomas, Peterborough, ON – Mar 31/15  
Rebecca Van Soelen, Newmarket, ON – Jul 31/15

## VANCOUVER ART THERAPY INSTITUTE

Tanissa Martindale, Winnipeg, MB – Jun 22/15  
Oona McClure, Victoria, BC – Jul 21/15  
Allison McDiarmid, Vancouver, BC – Jul 7/15  
Anne-Marie Parent, Vancouver, BC – Sep 1/15  
Nan Park, Burnaby, BC – Feb 18/15  
Hanna Verhagen, Vancouver, BC – Feb 4/15  
Kristen Zuest, Abbotsford, BC – Jul 7/15



## sun, sweat and song!



*Lauren O'Keefe, BA*

*Master of Counselling Psychology Art Therapy Student  
Adler University, Vancouver Campus*

For just over one month, six masters students from Adler University embarked on the trip of a lifetime and travelled the 20-hour journey to Chennai, South India where they provided skilled volunteerism for three local organizations through Vancouver based OneVillage Community Service Foundation. Among the six students were three Master of Counselling Psychology and Art Therapy students. One of the MCP: Art Therapy students worked with Prevention of Crime and Victim Care in Chennai while the other two worked with the United Community Action Network (UCAN) in Mahabalipuram, a two hour drive from Chennai.

Mahabalipuram, known locally as Mamallapuram, is a small fishing town located in the Kancheepuram District of the Tamil Nadu province in South India. The town, which now survives mainly by catering to tourists, is surrounded by several tiny villages inhabited by native tribal peoples. It was in those tiny villages that MCP:AT students Lauren O'Keefe and



Cassandra Evans worked closely with their local partner at UCAN to provide therapeutic art making activities and arts based learning activities for children.

In the tourism driven economy of Mamallapuram, it is necessary for children to learn spoken English at a young age. While consulting with local village leaders and the local organization UCAN, it was decided that the villages would yield the greatest benefit from the volunteers teaching English to the children. Although this came as a surprise to Cassandra and Lauren they quickly adapted to the local need and creatively thought up lesson plans which allowed students to both practice their English and engage in art making, singing, and dancing.



Local students were enthralled with the therapeutic use of art and movement while international students learned to quickly adapt to a new climate and culture. What an amazing learning experience to take into the future as socially responsible art therapists! For more information on Adler University contact: [vanadmission@adler.edu](mailto:vanadmission@adler.edu) that Debra Linesch, PhD, MFT, ATR-BC, will be the conference keynote speaker. The title of her keynote address is "Resiliency and Recovery in the History of Art Therapy."

For more information about Dr. Linesch, please visit her website: <http://debralinesch.com/>





*Lisa Nackan*  
*Thornhill ON*

# gazebos

I often write as a form of self-care, and this poem just floated from my fingers after a session with a client of mine who has Alzheimer's. I think it concretized my journey as an art therapist, and the depth that a small moment can hold:

gazebos go back for  
centuries  
in classical civilizations,  
and i didn't know that.  
i failed my architecture  
exam  
because i didn't know the  
meaning  
of the word gazebo.

i had to design one and i  
couldn't.  
so, i wrote my name and  
the date,  
1985 - nothing else would  
come out.  
my children love this story  
of me not knowing  
the things they do.

they point out  
gazebos  
whenever they can.  
today i sit under one,  
not like the red-walled  
gardens  
of classical literature,

but amidst flowers  
in raised boxes  
in the rain.  
there is something about  
gazebos  
and working with the elderly  
that is regal.

rain bursts through  
the first layer of sky  
tries to reach us  
sitting side by side at the  
slatted table  
with the wooden canopy  
over our heads.

you colour the canvas,

move paint around  
with your fingers.  
i listen to your stories.  
we compare the shapes of  
leaves.  
"ek is lief vir jou", you tell  
me.

a tree holds an open nest,  
we speak of the way of  
flowers.  
you tell me you want to paint  
them next.  
a swallow shuffles its  
feathers  
and you pick me out  
for my pronunciation.

rain covers the ground,  
leaving a dry circle  
where we sit.  
the world shifts around us.  
the word gazebo  
comes from the word to  
gaze.

i see it all now.  
thirty years have passed  
since i left that room  
with a blank page  
and no structure  
to call my own.

