

Straja Linder King
MA, ATR-BC
Calgary, AB



The whole premise of my work is locating, shifting, exploring, arranging, and the sacredness of making. My art explores the vast realms of ancient wisdom, western culture, comparative religions, literature, and my life's spiritual journey. Together I embrace underlying themes of connecting all sentient beings especially people and animals. 🐾



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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

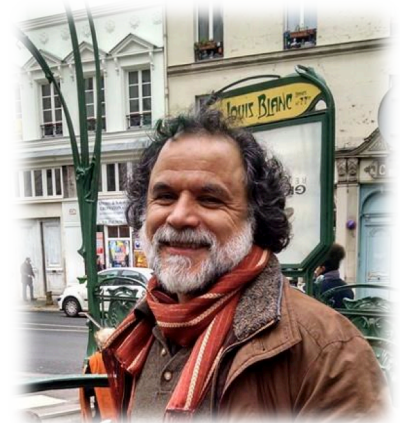
- 1) To uphold ethical standards for professional accreditation and designation for art therapists
- 2) To encourage educational standards for art therapists
- 3) To publish a tri annual newsletter and a bi annual journal
- 4) To support and encourage scientific and arts based research
- 5) To provide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

president's message

The summer is on its way and it seems we have passed through yet another productive season at CATA. The process to transfer the journal to Routledge has been completed now, thanks to the efforts of our Communications Director, Haley Toll. The conference organization is well underway and soon we'll be gifted with a menu for a wonderfully promising get-together.

CATA's finances are in good shape thanks to the good people who keep a close eye on our money. We had to allow an added tax to the membership fees this year, which slightly raised the amounts, but we had to satisfy the federal taxman.

All in all, we are in good shape going into our next season, autumn, when we pick the fruits of our labour and celebrate through our conference and our camaraderie. I hope to see a lot of your faces there this Fall. 🐾



Mehdi Naimi,
MA, RCAT, RCC

Nanoose Bay, BC



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

I hope you are having a very adventurous and fun summer, travelling or spending time with family and friends. You deserve some self-care after a long winter and possibly spring of hard art therapy work.

CATA is still going through many changes and this issue informs you about what many of our committees and individuals are doing to improve our association and your experience. In this issue are the results of two surveys concerning your experience with conferences and how you bill for your work. I hope that you find the information interesting. We will be using this data to help our practice progress. A survey about our website will be coming to you soon!

Furthermore, Routledge: Taylor & Francis and our guest chief editor Marilyn Magnuson are working hard to shape how we submit our manuscripts and access past journals online. The journal's peer review process has changed to a double-blind procedure. The tangible quality of the journal and the cover page will also be changed and improved. I am



The artwork I am submitting with this editor's note is an incomplete painting of a jellyfish that is half-formed and in the midst of swimming towards the water's surface. It is swimming towards the light and towards clarity: like us as an association.

looking forward to your feedback on our new journal cover and quality.

There are so many more things happening at CATA and our committee members are excited to share our happenings with you. For example, the results from our logo contest have come out! The talented Katie Hanczaryk's submission of a colourful spiral graphic has been chosen as our new and dynamic bilingual logo.

On a personal note, I recently moved to Edmonton after living in beautiful British Columbia for almost a year. I am now working at the Cross Cancer Institute with a fellow art therapist colleague, Marie Butler. I am very grateful to work with such a talented, nurturing and intuitive person and am looking forward to the opportunities this artistic province has to offer.

Along with passionately written poems, playful artwork and fascinating workshops, this newsletter will describe many of the projects that our hard-working committee members are involved in. I would like to

thank each person who has contributed time and work into making this great newsletter.

As always, I invite you to contribute your diverse talents and share your stories/artwork/insights through our various communication platforms and upcoming newsletter. Please contact cata.communication.chair@gmail.com to send your content. The quality of our published material depends on you. Our next newsletter will be published in November 2015.



and the CATA logo contest winner is...

Katie Hanczaryk

Louisville, Co, USA



We are excited to give you the results of the logo contest! We had five respondents who put in a great effort and gave of their personal time and talents. We would like to publicly thank CATA members Sr Felicitas Drobig, osu, Azar Ghandriz, Angela Poot and Heather Hennick. The winner of the contest is Katie Hanczaryk (MA), from Louisville, CO! Katie wins a free conference pass to any conference within the next five years that she wishes to attend. Our guess is that she will be coming to our Halifax conference in October as she has a connection to Nova Scotia. Although Katie was born in the USA, she grew up in Dartmouth, NS and graduated from the Nova Scotia College of Art and Design with her Bachelors in Interdisciplinary Arts. Katie Loves Nova Scotia very much and hopes to move back with her husband and baby soon!

