

The Creative Arts Connection

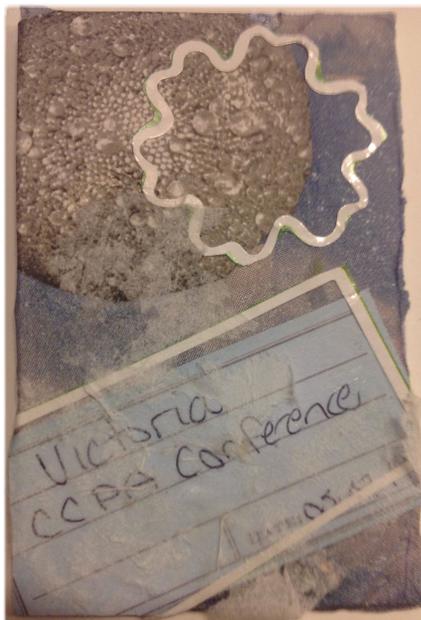
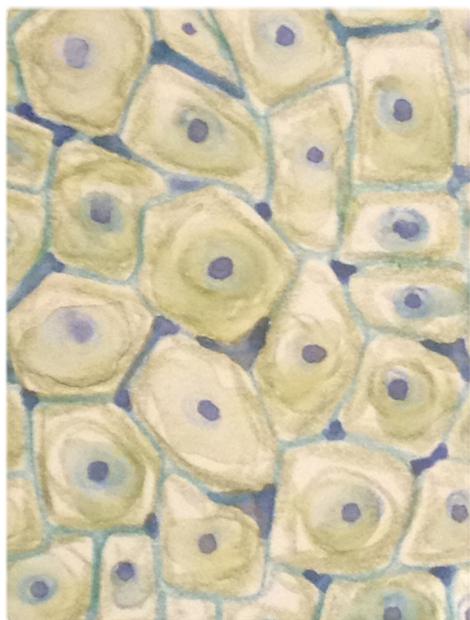


CANADIAN COUNSELLING AND
PSYCHOTHERAPY ASSOCIATION

L'ASSOCIATION CANADIENNE DE
COUNSELING ET DE PSYCHOTHÉRAPIE

ARTIST TRADING CARDS! FLIP OVER FOR WHERE YOU'LL MAKE YOURS!

This year's winner of the Conference Bursary: Eric L. Ross writes on Music and self-care;



From Top Left (These could be yours!) Erin Kuri, Sandra Grew, Sarah Brodie, Amy MacKenzie, Miriam Duff.
See Artist Trading Card article p. 10 and BACK COVER for your cut outs to send in!

Jmy MacKenzie, Chapter President

Dear Members of the Creative Arts in Counselling Chapter,

On behalf of the Executive Committee of the CAC Chapter, it is a great honour to present to you the 2014 Spring Newsletter! Thanks so much to our Director of Communications, Sarah Brodie, for putting this newsletter together, a true labor of love and dedication to the chapter. It has been a truly memorable year. Beginning my term as Chapter President has been a stimulating and engaging experience so far and I look forward to continuing on in this role. My husband and I are also expecting our first child, due mid-March, which we are thrilled about. It has been an exciting year all around! I look forward to staying connected with the CAC community through chapter activities, while I will be taking a bit of a break from my work as an Art Therapist.

The suggested theme for this newsletter was how social networking and on-line resources enhance or factor into your CAC-related practice. While there was some interest expressed in this topic, this issue of 'The Creative Arts Connection' also represents a greater diversity of interests shared by our chapter members. I encourage you to submit for next year's newsletter and share in this wonderful community of Creative Arts in Counselling professionals.

I would like to say thank you to the CAC chapter members for welcoming me on as Chapter President. I was voted in at the May 2013 CCPA conference in Halifax, NS, my hometown! It has been really rewarding to be part of the terrific Executive Committee and to connect with provincial reps and chapter members across Canada. We are really excited to connect on a Creative level through the Art Trading Card mail-out project that you may have heard of already through chapter emails. Please check out the article and instructions on page 9 to learn more about how you can participate. There are even four, sized, blank art cards to cut out on the back page of this newsletter to get you started. We live in such a large country and are such a diverse group of individuals representing all modalities of the Creative Arts in Counselling. I really look forward to the coming

together of this network of wonderful, creative people, through sharing of artwork in this fun exchange.

We are lucky to have on the Executive Committee, Erin Griffin, our dedicated treasurer, voted in at the May 2013 CAC AGM. As well, our fantastic and committed Sarah Brodie, Director of Communications, was also voted in officially, in May 2013. We continue to benefit from Miriam Duff's experience and organizational skills as our Secretary and CCPA board liaison. Erin Kuri, our stellar past president continues to share her support and experience at our monthly teleconferences. And we are thrilled to welcome Sandra Grew to the Communications Committee, who is acting as coordinator of 'Special Projects', namely the Art Trading Card mail out project and our new CAC Facebook page.

I encourage you to get involved with the chapter and Executive Committee (please see list of Nominations below). It's a fantastic opportunity for professional development. Your voice and unique perspective contribute enormously to the flourishing and growth of the chapter and the strengthening of our diverse community. I feel grateful to be a member of this creative and thriving chapter of the CCPA and look forward to connecting with you.

Warmest Wishes and Happy Spring!

Jmy MacKenzie





Erin Griffin, Treasurer

Erin Griffin is an art therapy graduate from Concordia University, and a professional certified member of the CCPA. She is currently pursuing continuing education courses in both Cognitive Behavioural Therapy and project management. Her clinical interests include the study of creativity, authenticity, and trauma. She's a dog lover and passionate about animal rescue/welfare.

Miriam Duff, M.Ed., CCLS, CCC - Secretary & Board Liaison

Miriam Duff is a Canadian Certified Counsellor and a Certified Child Life Specialist. She is employed as a psychosocial clinician at

CancerCare Manitoba, where she provides group and individual counselling services to patients and family members and she facilitates the Expressive Arts Group and Art Grad Group programs. The expressive arts play a large and valuable role in Miriam's professional work, and in her own creative pursuits. For most of the past 20 years she has been a practicing glass artist, with the exception of graduate school, which demanded its own creative energy to complete. Miriam also sits on the Board of the Canadian Counselling and Psychotherapy Association as the Director for Manitoba and Nunavut, and as a member of the Executive Committee. Miriam is married and has two children and two cats. The Power of Expressive Arts Group Work: Fostering mutual self-awareness, creative meaning-making and integration at the Canadian Association of Psychosocial Oncology' National Conference "The Heart of the Matter", being held in Winnipeg, Manitoba April 28-May 2, 2014

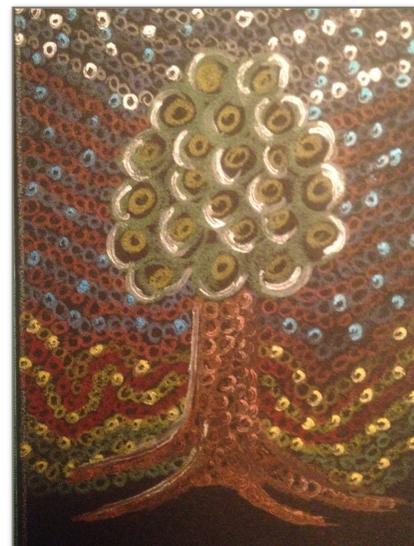


Sarah Brodie, Director of Communications

This is the second newsletter I have edited for our chapter. I enjoy our monthly meetings with the real pros on this executive. I have just recently relocated from Quebec to Ontario, and started up my private practice: sarah-brodie.com I continue to train in an advanced institute for child and adolescent psychotherapy (cicapp.ca). I'm reading *Born for Love*, by Szalavitz and Perry, all about how we're hardwired for empathy. And *The Reason I Jump*, by Naoki Hagashida, a 13 year old boy who gives insight to us about the human condition from his autistic perspective.

