

**CANADIAN COUNSELLING and PSYCHOTHERAPY ASSOCIATION**

**Creative Arts in Counselling Chapter**

**Annual General Meeting**

**May 20th, 2015**

**4:45-6:00pm**

**Sheraton on the Falls Hotel, Great Room C**

**Niagara Falls, Ontario**

**CCPA 2015 Conference**

- **Every member is invited**
- **Also check out our chapter display table to be on view at 3:15-5:00pm on May 21st and from 12:00-1:00pm on May 22<sup>nd</sup>.**

**AGENDA**

**1. Pass around contact list for those present at 2015 AGM**

**2. Introductions**

**2. Opening Remarks and Introductory Art Therapy Exercise**

**3. Pass minutes from 2014 AGM**

**4. Elections for any new positions- President (Shea Wood), Communications Director (Nicole Crouch), Treasurer (Sonomi Tanaka), Secretary (TBD)**

**5. Executive Reports**

5.1 President's Report

5.2 President Elect's Report

5.3 Secretary/ Board Liaison's Report

5.4 Director of Communications Report

5.5 Special Projects Coordinator's Report

5.6 Professional Resource Database Coordinator's Report

5.7 Professional Association Liaison's Report

5.8 Treasurer's Report

5.9 Provincial Representative Comments

**6. Review member discussion from last year's AGM**

- At the 2014 conference, attendees expressed an interest in knowing more about the chapter's makeup, in terms of its members, for the purpose of networking. They were interested to learn more about the professional practices and trainings of the membership base.

- The response to this discussion has been the development of a Professional Resource Database. Philiana Wong joined the Executive Committee after last year's conference and has been working on this. The database is organized by modality: Art, Music, Drama, Dance Therapy and Other. It is also organized by province. The database will contain information on the individual member interested in participating such as: name, contact info (with expressed permission), location, professional practices/activities and trainings. We have been in consultation with CCPA's National Office to ensure we are respecting proper etiquette and privacy legislation. An email was sent to the membership a week prior to the conference, describing the project and inviting participation.

## 7. New Business

- **Professional Resource Database:** as discussed above. We are very interested to get some input on this new networking tool initiative and if you, as a member, could see yourself using this by both submitting a profile and also learning about other members and making connections. We are interested in whether you would prefer to have this database emailed to you on a regular basis or published on the CAC-CCPA website.
- **Websites and Social Media:** Please be sure to check out our CCPA-CAC website at <http://www.ccpa-accp.ca/en/chapters/creativeartsincounselling/> and our CAC Facebook page at <https://www.facebook.com/ccpacreativeartschapter>. Also the CCPA is revamping their website with new areas for specialization-specific forums and more detailed profiles.
- **Sub-Committees:** Based on the growth of our Executive Committee and all the positive interest, we have been discussing the value of Sub-Committees. If you are interested in getting involved but can't commit to monthly teleconferences, perhaps you would be interested in joining a sub-committee. Please indicate on the 'Activity Sheet'.
- **New Term:** This is the beginning of a new term for the Executive Committee, with lots of changes of personnel. So, it's a great time to get involved and also to get your ideas and suggestions put into action. If you are organizing gatherings of small groups of members and could use some financial support, please let us know. If you are interested in some of the following ideas, please indicate on the 'Activity Sheet': Webinars, Continuing Educational Opportunities, Peer Supervision groups, a Handbook of papers published by our members.

## 8. Invitation to get involved in the chapter:

- **Secretary\***
- Vice President
- Creative Arts Therapy Week
- Chair of Nominations committee
- Professional Resource Committee
- Communications committee (listserv, newsletter, other)
- Conference workshop planning committee
- Research committee
- Peer Supervision committee
- Webinars/Education committee

## 9. Open Discussion on Direction of Chapter

## 10. Member Announcements (upcoming events etc.)

## 11. Closing Remarks

**Creative Arts in Counselling Chapter Executive Reports: May 2015**

**President Report: Amy Mackenzie**

This conference marks the end of the current term and the beginning of a new term for the Creative Arts in Counselling chapter, which is very exciting for us all. I have enjoyed the role of chapter president very much. The chapter and its Executive Committee is growing and developing in positive ways. We currently have 279 members and I'm hoping this number will continue to grow in the coming years. New projects such as the Artist Trading Card (ATC) and CAC Facebook page have been successful and ongoing annual endeavors like the spring CAC Newsletter continue to inspire and bring our members together in print. In this role, I have chaired monthly executive committee teleconferences. I have attended regular teleconferences for all the CCPA chapter presidents as well. I have organized special events for the 2014 and 2015 conferences and other conference logistics. I support other executive members in their endeavors and liaise with our provincial representatives. I communicate with chapter members through individual email responses to questions and comments and send regular emails to the membership regarding chapter news and updates. I have liaised with other chapter members to discover Shea Wood, our president-elect and also helped in the recruitment and transitioning of other executive members. I am very excited to welcome Shea as President-Elect and believe her leadership abilities and creativity are just what we need to organize, implement new projects and continue to support the development and expansion of the chapter. We are also pleased she is a Drama Therapist, as this reflects the diverse modalities we represent as a chapter.