Katie's rationale for her design is that when creating a future, she believes you must also look to the past, the heritage and roots of an organization, in order to move forward. This logo joins the past and the present, interwoven to form a spiral, representing the present moment. The blue 'arm' represents the French Canadian heritage and legacy and representative of the French Canadian flag. The red 'arm' represents the English Canadian heritage, as reflective of the Canadian flag. Both come together harmoniously to form a connection that runs deep. However, you notice that the two do not touch; therefore they

keep their own identities independent, which she believes helps to preserve a sense of culture. The spiral itself represents equal breadth and depth as the spiral spins neither in nor out, and could be interpreted as a journey.

Katie graduated from Naropa University in Boulder, CO in 2012 with her MA in Transpersonal Counseling Psychology in the Art Therapy Concentration. She helped to found the Naropa Community Art Studio-International, an art therapy program that incorporated the open studio model to extend to a global community. Katie and others raised money to go to Cambodia to work with survivors of the sex-trafficking industry, and to use art therapy methods to break through language barriers in order to deeply connect with another culture. Doing individual, group art studio, and staff trainings, Katie and her team successfully established the healing arts in organizations such as Anjali house www.anjali-house.com, the Woman's Handicraft and Design Association www.funkyjunkrecycled.com and the Cambodian Women's Crisis Center. Katie is a Buddhist and long-time practitioner of mindfulness meditation. She is a textile artist, using many fiber arts modalities with her clients, including teaching sewing to children and felting with people who have dementia. Katie hopes to develop an international fiber arts therapy curriculum that incorporates sewing, weaving and felting into therapy practices. 

prairie chapter news



Marilyn Magnuson
Calgary, AB

CATA Prairie Chapter hosted a creative gathering in Calgary on February 22, 2015 as a means of reaching out to local persons interested in the arts in community and healthcare and to promote membership in CATA and the Prairie Chapter. Forty one people registered for the event and 35 were in attendance. Participants were a collective of students, registered and practicing art therapists, artists, therapists, and interested community members. Kristin Boetgger led the meeting, opening with an art therapy exercise, and Carmen Richardson closed with an expressive arts dance. Discussion was lively as to preferences of participants in continued association. The result was the development of a Facebook page, "Calgary Expressive Arts Tribe," for continued connection. This group wishes to invite any local Alberta members to join the Facebook page and ongoing events. 🐾

membership rate increases



Lynn Holloway,
Administrative Assistant
Parksville BC

Those in CATA leadership have been very generous over the years to not increase membership fees more than needed. When I put together a history of membership rate increases for our current Board, we discovered that the information was only recorded starting in 2001. Since that time (15 years, possibly more), we have never seen an increase in student and associate membership rates. Professional and registered members saw a \$10 increase in 2011.

In early 2013, CATA leadership realized that it was no longer feasible to be operating strictly on volunteer help and hired me as your Administrative Assistant. The expense of my time as well as our moving to Taylor & Francis to publish the CATA Journal as of the next issue, are the two main reasons for increasing membership fees. We also have taken into consideration that all costs have increased in these 15+ years.

In order to come to a decision on what the new fees should be, we reviewed other Canadian and international art therapy associations' membership fees to see how we compared. The new levels for the fiscal year starting July 1st are not out of line and are still low in comparison to other national associations like ours that produce a professional journal. The new rates will be:

- \$ 30 – Student/Associate Student (an increase of \$5)
- \$ 60 – Associate/Associate Professional (an increase of \$10)
- \$120 – Professional (an increase of \$40)
- \$120 – Registered (an increase of \$15)

The Board realizes that both professional and registered members receive the same benefits so one should not pay more than the other. As a result, both levels will now pay the same amount. Although student and associate levels, receive the same benefits, we continue to give art therapy students a break given they are likely out of the work force while attending to their education.

With these increases (estimated \$14,775 overall), the Board is hopeful that they will be able to deliver a balanced budget for the new fiscal year. As of the end of the 3rd quarter of this fiscal year, we have a net loss of \$7,917, but are still financially sound because we had accumulated funds over previous years. The membership increase will ensure we do not decrease that healthy balance in case of unexpected expenditures in the future.

We are still unsure for the next year what the actual numbers will be in expenses and revenue due to the change with Taylor & Frances, so we may have to revisit what we charge again next year to ensure we are not operating with a shortfall. The conference is also an unknown as to how much profit we can expect to assist with any shortfalls in our regular expenses and revenues. We always work with the assumption that it will be a zero-rated activity so that any profit from it will be a bonus. We cannot afford to have the conferences ever operate at a deficit. 🐾

what's with the gst/hst?