Erin Kuri, Past President

Over this past year it's been delightful to see all the enthusiasm and fantastic ideas that this chapter committee has been sharing. Amy has been doing a wonderful job at keeping everyone on track and moving forward with the future of this chapter. Over these past months I've spent a great deal of time reflecting and creating. I enjoyed a trip to Peru where I fell in love with textiles. Although my sister is a textile artist, it hadn't been a modality that I had yet explored. By the end of the fall months I had learned to knit and now there's no turning back with all the potential of new soft and colourful ways to make art. Some of the reading that has been keeping me in front of my fireplace this winter includes *The Science of the Art of Psychotherapy* by Allan Schore, *Psychoanalytic Case Formulation* by Nancy McWilliams, *Art Therapy and Postmodernism* by Helene Burt, and *the Artful Parent* (for great ideas I can bring to the young parents I work with) by Jean Van't Hul. Keeping up with my book-club is always a challenge but I'm ambitiously half way through the *Flying Troutmans* by Miriam Toews. I tend to get through chapters haphazardly when it comes to non-fiction and reserve my fiction for truly relaxing moments of self-care.





Sandra Grew, Communications AND CAC Ontario Rep

Sandra is an art therapist and Canadian Certified Counsellor in Stittsville, an Ottawa suburb. She enjoys being in private practice and working with children and teens with anxiety and offers several groups each year. Sandra's love of art began as a child and influenced her choice to obtain a diploma in fine arts where she won the President's Purchase Award for painting.

Sandra enjoys working with coloured pencil and clay and spending time with her 2 teenagers and 4 pets. When she's not in her studio she can be found enjoying the beaches of Lake Superior.

And last but NOT least: Chapter President Amy Mackenzie

Amy Mackenzie is an Art Therapist and Canadian Certified Counsellor living in Halifax, NS and has been

enjoying her role as president of the CAC chapter. She operates a private practice, has developed and facilitates a 'Claymation Art Therapy' group and research study at the Nova Scotia Early Psychosis program and has provided art therapy services at a correctional facility for women. She also teaches workshops in Art Therapy at NSCAD University in the department of Extended Studies and is expanding into the area of Art Therapy for individuals living with chronic illness. She is expecting her first child in March and is very excited about that! Amy is currently working on a collaborative art project with a fellow Art Therapy classmate, CAC member and Phd Psychology student, Julie Longard. They are 'co-authoring' portraits and have been enjoying learning from each other and sharing in the process of creative exploration and building of characters (Image, right, is example of this work).



CALL FOR NOMINATIONS: CHAPTER EXECUTIVE 2014

Executive Committee

- President (term beginning in May 2015)
- Treasurer (term beginning in May 2015)
- Communications Director (beginning Sept 2015)
- Vice President

Sub-Committees of the Executive

- Creative Arts Therapy Week Committee
- Chair of Nominations committee
- Professional Resource Committee
- Communications committee (listserv, newsletter, other)
- Conference workshop planning committee
- Professional association liaison (art, drama, music, dance, poetry, sandtray, play, etc.)
- Research committee

Please contact us with questions and nominations: artsarahpy@gmail.com

**Join us
for great leadership
and national
networking
experience!**

Hello Chapter Members,



2014! I hope this is already a prosperous year for all of you, and that you've had plenty of moments to convene with people who share your passion for the arts and healing. May your reading of this newsletter be another way that you connect with kindred spirits. We've got a lovely bunch of submissions, including our bursary winner, Eric L. Ross, a music therapist in Dartmouth, Nova Scotia. We have Quebec Chapter Rep. Tasreen Keshavjee writing about mind mapping.

And very excitingly, we have our Artist Trading Card project, initiated by Ontario Rep and Communications comrade Sandra Grew. For this, we are really hoping you'll join us to do some real old fashioned mini artworks. I must admit, I have to bully myself into doing these things—to be a team player, I cleared a few minutes here and there and did my four little cards. Like when I practice mindfulness, or exercise, it had immediate rewards: inspiration, meaning, beauty! The bonus reward is that art making harkens our vocation: creative arts in psychotherapy! Three of you lucky readers will get one of my little works to put up somewhere for some inspiration, I hope. And I equally hope that I get one of yours in return! Do it!

Look at the back of this issue: we made cut out cards on card stock—cut out and you're ready to go. Isn't that appealing? :) When you're finished, pop them in the mail à la p. 10, along with any bits and pieces of art materials that we'll also divvy out to keep the art rolling.

Originally, as you may have read in past e-blasts, we proposed this newsletter theme be social networks and creative arts in counselling, ie. what groups you belong to,

how you use these communities, etc. This did not strike a chord, per se, and I'm secretly pleased that you all might be Luddites like me, preferring fountain pens and parchment paper and such things that you can hold in your hands, our *original digital devices*, to quote Lynda Barry. So while you'll see some links scattered throughout the newsletter, the rest of the newsletter has no other theme than our fair field of the arts in counselling in psychotherapy.

It was me that originally floated the social networking / pinterest / on line community question. I do not get that in to those realms, and I was curious. Pardon me while I get a bit bloggy here (I do indulge in blogs and podcasts), but this is the editor's corner, no? I just moved from la belle ville of Montreal, leaving behind my real life cohort of art therapists, drama therapists, and music therapists with whom I had trained and practiced and built solid friendships that will never end, but with whom I no longer get the pleasure of spending time. I've moved to a city where art therapy is very much below the radar. There is interest, and I'm stirring it up, but I'm needing to turn to different places for professional kinship. For one, I've gone back to school to do some training in child and adolescent psychoanalytic psychoanalysis (cicapp.ca). This is wonderful to study under master therapists and drive my brain through analytic theory and fascinating case studies. I've also built myself a website, all by myself, check it out, and tell me what you think: sarah-brodie.com.