under this gazebo  
on a rainy afternoon  
i realize how little  
that matters now.  
the things we lose  
can become the things we  
win.


when i left that page open,  
devoid of anything,  
not aware  
that there was a word

for a structure open on  
all sides  
with a view,

i opened up a path  
that took half a lifetime  
to find.  
i failed my architecture  
exam.  
yet, construction  
doesn't feel as significant

as sitting with someone,  
observing their stories  
emerge on a blank page  
in colour, with texture,  
the certainty  
of blank spaces.

i walked my path  
for the most part alone.  
only when i abandoned  
my belief  
that being solitary was  
strong,  
did i realize that two pairs  
of eyes seeing  
really see.

the rain nourishes the  
earth,  
paints the world as we  
speak,  
in this moment  
we are both so alive.  
there is nothing empty  
under this gazebo.  
everything is bursting  
with meaning. 

# the gitarama young artists' club

## my first art therapy experience

It all began with 12 year old Jean-Pierre and a paint set from Dollerama. I had been living in rural Rwanda for just over 3 months when my persistent neighbour and playmate Jean-Pierre became my first ever art therapy student. Six years later, I am newly a CATA member, about to attend my first conference in Halifax and approximately three weeks into my program at the Toronto Art Therapy Institute.

In 2009, I moved to Rwanda to work for a charitable organization as a teacher trainer. Being the first volunteer to work in that district, the pace was rather slow in the beginning so I turned my enthusiasm and attention to the local community. This included befriending my neighbour Jean-Pierre, who lived in a child-headed household and could dribble circles around me on the soccer pitch. Each day that I returned from my work site, I was met with a sing-song invitation to play- usually from the treetop just outside my gated compound.

One day I decided to break my own rules and invite Jean-Pierre over to paint. I had packed one fairly delicate Dollerama paint set for personal use. And as my nightguard Emmanuel translated for us, Jean-Pierre and I sat down on my front porch and painted together. Art has a language all its own and soon we didn't need to do the awkward fumbling to try to understand one another. He painted. I painted. We enjoyed our time together and when it was over I told him he could invite one friend the next week. He brought four. I held up my fingers to the four boys



saying they could each invite one friend the following week: "Eight! Only eight! Yego?" I repeated. But who was I to contain our shared excitement?

This turned into 45 children coming to my house every Wednesday at 4pm for Art Club. I began using other materials like rice sacks for posters and searching for decent markers in the capital of Kigali, one hour away by bus. I tried to keep the age group to between 4 and 12 but when 3 year old Mohammed showed up one day in his tattered clothes with snot streaming down his face, I couldn't turn him away. I asked Francois, an older boy, to show him how to make a construction paper turkey for Canadian Thanksgiving. Mohammed, who I had seen in the neighbourhood for weeks, never smiled. One day during the rainy season, the kids thought Art Club would be cancelled but I held it anyway...I'll never forget the sight of Mohammed running through the rain to our gate, grinning ear to ear!

When housing problems threatened the viability of the Art Club, I asked the man who owned the canteen near my house if we could continue to work on his front porch and he graciously said yes. As my new house was a 45 minute walk away, I took a motorbike taxi each Wednesday afternoon after work to continue doing art with the kids, often balancing several large plastic bags on each side of our moto as my driver and I precariously navigated the bumps.

I blogged about my year in Rwanda and a lady from England heard that I was trying to run an art club so she shipped me a box of Crayola markers, tissue paper and stickers. My teacher friends in Canada followed suit. My guard Emmanuel, who had been so patient to translate for me during the first ever Art Club, displayed a remarkable talent as an artist himself and I found him his first commission: painting a mural on a school wall. Pipe cleaner butterflies, color wheel spinners and friendship bracelets- there was no



*Rebecca J Young*

*Toronto Art Therapy Institute student*

*Toronto, ON*



limit to our creativity. And when some of the children's older cousins or parents happened to stop by and looked on with curiosity, they were offered materials too.