*Lynn Holloway
Parksville, BC*

As those of you who have renewed in the last couple of months have noticed, we are now charging GST/HST on your membership fees. When a federal non-profit goes over \$50,000 in revenue, they must begin charging the tax. This happened for CATA as of September 29th, 2014. We tried to get around this by looking at the possibility of separating the annual conference, which is what puts us into this higher revenue bracket, but it just did not seem feasible.

The rate you will be charged is dependent on the rate that the province you reside in charges.

We will be charging GST/HST on registration and conference fees, as well as CATA Journal subscription and article sales. All revenue streams for CATA will now be paying the tax. Of course, any member living outside of Canada will not be paying GST/HST, only Canadian residents. If you have any questions, please direct them to the Administrative Assistant at cata.office.manager@gmail.com

registration congratulations!

Adriana Leinberger, BFA, DVATI, RCAT

Winnipeg MB



On behalf of the CATA Board and Registration Committee, I would like to congratulate the following members on recently becoming registered art therapists. They successfully met all the requirements for registration and we wish them continued success in their art therapy endeavours!



(November 2014)

**Sophie Brunet
Peggy Chan
Roxanne J. C. Chou
Jacqueline Kennedy
Heather Lavis
Tara Liberi
Patricia MacAulay
Karen Robinson**

(March 2015)

**Selina Buesink
Andrea Hrysko
Anzai Keisei
Anu Lala**

(June 2015)

**Rachela Buonincontri
Susan Eilers
John Faul
Kathryn Gregor
Andrea Savoie**

new journal submission process

As you may know, the Canadian Art Therapy Association Journal has recently hired Routledge: Taylor & Francis as our new publisher.

There are many exciting changes ahead for the journal that I am excited to share with you. Although this was also sent to you by e-mail I wanted to once again inform you that we are ready to begin operating our new electronic submission and review system,

Editorial Manager. All our work will now be undertaken using this system, which brings with it a number of advantages allowing us to better track and process submissions in review.

Electronic systems can seem impersonal, but the CATA-ACAT Journal has tried to build good relationships with our editorial advisors, authors and reviewers and we intend to remain a friendly, approachable journal.

You can find the site at <http://www.editorialmanager.com/ucat/default.asp>. Once you reach the website, you need to register as a new user and follow the instructions given on the website. This process will be much more thorough and effective for our editorial team.

We look forward to your continued support of the journal and to receiving papers and suggestions for articles.



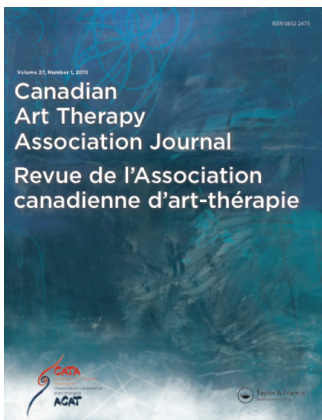
Haley Toll

Edmonton, AB



*Marilyn
Magnuson*

Calgary, AB



around campus

Opening of Winnipeg's Holistic Expressive Arts Therapy (WHEAT) Institute



*Darci Adam MA, M.Ed
RCAT, CCC, REAT
Winnipeg, MB*



The Winnipeg Holistic Expressive Arts Therapy Institute (WHEAT Institute) opened its doors this fall, with its first official Expressive Arts Therapy Certificate programs. Through creative self-expression, harmonizing with nature, and celebration of our cultural origins, WHEAT Institute fosters physical, mental, emotional and spiritual well being through a culturally conscious, social justice lens.

We have classroom studio spaces in two historic buildings in Winnipeg, including the former monastery guest house of Trappist monks at the gorgeous urban wilderness setting of the St. Norbert Arts Centre, as well as the Dragon Arts Collective Cooperative in the historic A-Zone building in Winnipeg's downtown Exchange District.

We now have 15 credit hours accessible to University of Winnipeg Faculty of Education students through the post baccalaureate diploma program in an expressive arts therapy specialization. These credits are also eligible for the Province of Manitoba counselling and special education certificates. Our 2015-16 programs in the creative and expressive arts therapies will be posted over the next several months.

We look forward to welcoming students interested in exploring the therapeutic use of the arts through a culturally conscious, social justice, fine arts based lens. Winnipeg has a dynamic and thriving arts community in which to nourish this exciting endeavor. 🌱

Expressive Arts with Children and Adolescents
BLOOMING LIKE A FLOWER: HONOURING AND PROTECTING INNER ESSENCE - DEC 6-7
Candace Froebe MA & Darci Adam MA, MEd, RCAT, CCC, REAT

Yoga teacher and folklorist Candace Froebe and art therapist, counselor and consultant Darci Adam will merge their previous tool kits to foster greater awareness of the developmental stages in children and youth, within the context of your own life stories. Using story, yoga, movement, art and play we will explore how to know and strengthen essential self.