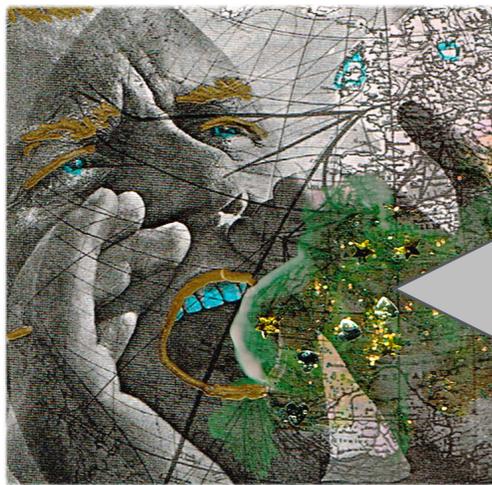
I have lots to say about how I did that, and what has come of it, as I build up my own private practice. But I'm going to make you all beg for me to share on that just as I've been begging you all to submit your experiences in the field for this newsletter. And if you don't, well, I've already had the pleasure of sharing this year's adventure of starting anew with the very special, devoted, resourceful, successful and creative group you have in your executive: Amy, Miriam, Erin, Erin, and then along came Sandra to inspire us with the ATCs. I get so much from our monthly teleconferences and have had immense support from this group in the continued ups and downs of starting my own business.

I hope that we, and some of you, have the opportunity to meet in real time, to continue to join to share ideas and vision in this work we all do. I do believe I will hand along this newsletter to the next volunteer who wants to help create this national discourse in our ever fresh, and yet wise world of the arts in counselling and therapy. All the best!

Sarah Brodie, M.A., CCC, ATR
I'd love to hear from you: artsarahpy@gmail.com



CCPA invites you to join us in Victoria, BC from May 7- 9, 2014...



Our chapter AGM will be taking place at the 2014 CCPA conference in Victoria, BC on May 8th from 4:45pm-6pm in the Colwood room of the Fairmont Empress Hotel.

Our chapter display table will be on view at 12-1:30pm on Thursday, May 8th and from 12-1pm on Friday, May 9th. Join us for

This year's CCPA Conference will be held in beautiful Victoria, British Columbia at the Victoria Convention Centre. A block of hotel rooms will be held at the Fairmont Empress Hotel at a discounted rate for delegates.

New this year, CCPA will be partnering with the International Association for Counselling (IAC) to host the IAC Conference 2014, taking place May 3-7, 2014 in Victoria, BC. Delegates can receive a discounted rate when registering for both conferences. For more information regarding the IAC Conference, visit <http://ccpa->

Your Provincial Representatives:

British Columbia Provincial Rep.

Jennifer Marchand
jen.dawn.marchand@gmail.com

Saskatchewan Provincial Rep.

Christine Ciona cionac@yahoo.com

Ontario Provincial Rep.

Sandra Grew sandragrew@gmail.com
See Sandra's bio with the Executive Board.

Atlantic Provinces Rep.

Peter Mutch prmutch@catholicfamilyservice.ca

Your Provincial Representatives: A look into Four active CfCs

Quebec Provincial Rep.

Tasreen Keshavjee graduated with a Masters in Counseling Psychology and a specialization in Creative Expression from Sofia University (formerly The Institute of Transpersonal Psychology) in Palo Alto, California in June of 2013. She has been an intern and trainee at the Argyle Institute of Human relations in Montreal since September of 2012. She will run creative expression groups through the Montreal Therapy Centre in Montreal. Tasreen has a background in anthropology and business management and has built and run meditation and yoga retreats and studios in East Africa and in Canada. She is passionate about Literacy and philanthropy. For more, you can check out her web site on www.essentialtherapy.ca

Alberta Provincial Rep.

Rachela Buonincontri, MC, AT, CCC is an art therapist and certified counsellor working with children, adolescents, adults, and families whom have experienced traumatic stress. Rachela works in private practice and holds contracts with Children Services, L'Arche Calgary, and ethos Youth and Family. Rachela is dedicated to helping clients in the commitment towards health and wellness and focuses specifically on issues related to sexual abuse, abuse, neglect, betrayal, grief and loss, post-traumatic stress, anxiety, depression, cultural diversity (e.g., trauma related to leaving homeland, immigration and settlement in Canada), stress, anger, parent-child dynamics, attachment concerns, and self harm.

Rachela's alternative approach to counselling includes focus on the mind-body connection in healing, mindfulness meditation, creative visualization, phototherapy, and expressive art therapies. Rachela is enrolled in phototherapy training in Vancouver, and beginning her journey as a Provisional Psychologist. Rachela's clinical skills combined with alternative practice offers a unique and flexible approach to supporting clients. Contact Rachela at rlbuon@icloud.com

Yukon / Nunavut Rep.

Louise Hardy MC:AT,

I work as an art therapist for Kwanlindun First Nations in Whitehorse, Yukon. My practice includes children, teens, adults and couples. This job is incredibly fulfilling, it challenges me to use all my skill and experience in the context of an educated and loving heart.

Manitoba Provincial Rep.

My name is **Darci Adam**. I am a school counsellor and art therapist in private practice in Winnipeg, Manitoba. In addition to boundless enthusiasm for the use of art and the expressive arts in healing, I am passionate about the application of the wisdom of the expressive arts in the public school system, Indigenous ways of knowing and healing, and the use of nature as a therapeutic change agent in combination with expressive arts therapy. I work out of two very special locations including an office in the historic Guest House of a Trappist Monastery ruins in an urban wilderness just outside of Winnipeg (www.breathe-create-transform.ca), as well as a shared urban arts studio in the historic Exchange District of downtown Winnipeg (www.dragonartscollective.com). I teach and supervise counsellors at our two local universities in Elementary and Middle Years Counselling. I am currently working on the establishment of an Expressive Arts Training Centre in Winnipeg. I am very excited to be attending a course called The Indigenous Roots of Expressive Arts Therapy being held in Ghana, Africa August 12-25 with one of the Grandmothers of Expressive Arts Therapy, Jungian Psychotherapist Kate Donohue, who was at the table when the International Expressive Arts Therapy Association was formed. On my bedside table, amidst numerous poetry collections and professional texts, is my current read, *Through Black Spruce* by Joseph Boyden. Please contact me if you are interested in certifying in the areas of art therapy, drama therapy or expressive arts therapy in Winnipeg at the sweetest river's bend, amidst oak and pine, two sweat lodges, a monastery ruins, and many forest creatures. I can be reached at express-yourself@shaw.ca or 204-293-3869.

Join in the CfC rep team 2014: connect with your provincial cohort!

Across the threshold:

Music as self-care practice

Winner of
our \$300
2014 AGM
bursary

Eric L. Ross, CCC, MT-BC
works at *New Start Counselling (Dartmouth, NS)* where he uses a *narrative therapy and creative arts approach* with his clients. As part of his graduate work at *Acadia University*, Eric's Master's thesis explored graduate students' experiences and understandings of music as a form of self-care practice.