When my contract in Rwanda was up, I was initially hopeful that the Art Club could continue and I approached my organization for funding. I was told blankly: "Art isn't educational." I disagree and as a current student at the Toronto Art Therapy Institute, I will venture to bring a new learning to people of all cultures. *Art heals the soul and puts beauty in the place where once there was only pain.* I am so glad Jean-Pierre helped me to learn that. Now...if he had only taught me how to play soccer too! 🍷



# honouring creativity, connection & collaboration

## 2015 long-term care resident exhibition



*April Penny*  
*Registered Art Therapist*  
*Hamilton ON*



*Meagan Scott*  
*Graduate Art Therapy student*  
*Hamilton ON*

On June 15, 2015 a long-term care community came together to recognize the creative work of 16 residents in a group art exhibition. This special event became a creative collaboration of resident-artists and a unique collaboration of art therapist and art therapy intern.

Several of the artists had been regular participants in a weekly art therapy group for over 10 years. In preparation for the exhibition, the therapist and intern co-curated the individual displays along with the artists, always mindful of maintaining a fulfilling resident-centred experience where choice was key. This led to several weeks of dialogue about their numerous works within the art therapy milieu (sometimes bodies of work spanning several years). It was equally challenging and exciting to choose a sample of work that could represent the lived experiences of each artist and their therapeutic journey, and a way to celebrate their unique style and diversity. It was a time of self-reflection, collaboration, and fun!

Exhibition day felt like a whirlwind of preparation and excitement. The exhibition also coincided with the long-term care home's milestone anniversary and open house celebration. By midday, the exhibition was constructed and visitors were welcomed into the space to celebrate the artist and their work. Most artists were present to engage the public in dialogue and for those who could not attend, artist

statements at each display area communicated their thoughts. The event also showcased another art therapy initiative in the form of a community mural project entitled 'Our Supportive Hands Mandala'. Residents, family, staff and volunteers were all invited to add "their mark/hand" to this inclusive and collaborative experiential mural.

The breadth of creativity was inspiring. Visitors witnessed work ranging from painting, drawing, and

sculpture to jewelry and musical recordings. There was also an artist set up to draw portraits of visitors, which he gifted each subject upon completion. The artists had created uniquely expressive work using media that spoke of their experiences, and many of them were thrilled to share this connection with the community.

The art therapy group continues to meet each week, developing



Exhibition welcome and guest book table.





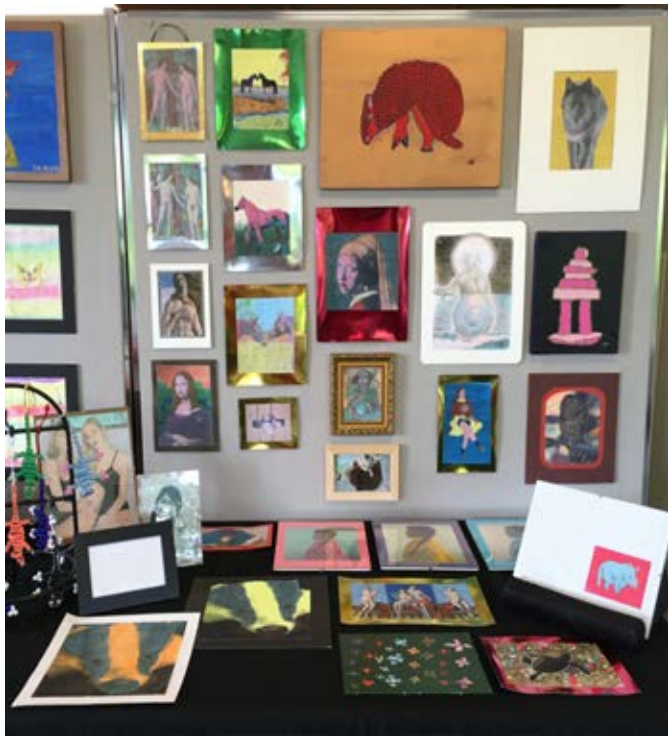
The Beginnings of the "Supportive Hands" Community Collaborative Mural."

new art forms and products that are the basis for communication (to themselves and in dialogue with their art therapist). For individuals over the age of 18 who reside in long-term care and who experience continual personal needs for empowerment within their environment, art therapy offers a creative, more holistic means of support during their lifetimes.

The 2015 exhibition was an exciting, one-day event that honoured the hard work of each resident-artist and connected the residents with their community. The long-term care home's administrators, staff, family and volunteers have continued to comment on how wonderful it was to see the resident-artists proudly sitting in front of their displays, able to represent their work and eager to engage with the viewers. As several staff commented: "seeing the long-term care residents active and doing art gives us all hope about the future".



Resident art exhibit photo.