See website to register for this cohort and commit to a year-long program of study.

204 293 3869
wheatinstitute@gmail.com
www.wheatinstitute.com

WHEAT INSTITUTE
WINNIPEG HOLISTIC EXPRESSIVE ARTS THERAPY INSTITUTE



adler university: "the big clean" in studio one

*Dr. Duanita G. Eleniak BCATR,
RCAT, ATR, RCSW, PHD*

Program Director, MCP: Art Therapy Program,

The MCP Art therapy students at Adler University enjoy the end of semester "Big Clean" of Studio One.

In our work as art therapists, we literally clean up clients' messes. We are engaged physically in the 'mess' that happens when exploring past trauma or working to build a new life. As such, the counselling art therapy students learn how to engage in cleaning as self-care and therapeutic integrity.

Attitude is highlighted as the most important element with regard to cleaning the studio.

An imaginal relationship with doing the cleaning is fostered in order that one's intentions are felt in a therapeutic way as soon as people enter the space.

During the end of semester "Big Clean," faculty, staff and students get together to explore cleaning in various perspectives including therapeutic metaphor, energy, meditation, self-care, discovery and appreciation.

Most of all, the "Big Cleans" in Studio One are just plain FUN!



open studios at adler university

The MCP Art therapy students have hosted some very special open studios in Studio One at Adler University during the first year of their studies.

The Un-Birthday Party was one of the highlights. Led by MCP Art Therapy students Leanne Bird and Elizabeth Ramsey, the open studio was a gathering where fun and community were the expressed goals.

The event allowed for students, staff, faculty and alumni at Adler University to experience each other in a relaxed environment where connection was key.

Participants could learn to make a hat, do their own art,

or simply participate in the creative conversation around a long table filled with un-birthday treats.



Open studio is an integral part of the student's learning and has become the vibrational heart of Adler University. It allows for cross program pollination, radical hospitality and a healing space for everyone in attendance.

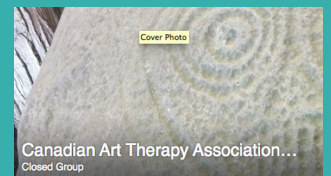
Did you know that CATA has its own Facebook group?

Facebook offers three privacy levels for groups: Open, closed and secret. We have chosen a "closed group" format to 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!**g**



honorary life member nominations

Each year, the membership of CATA is invited to identify someone they believe deserves the recognition to be nominated as an Honorary Life Member. This level of membership is granted to CATA members who have demonstrated their devotion to the art therapy community over a number of years through their leadership in educating, supporting and advocating for the field.

Our current Honorary Life Members are:

1. Nell Aird Bateman (1988)
2. Helene Burt (2013)
3. Monica Carpendale (2013)
4. Jacqueline Fehlner (2006 or

- 2007?)
5. Gilda Grossman (2007?)
6. Lucille Proulx (2012)
7. Lois Woolf (2008?)

As you can see, we don't do this every year, but rather when someone is identified as being worthy of this award for their service. This member is then honoured at the Annual General Meeting and will no longer pay membership fees to CATA though they remain in their normal registered status and are voting members. If you know of someone who you believe

deserves this honour, you are invited to make this known on a forum entitled HLM Nominees on our website that will be open for the month of July. E-blast reminders will be sent so you have ample time to have your voice heard. 🌸



Sandra Hewitt-Parsons
Corner Brook NFLD

the upcoming canadian art therapy association conference 2015

The 2015 Canadian Art Therapy Association conference will take place at the Lord Nelson Hotel in Halifax from October 16th to the 18th. This year's theme is "Resilience, Recovery and Art Therapy." The conference committee asked the CATA membership for proposals on how resilience and recovery impact perspectives on one's relationship with the self, with other people as well as with the environment. As therapists, mental health workers, and fellow human beings, how can we help turn tragedies into opportunities for growth? What can we learn from people who thrive despite challenging circumstances? What are some methods and techniques for encouraging resilience in those who have endured, or are still enduring, life changing experiences?