As counsellors, we're vulnerable to the negative effects of stress and burnout. Despite our advanced education and training, the potential exists for professional fatigue syndromes (i.e., burnout, compassion fatigue, vicarious traumatization) to adversely affect our work with our clients. Unfortunately, the counsellors most capable of caring and expressing empathy are most at risk (Figley, 1995), so it's essential for us to identify self-care practices that help to alleviate the negative effects of providing other-care. Music offers us possibilities for enjoyable and effective self-care practice.

E. Thayer Gaston (1968), widely considered to be one of the founders of music therapy, speaks of a long-

standing and intimate connection between people and music. How many of us have experienced the ability of music to influence our emotions when we hear a heart-wrenching melody? A driving rhythm can captivate and motivate us to move our body or tap our foot in time with the music. A great composer's transcendental music allows us to experience something larger and more powerful than ourselves—often accompanied by vivid mental images. Gaston attributes our ability to experience these effects to music acting as a form of “communication...but more often than not it is, or functions as, ‘nonverbal’ communication. It is the wordless meaning of music that provides its potency and value” (p. 23). This non-verbal quality of music facilitates our use of it as a form of self-care practice.

Establishing clear boundaries and limits is critical, not only in our role as helpers but also in structuring our work day (Mullenbach & Skovholt, 2001). Part of structuring our work day is acknowledging the end of each day's counselling work—*being able to leave the office at the office*. One way to draw attention to the end of our counselling day is to notice *thresholds*. Let's focus on the thresholds that we, as counsellors, cross each day that we provide other-care. A threshold exists between your home environment and your counselling environment. This liminal space—*the in-between*—is where we can acknowledge changes in our focus, our intentions, our activities, and recognize that we are moving from one situation to another. Music provides a nurturing and supportive bridge to cross thresholds. *Allons-y!*

To get started, let's work with a second threshold—the threshold between your counselling space and your home. First, identify a piece of music that you really enjoy—a piece that has deep meaning for you, music that brings up positive feelings or memories, a piece you can't listen to often enough. A suggestion: if you know a piece of music that doesn't have lyrics, try that. Listening to music without lyrics fosters different experiences than listening to music with lyrics. Another suggestion: use this self-care practice in the space where you see clients—allowing for recognition that this is where you provide counselling and the end of your work day has arrived.

Second, start the music and begin to acknowledge the day's work that you did in your counselling space. Allow yourself to feel good about the help you provided your clients—recognizing your contributions to the forward movement and progress they created. If challenging clients or situations come to mind, imagine yourself rising above these challenges—seeing them fade into the distance as you create space between you and them.

Third, hear the music as it plays. Explore what draws you to it, what you like about it, how it fills the space that you are in. Allow yourself to feel enveloped by the music and to feel its nurturing and supportive qualities. Let the music take you where you need to go. If mental images come up, explore them. Come back to these images when you need to. Aim for around 12-15 minutes of music listening, restarting the music as you need.

Fourth, while listening to your music, reflect on the qualities and skills you possess as a counsellor and the positive inner resources you bring to each session. Focus on one resource and imagine its qualities and characteristics—what shape, size and colour is it? Where does it reside in you? Where or from whom did you get it? Continue listening to the music and focus on what you are hearing. Acknowledge that your work day has ended and that you provided great counselling, that challenges are left behind, and that your positive internal resource supported you in your day's work. When the music ends, be aware of your current state of being—how does your body feel? What are your thoughts? What is your mood? Prepare to leave—crossing the threshold as you leave your counselling space and head to your home environment.

Nurturing ourselves, acknowledging our successes, and creating boundaries are critical aspects of self-care practice (Baker, 2003; Mullenbach & Skovholt,

2001). While we routinely teach self-care practices to our clients, we can experience our own barriers to practising self-care. Music offers many opportunities as an accessible and effective form of self-care practice. The method presented here is one form of self-care—I hope you'll explore others!

References

- Baker, E. K. (2003). *Caring for ourselves: A therapist's guide to personal and professional well-being*. Washington, DC: American Psychological Association.
- Figley, C. R. (Ed.). (1995). *Compassion fatigue: Coping with secondary traumatic stress disorder in those who treat the traumatized*. New York, NY: Brunner/Mazel.
- Gaston, E. T. (1968). Man and music. In E. T. Gaston (Ed.), *Music in therapy* (pp. 7-29). New York, NY: MacMillan.
- Mullenbach, M., & Skovholt, T. M. (2001). Burnout prevention and self-care strategies of expert practitioners. In *The resilient practitioner: Burnout prevention and self-care strategies for counselors, therapists, teachers, and health professionals* (pp. 163-186). Boston, MA: Allyn and Bacon.

THANK YOU ERIC, Write us to tell us about your experiences at the conference in Victoria this spring!



Waterloo: Opportunity to join a successful health clinic

We are looking for a therapist to join our health clinic. George Street Naturopathic Medicine is located in a beautiful historic house in Uptown Waterloo, just steps from shops, restaurants, and office buildings. Space for rent is a beautiful, bright office, 8 feet X 14 feet, with a large closet for storage, hardwood floors, and 4 big windows. Office is available for rent part-time (shared with other practitioners) or full-time. Clinic has a shared waiting area and washroom. Please contact Joanna Thiessen for more info - jt@georgestreetnaturopathic.com.

Artist Trading Card Project * An Invitation *

The Creative Arts in Counselling chapter of the CCPA invites you to join an exciting new project for 2014! We would like to invite chapter members and any member of the CCPA that is interested, to join a Canada wide Artist Trading Card Exchange, ATC. If you've never participated in an ATC before, don't worry its easy!

ATC's are basically small works of art that are meant to be exchanged with other creative people. It's also a great way for CCPA members to *connect* with one another. ATC's are 2.5 X 3.5 inches and created by the technique and media of your choice. Metrically, we should add, that's: 6.35cm x 9cm. An ATC swap has been referred to as 'A Collaborative Cultural Performance'. Originally based on the idea of collectable sports-themed trading cards, the movement was originally founded in Switzerland. It was born from a 'mail art movement' and has expanded tremendously into different networks of artists and creatively-minded people. The Art Therapy Alliance conducted a widespread Artist Trading Card swap.

To see an inspiring video montage of some of the images collected, visit [youtube.com/watch?v=VKxcaAqiASc](https://www.youtube.com/watch?v=VKxcaAqiASc).