Resident art exhibit photos.

We hope that this event inspired an enduring connection between the artists and the community and increased public awareness of the illuminating source of life and creativity embodied in each long-term care resident. 🍷



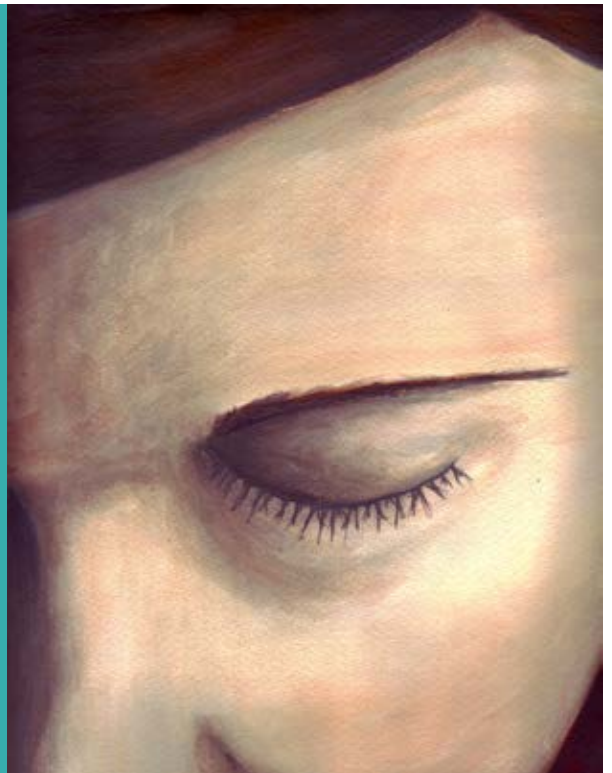
## ambiguous grief: poem



*Anna Dos Santos  
Abbotsford, BC*

He came unannounced and took us by surprise.  
His shadow lingered, loiters still.  
We tiptoe over it  
and pretend that he is gone.

Some nights when darkness falls  
he filters though the walls and crawls upon my bed.  
Hungry for despair he licks my scar and snarls with discontent  
when I escape into my dreams  
where he is only a shadow



"Quiet Girl"  
Multimedia  
Krista Schneider



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*Tzafi Weinberg*  
Winnipeg, MB

## CATA conference e-book



We are producing an electronic book that will contain all of the workshops, papers & techniques presented at the Halifax conference "Resilience, Recovery & Art Therapy 2015." We will publish and sell the e-book for \$25 through the CATA website.

**Resilience, Recovery &  
Art Therapy**

36th Annual  
Canadian  
Art Therapy  
Association  
Conference

Halifax, NS  
**October  
16-18, 2015**  
The Lord Nelson Hotel

[canadianarttherapy.org](http://canadianarttherapy.org)  
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## upcoming events



*Ara Parker*

*DMin (Cand), MA, CCC, BCATR, RCAT*

*Chair, Department of Psychotherapy & Spirituality*

*Faculty Lecturer in Art Therapy*



St. Stephen's College is excited to announce its partnership with Instituto Allende of beautiful San Miguel de Allende, Mexico. The pilot project will have St. Stephen's Department of Psychotherapy and Spirituality Chair, Ara Parker, teach her three credit graduate-level course *"Introduction to Art Therapy: The Artful-Spiritual Connection"*, which can also be audited, as well as offer her one day information workshop *"Intro to Art Therapy"* which shares with interested participants orientation to the profession of art therapy.

For many years, the Instituto Allende has been offering courses and workshops to international students, many from the US, due to its excellent reputation as a fine arts school. This is the first partnership with a Canadian institution offering a course in art therapy.

One of the reasons why the Instituto Allende chose St. Stephen's College as its Canadian partner is that both institutions have a history of thinking beyond the boxes and walls of traditional learning. St. Stephen's endeavours to bring the areas of creativity, spirituality and healing together. Our view of spirituality is as broad and diverse as our student body, so we are not limited by one view but engaged in all. Instituto Allende is acclaimed not only for its programs but for the immersion of the institute in the arts, culture and colonial architecture of the city itself. This is why offering this course during the time of Semana Santa (Holy Week) provides an incredible opportunity for students to have in class experiential and theoretical learning while immersing in the spirit and culture of these celebrations. For more information on this partnership and course please visit our [website](#).



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