We are pleased to announce

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/>

This year's conference promises to be both exciting and innovative with a program featuring a variety of topics relating to our theme. Presenters from across the country and internationally explore recovery from the specificity of a single case study to broad art engagements within communities and schools. There are intimate looks at transforming trauma and illness into the positive power of resiliency with presentations on cancer, eating disorder issues, grief and loss, intellectual disabilities and dementia. Workshops will demonstrate techniques in collage, natural materials, hypnosis and other creative processes to encourage the discovery of potential and

the restoration of the self. Workshops which explore resilience within nature will take place outside.

Other presentation topics include:

- Culture shaping resiliency
- Animal assisted art therapy
- Exploring possibilities in practice
- A dialogue to inspire arts-based research
- Resilience and neuroplasticity
- The resilient self
- Body mapping
- Self-portraiture integration

The Lord Nelson Hotel is close to many local attractions: 5 minutes walking distance from Citadel Hill National Historic site <http://www.pc.qc.ca/lhn-nhs/ns/halifax/visit.aspx>, directly across from the Halifax Public Gardens <https://www.halifax.ca/publicgardens/>, and approximately 5-10 minutes walking distance from the harbour front and boardwalk. More information

about the Lord Nelson Hotel can be found at <http://lordnelsonhotel.ca>.

The conference will also coincide with a major arts festival in Halifax called Nocturne <http://nocturnehalifax.ca/event/>. We hope to integrate some of our activities with the festival and provide an opportunity for conference registrants to attend. For people who want to see more of Nova Scotia outside of the conference setting, they can also connect with part of the Celtic Colours international Festival taking place October 9-17 on Cape Breton Island <http://www.celtic-colours.com/>.

We will gradually post more information to the CATA website regarding attractions, accommodations and travel options in Halifax as we get closer to the conference.

Hope to see you in October! 🌸



Ianis Dyck
Golden, BC

poem for kali

Poem for Kali

I am bones
I am blood
I am bowels
I am raw
I'm the rushing of river and earth

I'm the heaving of glaciers
The crumbling of cultures
The cycle of death and of birth

The stars all pass through me
The eons hurl by
In a flash in the dark a child's born


Oh the new shoots are sprouting
The laboured walls cracking
To rubble from which I'll be born
It will all fall away

Into dust
Into dark
Into rock
And the boulders that moan
With the stories of old
That they hold in their souls
Now they'll crack
And reveal what is known


And a spark will alight
In the dark
In the night
As we lay in our rooms full of walls

They will come crashing
The thunderbolt flashing
The rubble resounds an old call

And when the smoke clears
And the fears of the years
We will once more behold the stars vast
Then we'll light a clean fire
Send the sacred smoke higher
So the flames reach through this world and past

And a rumble will sound
As the earth spins around
And creation will come to new form
As we stand on the shore
Feel our part evermore
Of all death and all that is reborn 

thank
you!

The Communications Committee would like to thank **Sandra Hewitt-Parsons** for being the CATA Communications E-blast Coordinator. You are so involved in CATA and enthusiastic about volunteering your time. We truly appreciate all that you do ☺ Thank you for your great work with us! 



survey results

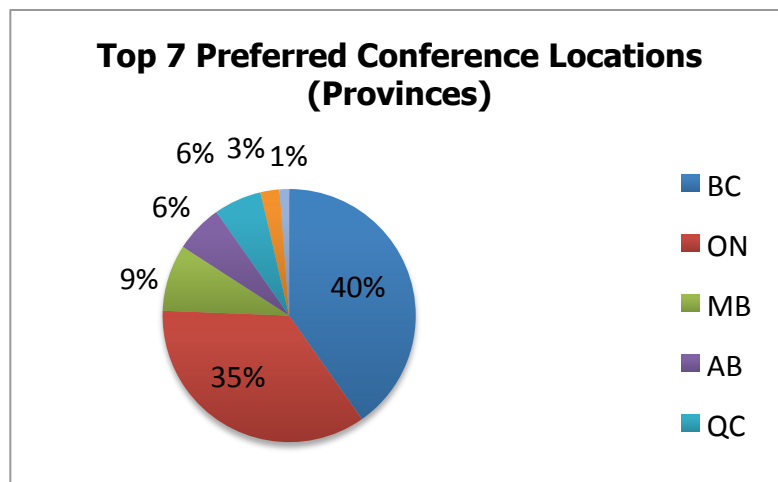
CATA conference survey results

CATA Conference Survey Members: Bonnie Ho & Vanessa Rebelo

The CATA Conference Committee was interested in your feedback concerning what you would like to see for future conferences. We created a survey to receive your feedback. Here are the results:

Respondents: 91/553 members (16% of membership).