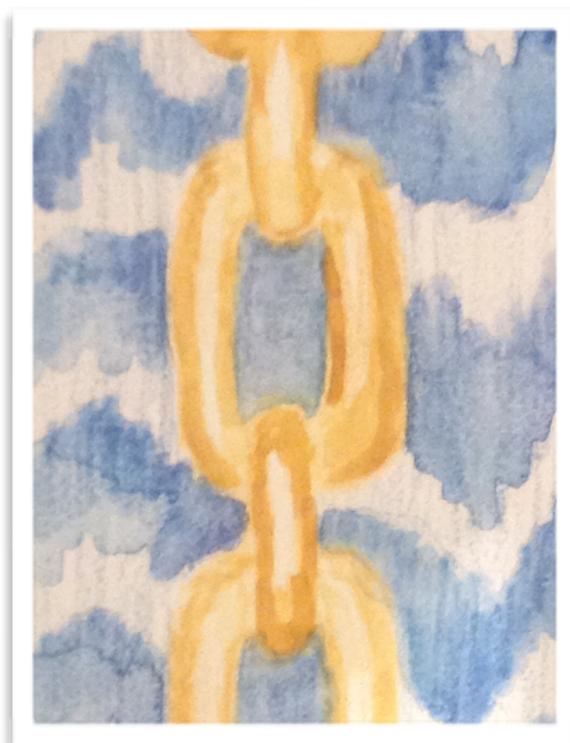
Information on the Artist Trading Card movement can be found at en.wikipedia.org/wiki/Artist_trading_cards.

Also, you can learn more about ATC's at peninsulascribes.files.wordpress.com/2011/07/art-in-your-pocket.pdf, a comprehensive and thorough guide. Here you will find information on ATC's and dozens of examples of the myriad techniques and approaches that can go into creating an artist trading card. Dry and wet media are commonly used, such as graphite pencils, pencil crayons, markers, oil and chalk pastels as well as paints and inks. The sky is really the limit here though. Other materials you could use would be collage, paper cut outs, calligraphy, craft papers, thin metals, fibers, yarns, fabrics, photographs and small found objects such as buttons, sequins, feathers, recyclables, etc. The golden rule is the size: 2.5 x 3.5 inches, remaining true to the trading card convention.

We're asking you to make **four** cards in total. It's good to consider the thickness of the card and its durability to withstand the potential rigors of the mail system. Considering the tiny nature of this work of art, what kind of media or images would translate well on a small scale as opposed to a larger scale? The format of the cards can be achieved in a number of ways. You could pre-cut 2.5 x 3.5 squares of card stock (or a sturdy paper), make a larger

work and cut out rectangles from this piece (they would be related but all slightly different). Or you could glue paper or paint directly onto commercial trading cards or playing cards as well. For your convenience, at the end of this newsletter is a heavier sheet of card stock with 4 outlines of artist trading card templates, ready to go! Just cut these out, splash out some of your wonderful creativity and share it with all of us! See more detailed instructions below. Another important element to include (on the back of each card) is contact information! This movement is about connecting, so let's share who we are and where we're from. You never know, you could get cards back from individuals from both coasts of Canada! Here are a couple of examples of ATC's.

The theme of the swap is **Connect**, which is our wish for everyone that participates in this exchange. Participants will **create four** cards and **receive three** cards back from different CCPA members participating in the exchange. The fourth card will be displayed at the upcoming CCPA conference in Victoria, BC. Our plan is to also scan each card received and showcase them on the Creative Arts in Counselling chapter's new facebook page and CCPA page for all to see! On the back of each card, **please include your name, contact information** (eg: e-mail, website, phone number if you'd like) and perhaps a **title** for that particular card.



Erin Kuri's
ATC:
Could be
yours...
Send in 4
and
receive 3
from
CCPA
members!

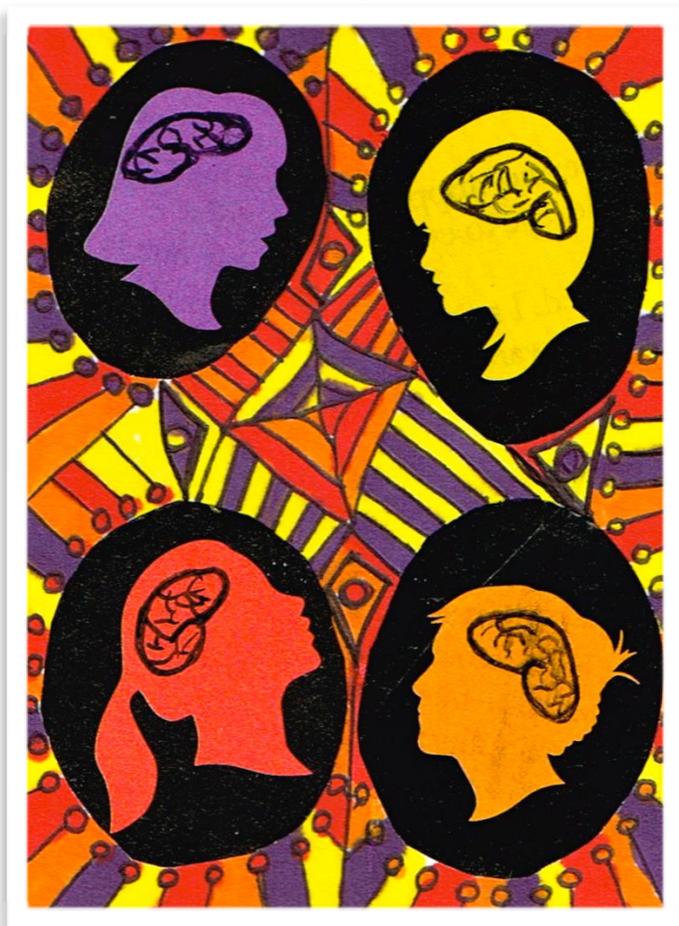
One twist to our exchange is that we invite people to include any extra bits of art materials that you either used in the making of your ATC's or that you wish to share with others, such as pieces of collage and craft papers or other little items like feathers or buttons if you used such things. This is optional, of course. Some people may wish to use only 2-d materials like markers, pencil crayons, pastels or paint. The art materials received will be used in the making of more ATC's at an upcoming exchange at the conference in Victoria.

****All ATC's are to be received by March 31, 2014****

Please expect a phone call from one of the members of the CAC Executive committee to help increase participation, answer any questions and provide a reminder about the project.

Please mail your **four** Art Trading Cards to:

Sandra Grew
1528 Stittsville Main Street
PO Box 308 Stittsville, ON K2S 1A9



Above: ATC By Amy MacKenzie—could be yours...
 Have fun making!

Links for your list!

1) **ieata.org** (The International Expressive Arts Therapy Association: based in San Francisco. They have a global network and excellent bi-annual conferences steeped in experiential expressive arts therapies. They have been around a long time and some of the pioneers of the Expressive Arts Fields are members.)

2) **www.artwellnetwork.com**, our Manitoba rep Darci's project, with her team mates.

3) **artshealthnetwork.ca** (This is the Arts Health Network Canada and they are a not for profit, non-governmental organization involved in policy development and funding opportunities, promoting the use of Arts in Health Care and the Community)

4) **artheals.org** The Arts & Healing Network was created in 1997 as an online resource for anyone interested in the healing potential of art. Here we offer a wealth of information about using art to heal oneself, another person, a community, and/or the planet. GREAT PODCAST!