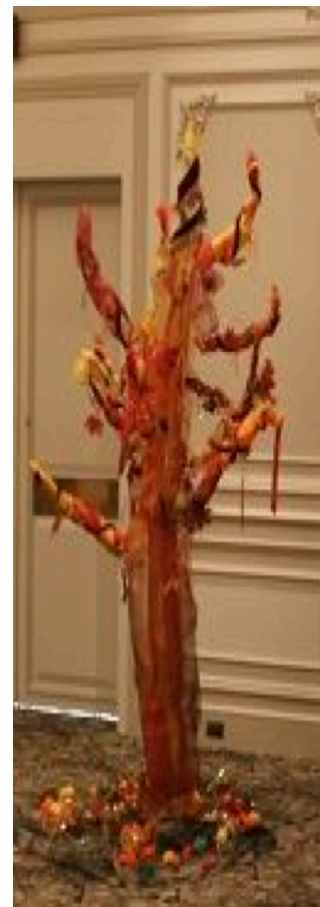
Q1. In which city/town in Canada would you like the next CATA annual conference to be held?



Gilda Raimondi,

Whitby, ON

CATA Conference chair



Q2. What themes would you like to see at a CATA Conference?

Top 7 themes:

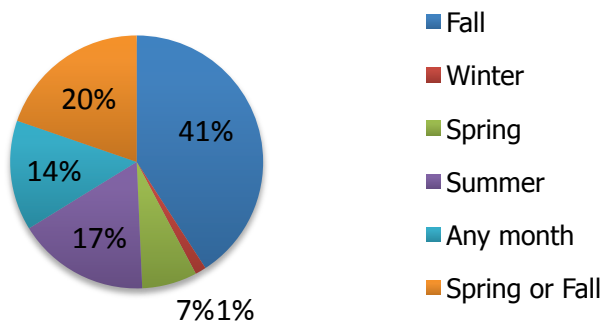
1. Attachment and art therapy
2. Themes related to trauma and art therapy (neurobiology, neurodevelopment, biofeedback, evidence-based approaches)
3. Diversity and interdisciplinary art therapy
4. Mindfulness and art therapy
5. Communities and art therapy
6. Research
7. Self, humanistic approaches, spirituality and self-care

Q3. Who would you like to see as keynote speakers?

Top 3:

1. Cathy Malchiodi (26 x)
2. Bruce and Cathy Moon (7 x)
3. Shaun McNiff (6x)
4. Joy Schaverian (4X)
5. Pat Allen (3x)
6. Janis Timm-Bottos (2X), Judy Weiser (2X), Joanne Macy (2x), Laurie Rappaport (2X), Gordon Neufeld (2X), Ellen G. Levine (2X)

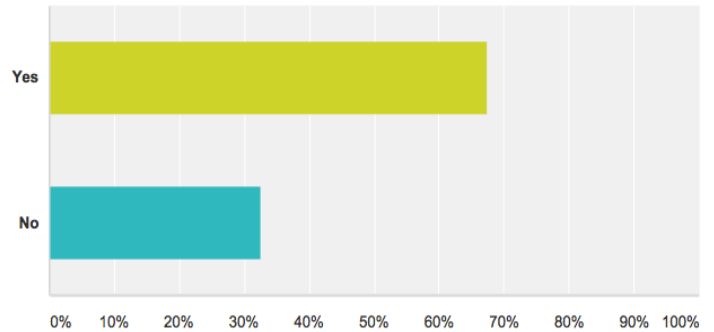
Q4. What time of year (i.e. month, season) would you prefer the CATA conference to be held



Most people prefer a spring or fall conference.

Q5 Do you prefer pre-conference workshops ?

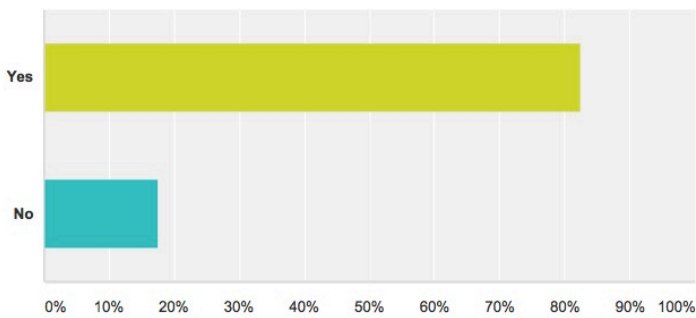
Answered: 83 Skipped: 8



67.47% prefer pre- conference workshops.

Q6 Would you like the conference to offer registration for individual workshops?

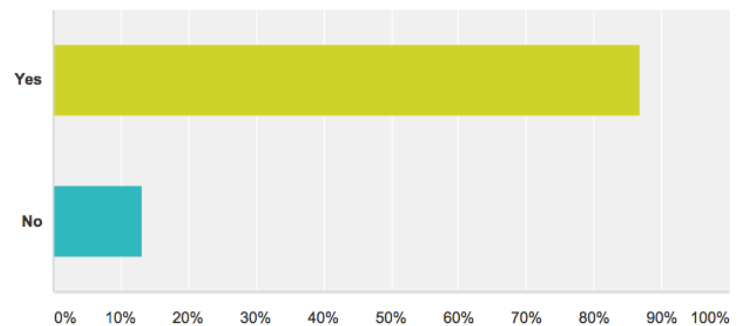
Answered: 86 Skipped: 5



82.56% prefer registration for individual workshops.

Q7 Would you like the conference to offer a one day registration?

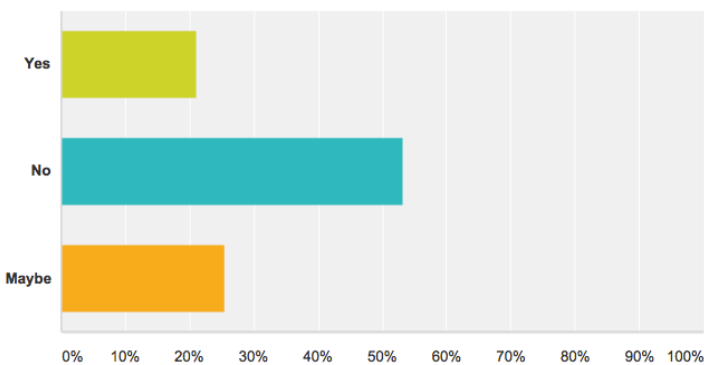
Answered: 84 Skipped: 7



86.90% prefer the option of one day registration.

Q8 Are you planning to attend the 2015 conference in Halifax?

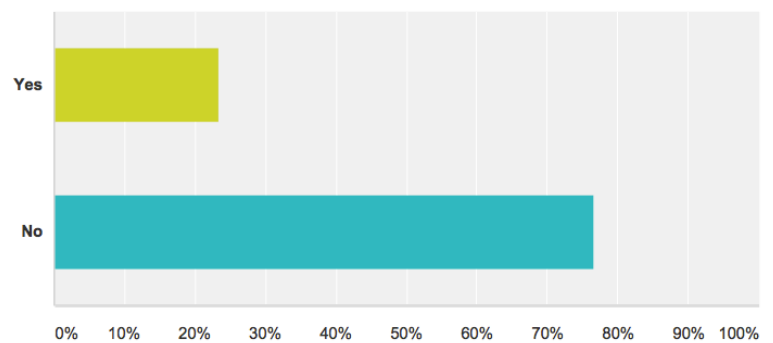
Answered: 90 Skipped: 1



53.33% are not attending the conference in Halifax mostly due to distance and cost.

Q9 Will you be attending the annual CATA conference banquet ?

Answered: 77 Skipped: 14



76.62% are not attending the banquet.

Thank you for your participation and we are looking forward to more of your feedback as we continue to plan the upcoming CATA Conference in Halifax this year.



*Tzafi
Weinberg
Winnipeg, MB*

billing survey results

CATA advocacy committee

In April 2015, the CATA Advocacy Committee conducted an e-survey to provide a snapshot of art therapy working conditions in Canada with the hopes of suggesting direction for our advocacy. The survey was emailed to 553 people and a brief summary follows of the 102 responses we received. A discussion panel is planned for the 2015 CATA conference in Halifax in October.

The ultimate goal of the Advocacy Committee is to help extend the reach of art therapy into our communities by observing and building on areas of success. We asked about the number of art therapists who work with clients under various titles or qualifications for

billing/funding purposes. We found out that 61.22% of the survey participants used other professional associations as a credential.

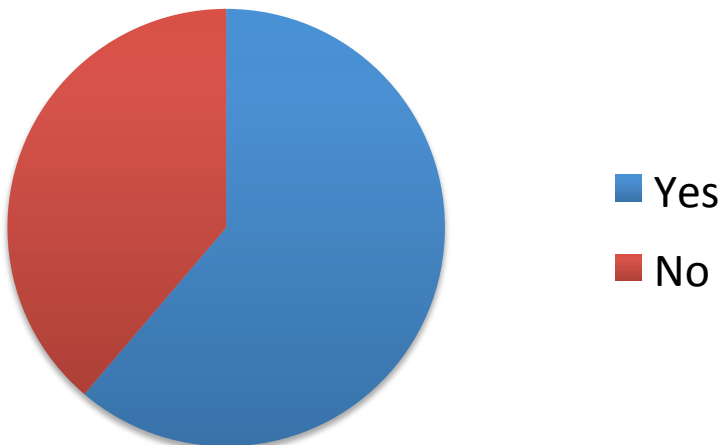
Based on the comments and suggestions of respondents, having art therapy "covered under third party billing or income taxes would greatly impact clients' ability to access services" and makes it "more accessible to those who need it."