And MORE:

CreateMixedMedia.com

artinhand.org

expressivemedia.org

googleartproject.com

tinkerlab.com

innerchildfun.com

www.encausticandbeyond.com

Mind Mapping and Creative Expression

By Tasreen Keshavjee, MA. Counseling Psychology

The subject of Mind Mapping came to me through family activities that we used to do once a year to "see where we're all at" so to speak. The process generated a great deal of surprising information about the contrast between what we think we are spending our time and energy on and where we really do put our time and energy! It also generated a great deal of creative expression for future goals and ideals. To truly dream with a magic wand is liberating but perhaps putting it into words feels daunting at best. When we draw and paint and allow the process of creativity to seep into the process, the young person in us might emerge and that, I believe, is where the magic begins!

Although the term "mind map" was first popularized by British popular psychology author and television personality Tony Buzan, the use of diagrams that visually "map" information using branching and radial maps traces back centuries. These pictorial methods record knowledge and model systems, and have a long history in learning, brainstorming, memory, visual thinking, and problem solving by educators, engineers, psychologists, and others. Some of the earliest examples of such graphical records were

developed by Porphyry of Tyros, a noted thinker of the 3rd century, as he graphically visualized the concept categories of Aristotle. Philosopher Ramon Llull (1235–1315) also used such techniques.

The semantic network was developed in the late 1950s as a theory to understand human learning and developed further by Allan M. Collins and M. Ross Quillian during the early 1960s. Mind maps are similar in radial structure to concept maps, developed by learning experts in the 1970s, but differ in that the former are simplified by focusing around a single central key concept.

Mind map guidelines

Buzan suggests the following guidelines for creating mind maps:

1. Start in the center with an image of the topic, using at least 3 colors.
2. Use images, symbols, codes, and dimensions throughout your mind map.
3. Select key words and print using upper or lower case letters.
4. Each word/image is best alone and sitting on its own line.
5. The lines should be connected, starting from the central image. The central lines are thicker, organic and thinner as they radiate out from the centre.

6. Make the lines the same length as the word/image they support.

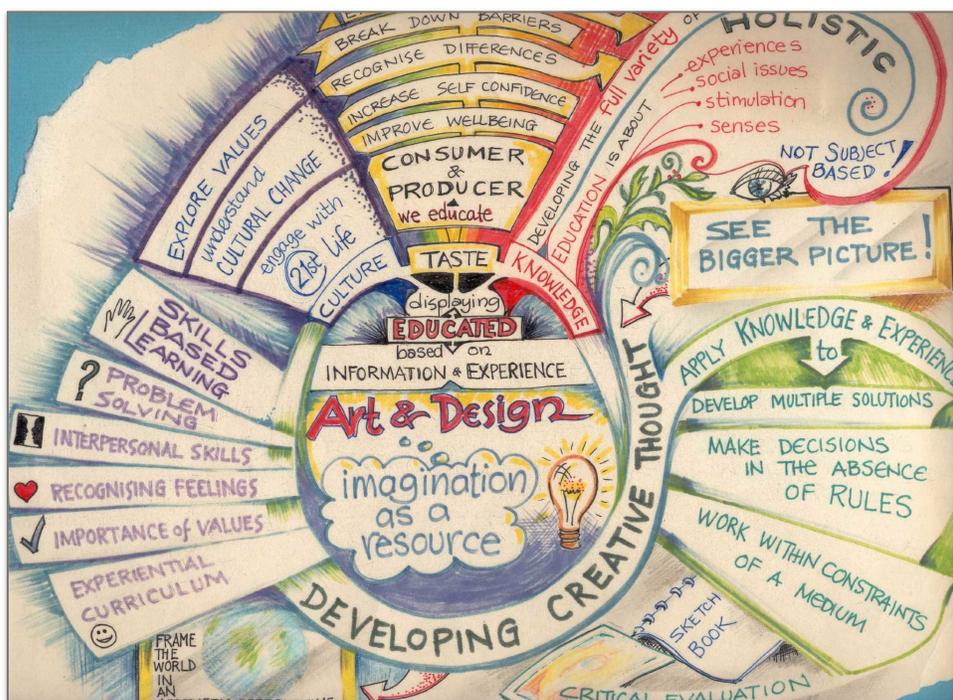
7. Use multiple colors throughout the mind map, for visual stimulation and also to encode or group.

8. Develop your own personal style of mind mapping.

9. Use emphasis and show associations in your mind map.

10. Keep the mind map clear by using radial hierarchy, numerical order or outlines to embrace your branches.

This list is itself more concise than a prose version of the same information and the mind map of these guidelines is itself intended to be more memorable and quicker to scan than either the prose or the list.



Submit an article for next year's newsletter! Tell us about research you're reading, or doing, or resources to share.

This is an open forum for CfC members to share ideas. It's an awful lot of work to collect and compile, so we sure would love to hear what you'll remember from this year's newsletter.

Please write us at: artsarahpy@gmail.com

Thanks!

-Ed

Art therapy and expressive arts web resources compilation of links:

Thank you Miriam!

nursingschools.net/blog/2011/01/100-excellent-art-therapy-exercises-for-your-mind-body-and-soul/

pinterest.com/meredith_krugel/art-therapy-ideas/

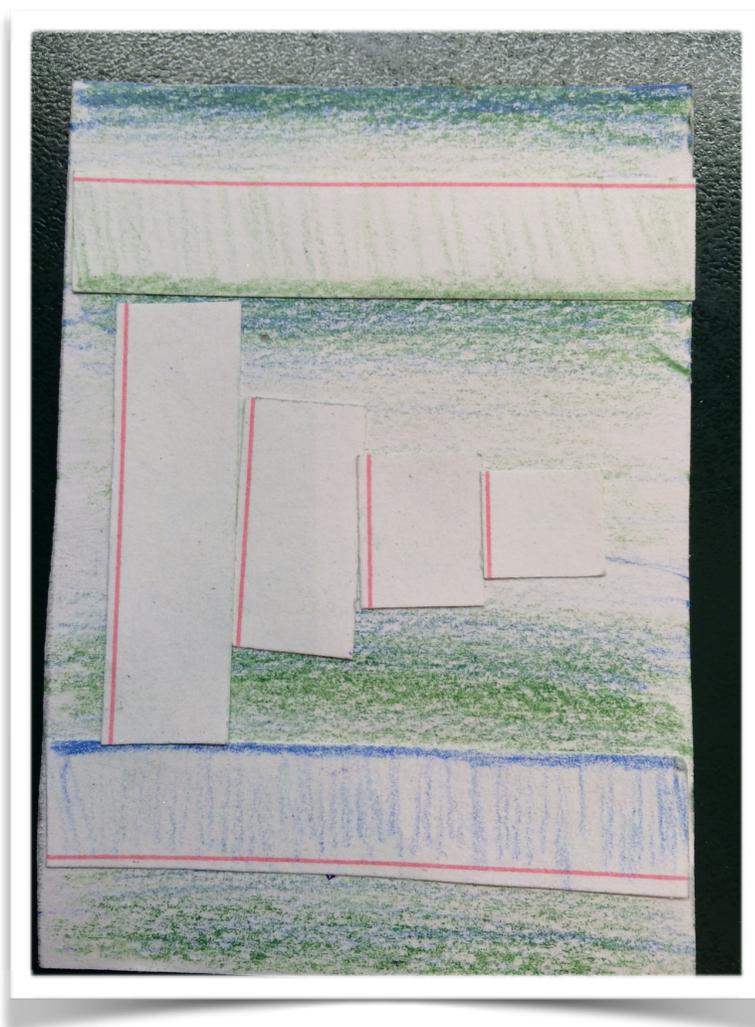
intuitivecreativity.typepad.com/expressiveartinspirations/self-expression-therapy-activities.html

expressivetherapist.com/group-activities

psychologytoday.com/blog/arts-and-health/201311/top-ten-art-therapy-visual-journaling-prompts

psychologytoday.com/blog/arts-and-health/201310/visual-journaling-self-regulation-and-stress-reduction-0

cathymalchiodi.com/art-therapy-courses/



Come and Explore Music Therapy at the Victoria Conservatory of Music!



A Recreational Event at the Upcoming Annual Conference in Victoria, BC

For this year's annual CCPA conference in Victoria, BC, the Creative Arts in Counselling Executive Committee has organized a special event for the Social/Recreational part of the programming. The event will be an immersion in the unique facilities and impressive modern technologies of the Music Therapy Department at the Victoria Conservatory of Music (VCM). It's also a chance to take in some beautiful architecture. The VCM is located in what was once a Metropolitan Methodist Church and is considered one of Canada's Historic Places. The building was designed in 1890 and is of the Richardsonian Romanesque Style, a rare architectural design and the only religious structure like it in the city. It is considered a significant and outstanding historic landmark, with its heavy stone cladding, towers, turrets, decorative woodwork, stained glass windows and cast iron elements.

The one and a half hour social experiential program, will guide participants through three musical

stations after a brief introduction to Music Therapy. The first station is a chance to play with the award-winning 'touch free' Soundbeam, which uses sensor technology to translate body movements into music and sounds of any instrument. Please see the link below on Ari Kinary, a 22 year-old composer, born with a genetic disability called Muscular Spinal Atrophy. You'll see how Ari has overcome his disability and flourished in his passion for music using the Soundbeam sensor technology at the VCM's Music Therapy department. The second stop is an opportunity to relax in their Multi-sensory Studio, which features a Somatron vibro-acoustic recliner while taking in the laser projected night sky and fibre-optics effect. And the third stop is a tour through the Music Therapy studios where you can explore unusual instruments and sounds. It should be a stimulating and relaxing evening.

The VCM is located at 900 Johnson Street, which is walking distance from the Fairmont Empress Hotel, where the conference will be held. There will be two opportunities to attend this event: Tuesday, May 6 and Wednesday, May 7, both from 6:30-8:00pm.

I hope to see you there!

Amy Mackenzie,
CAC Chapter President

The Victoria Conservatory of Music – Music Therapy Department

vcm.bc.ca/music-therapy/

Ari Kinary's Soundbeam Albums - Shaw TV Victoria
[youtube.com/watch?v=UDhFJrf72Z8](https://www.youtube.com/watch?v=UDhFJrf72Z8)



Creative Arts in Counselling Chapter CCPA

https://www.facebook.com/ccpacreativeartschapter

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L'ASSOCIATION CANADIENNE DE COUNSELING ET DE PSYCHOTHERAPIE

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Sarah Brodie shared a link.
9 minutes ago

Cathy Malchiodi via Art Therapy Without Borders
In honor of Edith Kramer's contributions to "mindsight," positive attachment, and empathy via the creative arts and expressive arts therapies, here is a tribute to her presence in the field of art therapy for multiple decades. Edith Kramer died recently at the age of 98 years.

Cool Art Therapy Intervention #1: The Art Therapist's Third Hand
www.psychologytoday.com

Call it mindsight, empathy, or attunement-- or call it the third hand

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Type a friend's name...

Susan Ward Invite x

Florise Boyard Invite x

Anya Tonkonogy Invite x

Recent Posts by Others

Chat (Off)

The Creative Arts in Counselling Chapter has a new Facebook page!

You can find it by simply searching "Creative Arts in Counselling Chapter CCPA"

Please 'like' the page in order to get updates on chapter activities and posts about the field of Creative Arts in Counselling. We would LOVE to hear from you directly so please post any CAC-related information you'd like to pass along or links to activities, events or educational programs you are involved in, in your region. This will help us all stay up to date about the wonderful developments in drama, music, art and dance therapy across Canada. We will be posting information about the Art Trading Card project, which you can read more about in this newsletter. We'll also be posting images from this exciting mail out project so we can begin to share our creativity with each other across the country in an on-line capacity. We would also like to extend an invitation to chapter members to send us images for the Facebook banner picture so we can change it each month and showcase different members and their activities in the creative arts.

Education Corner:

**Submitted by Shelley Schell, Co-ordinator
Haliburton School of The Arts**



There's a unique 8-week program at **Fleming College's Haliburton campus**. An Ontario Graduate Certificate, the **Expressive Arts Program (EXA)** is an opportunity for those in arts and social service professions to discover how to engage with and assist people in a creative manner. Alumni include a medical doctor, teaching assistants, church ministers, teachers, a large variety of social workers, and more.

"Exa gives us and the people we work with the chance to authentically express ideas, thoughts and emotions in a non-verbal way using a variety of modalities. The creative process itself provides the opportunity for self-exploration and personal insights. The beauty for me is the wide variety of applications for this work from boardrooms to street kids. At the end of the day we are all human souls trying to make our way and the EXA can shine a light on what is real for us at a moment in time."

~Fay Wilkinson, Fleming College Expressive Arts Certificate Program graduate, former Coordinator and current Faculty

Each course in the Certificate is entirely classroom/studio based and runs from Monday to Friday. The important theoretical information is firmly rooted in an abundance of hands-on, creative, applied projects.

There are 4 mandatory courses:
Introduction to Expressive Arts
Expressive Arts - Exploring Relationships
Planning Expressive Arts Experiences
Professional Issues with the Expressive Arts

Elective courses within the 8-week intensive program in 2014 are:

Expressive Arts - Sandtray & Journalling
Expressive Arts – SoundWork & BodyPlay
Storytelling within the Expressive Arts
Expressive Arts Modalities

Additional options within the summer school program include:

EXA – Practical Community Experiences
Expressive Arts in Bereavement & Palliative Care
Expressive Arts with an Aging Population

Fleming's Certificate can be achieved by attending the 8-week program on a full-time basis or, alternatively, can be achieved by successfully completing the 8 credits on a part-time basis. The 8-week program will run from April 28 to June 20 in 2014. There are a few additional course options in the summer. Assistance with accommodation is available.