"Advocating at the government level for insurance support" and a "comprehensive list of agencies to have on hand to contact so that we can have the opportunity to register with them" in order "to know which insurers cover art therapy" was identified as something that would be helpful.

Future work in this area needs to provide "more support around employment and education around self-employment specific to the art therapist" and involve the opportunities and means to "exchange information as to how each province treats and recognizes the art therapy profession so that this information can provide insight, strategies and encouragement." I would also like to thank Bonnie Ho for setting up the billing survey.

Join the conversation! Feel free to add your thoughts to Committee Chair, Tzafi Weinberg cataadvocacychair@gmail.com and look for our advocacy panel at the conference in Halifax! 🍷

Do you use any other professional association as a credential?



pathway to contentment in art therapy

workshop 2015

Shahin Jones

Victoria, BC

This was a women-only directive group that was designed to run for about two hours, once a week, up to ten weeks. The therapeutic process encouraged the participants to gain insight of their barriers; then it increased their self-perceptions and personal growth.


Each weekly session was divided into two parts. The first part focused on educating the participants about different types of barriers we may encounter in our lives



Client J
Self-image

enhance stable cognitive abilities. The second part facilitated the creation of an art piece that had symbols of these barriers. The art piece reminded the participants of its existence as they integrated the tools they learned. In addition, the art helped the therapist support clients to interpret the symbols and metaphors from their stories that are often difficult to express with words.

The workshop was supported by the use of narrative and cognitive behavior therapies

as well as Jung's theories that acknowledge that painting what we see before us is different than painting what we see within us (Malchiodi 2006). 

References:

Malchiodi, Cathy A. (2006). *The Art Therapy Sourcebook*. McGraw-Hill Professional. ISBN 978-0-07-146827-5.



Client S
Self-identity

after experiencing some traumatic event. Then it provided skills to increase awareness so that prevention tools could be used to cope with stressful symptoms and



Client V
Self-reflection



Client JP
Self-esteem



Client S
Self-concept

**cata
executive
council
2014-2015**

executive

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vice-president

(BC) Michelle Winkel
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(MB) Kayla Cardinal
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Resilience, Recovery & Art Therapy

36th Annual Canadian Art Therapy Association Conference

Halifax, NS

October

16-18, 2015

The Lord Nelson Hotel

canadianarttherapy.org
cataconferencechair@gmail.com



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Haley Toll
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upcoming events

Resiliency, Recovery & Art Therapy; Canadian Art therapy Association Annual Conference (Halifax)

Date: October 16-18, 2015
Location: Lord Nelson Hotel, Halifax, NS
Contact: cataconference@gmail.com



2015 4th Annual MBAT (Mindfulness Based Art Therapy) Summer Institute with Margaret Jones Callahan Level 1

MBAT focuses on cultivating positive social and emotional health, self-management skills, gratitude and compassion. More than learning to focus attention and simply be, we look at the transformative power of contemplative art and the awakened heart. Participants explore the sense fields and embodied presence focusing on Mindfulness of Body and Mindfulness of Life. Participants apply these through practices of calligraphic brushwork, gentle inquiry, photography, mindful drawing, collage, and painting. Issues explored may include conflicted emotions, pain management, addiction recovery, anxiety, stress and work place issues. This course emphasizes mindfulness for cultivating personal presence in the counselling and coaching dynamic.

Date: July 14 & 15, 2015
Location: The Centre for Peace, 1825 W 16th Ave., Vancouver, BC
For information or to register: truepnt@yahoo.ca
Website: <http://truepnt.ca/category/events/programs-calendar>

2015 4th Annual MBAT (Mindfulness Based Art Therapy) Summer Institute with Margaret Jones Callahan Level 2

Date: July 16 & 17, 2015
Location: The Centre for Peace, 1825 W 16th Ave., Vancouver, BC
For information or to register: truepnt@yahoo.ca
Website: <http://truepnt.ca/category/events/programs-calendar>

2015 4th Annual MBAT (Mindfulness Based Art Therapy) Summer Institute with Margaret Jones Callahan Level 3 (new program)

Date: July 18, 2015
Location: The Centre for Peace, 1825 W 16th Ave., Vancouver, BC
For information or to register: truepnt@yahoo.ca

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