Located in the inspirational Highlands of Haliburton, Fleming College's Haliburton campus is situated in a lakeside park setting. The Haliburton Sculpture Forest is right outside the campus doors. Haliburton is 2 ½ hours north of Toronto and 3 ½ hours west of Ottawa.

For More info: 1.866.353.6464 createit@hsta.ca
[Video Intro to EXA](#)



Association information and upcoming conferences

Art Therapy

Association des Art-Thérapeutes du Québec (AATQ)

www.aatq.org

Upcoming Events:

Creative Arts Therapies Week: March 15-22, 2014: Workshops, Open House and Creative Arts Therapies Fair in Montreal, QC

Ontario Art Therapy Association (OATA)

www.oata.ca

The British Columbia Art Therapy Association (BCATA)

Upcoming Events:

BCATA Conference, AGM and Professional Development Workshop (June 7, 2014)

Sidney, Vancouver Island

www.bcarttherapy.com

American Art Therapy Association (AATA)

Upcoming Annual Conference "Art Therapy: Trailblazing the Future"

July 9-13, 2014 in San Antonio, TX

www.arttherapy.org

Canadian Art Therapy Association (CATA)

Upcoming Annual Conference: "Art Therapy as an Instrument of Peace"

September 18-21, 2014 in Nelson, BC

www.canadianarttherapy.org/

Sandplay Therapy

Canadian Association for Sandplay Therapy (CAST)

Upcoming Toronto Intensive Training: (Session One) June 9-13, 2014, (Session Two) November 15-16, 2014 – Webinar weekend, (Session 3) May or June, 2015

*Sandplay Intensive Training will provide 100 training hours

*Deadline to Register: April 10, 2014

www.sandplay.ca

Drama Therapy

National Association for Drama Therapy

Upcoming Annual Conference: Oct. 29 – Nov. 2, 2014 in Yosemite National Park

"In Harmony with the Elements: Drama Therapy and Wellness"

www.nadt.org

Playback Theatre

Upcoming Trainings:

Core Trainings: June 26-29, 2014 (NYC) & September 23-26, 2014 (Curitiba, Brazil)

Other trainings:

June 30-July 3, 2014 (NYC – Active Conducting Workshop), July 4-7, 2014 (NYC – Advanced Skills), July 8-9, 2014 (NYC – Playback and Youth), July 8-9, 2014 (NYC – Implicit and Explicit Anti-Opression), July 14-August 1, 2014 (near Montreal, QC – Playback Theatre Leadership Training)

www.playbackcentre.org

Dance Movement Therapy

American Dance Therapy Association

Dance/Movement Therapy Annual Conference:

"Collaborations: A Mosaic of Possibilities"

November 6-9, 2014 in Chicago, IL

www.adta.org

Music Therapy

Canadian Association for Music Therapy (CAMT)/

Association de musicothérapie du Canada

Upcoming Annual Conference: "Celebrating 40 Years of Music Therapy Across the Lifespan"

June 23-24, 2014 in Toronto, ON

www.musictherapy.ca

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Canadian Association for Child and Play Therapy

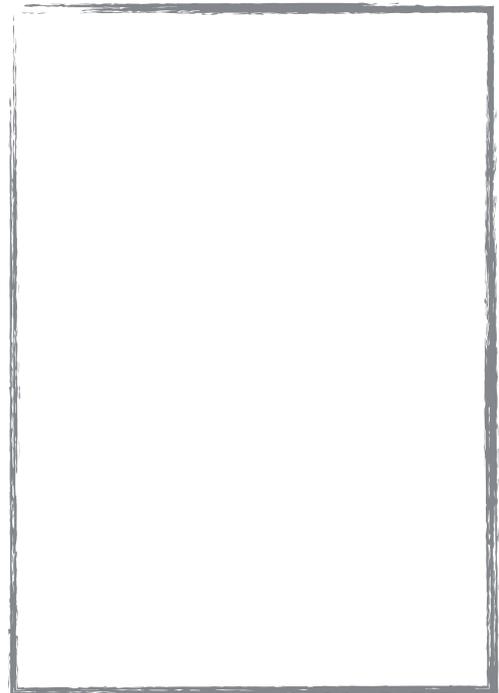
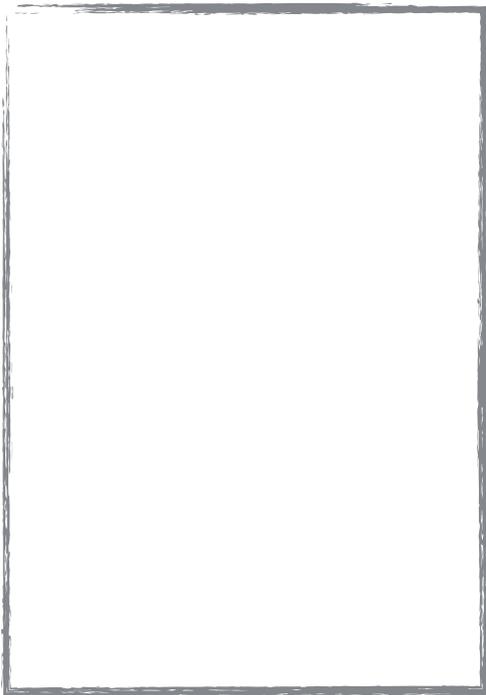
Upcoming Conference: "Playing on the Island"

April 25-26, 2014 in Victoria, BC

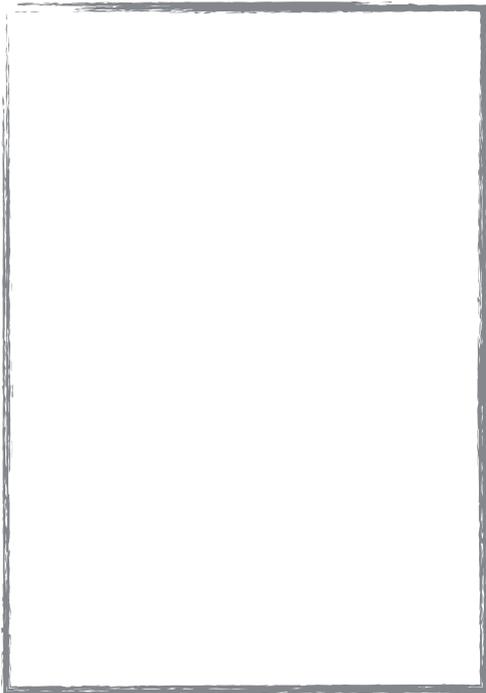
www.cacpt.com

The British Columbia Play Therapy Association

www.bcplaytherapyassociation.ca



Everybody make 4 artist trading cards, mail them in and get three from fellow CCPA members all over the country! See p. 10 for all the details!



*Use any
medium,
even
origami
:)
Enjoy!*