Amy Mackenzie  
Outgoing President, CAC Chapter CCPA

**President-Elect Report: Shea Wood**

I am very excited to be taking on the role of President-Elect for the CAC chapter. Becoming more involved in both the CCPA and the CAC Chapter has been a goal of mine for some time. Although I am in the beginning stages of my involvement, it has already been a pleasure to meet the executive and chapter members, and learn more about the CAC chapter and the role of the President. I believe this is an important role that provides organization, direction, enthusiasm, and support for the executive, chapter, and membership. I am certainly up for the challenge, and welcome the many exciting opportunities it will create to connect with others who are using the creative arts in their practice and implement initiatives that will support members in their work. I come to this position as a drama therapist with a background in research, education, and practice, and I look forward to using my expertise in each of these areas to assist in the development of future projects that are important to the membership. I would like to thank the current executive for being so warm and welcoming as I navigate this new role, and invite all members to contact me with ideas, questions, comments, or just to introduce yourself and say hello. I am looking forward to working with all of you!

Shea Wood  
President-Elect CCPA CAC Chapter

**Secretary/ Board Liaison Report: Miriam Duff**

The CAC Executive has met monthly over the past year with the exception of a break in August, 2014. A very successful provincial representatives meeting was held by teleconference on March 11, 2015, with representatives from: Nunavut/Yukon (Louise Hardy), BC (Jen Marchand), Manitoba (Darci Adam), Quebec (Idalid Posada), Ontario (Sandra Grew/Erin Kuri), Nova Scotia (Amy Mackenzie). Members in

attendance at this cross-country meeting were able to share their perspectives on counselling practice in their regions using the creative arts and to discuss local training, resources and activities.

The Art Trading Card Project was a big success at last year's conference in Victoria and is now entering its second year as a way to engage CCPA members and raise awareness about the Expressive Arts. Some additional activities this year include a conference puppet and a social event involving dramatic arts and Niagara region wine.

The secretary position will become available at this year's AGM as I step away after serving for three terms. It has been an honour and a privilege to serve on the CAC Executive, as this Chapter has gone through a major rejuvenation process, bringing new life to the Chapter with many exciting activities going on. I wish the Executive my very best wishes for continued success!

**CCPA Board Liason:**

- **Advocacy efforts:** CCPA has grown to a membership of over 5300 members and is active in advocating for its members at a national level, and in collaborating with other mental health professional and consumer organizations to promote the wellbeing of Canadians through a variety of initiatives and lobbying efforts. For more information, check out all the new activity under the social media tab at [ccpa-accp.ca](http://ccpa-accp.ca).
- **Montreal 2016 Conference an international effort**, with *CCPA and the American Counselling Association* cohosting: This conference will provide an excellent opportunity for those in the area! Please note the *very early call for proposals*, which is now underway until **May 30/15**. This will be a huge joint effort, if you are looking to present please check the CCPA website for further information, and make sure to submit your abstract by the deadline in order to be considered.
- **Public Education:** CCPA's public facing website "*Talking can help*" includes a description of Creative Arts Therapy which the public can view as part of the alphabetized therapy list available on the webpage. This valuable website is in its second year of operation, and worth continued promotion and awareness-raising efforts, as it provides direction to the public in where to find qualified therapists, and includes a search engine to therapists who have attained their Certified Canadian Counsellor designation. (in English at: <http://www.talkingcanhelp.ca/> and in French at: <http://www.parlonsensemble.ca/>)
- **Professional Development Changes:** The list of activities eligible for Continuing Education Units (CEUs) has been revised, please check the website for further information at: [http://www.ccpa-accp.ca/\\_documents/CEC\\_tableNov2014.pdf](http://www.ccpa-accp.ca/_documents/CEC_tableNov2014.pdf)
- **Pathways to CCC-S changes:** New training has been launched to prepare counselling supervisors for their important role and new updates in criteria for the designation CCC-S will include some required training components. Please check the website for more information and updates. <http://www.ccpa-accp.ca/en/supervisorcriteria/>
- **Resources:** A new Ethics Casebook has been published and will be launched in Niagara Falls at the conference, with more resources on the horizon! The CCPA Standards of Practice have also just been through a major revision, expect to see them published this Spring.
- A new Board Liason will step into the CAC this year, as I step away from the Board Table, having served for 5 years. I wish the Chapter and the new Liason every success!

Respectfully Submitted,  
Miriam Duff, Chapter Secretary and Board Liason

**Director of Communication Report: Nicole Crouch (Incoming) & Sarah Brodie (Outgoing)**

The Creative Arts in Counselling chapter of the CCPA has a new director of Communications: Nicole Crouch! Nicole is a recent graduate of Concordia's Master of Arts in Art Therapy. She brings fresh new inspiration to the role, as you will see in this year's newsletter. Nicole collaborates with the outgoing

director of communication, Sarah Brodie, who has edited the newsletter for the chapter in 2013 and 2014.

Because of the importance of the 50th birthday of the CCPA, and the keynote of one of our field's biggest spokeswomen, Cathy Malchiodi, the communications committee has directed our Board's efforts towards the whole of the CCPA, and this is the reader we have produced the 2015 newsletter for, to be distributed on site in Niagara Falls. This has been a great project with excellent submissions chapter wide, and from our dedicated CAC executive. We are proud to publish an article by chapter member Angela Herd, recipient of this year's conference bursary.

You will see the creativity and self-care focus throughout the newsletter. Nicole and my own involvement with this dedicated board of execs is part of our own self-care, communing with like minded people. Readers of our Annual Report are encouraged to write and get involved with next year's newsletter as I step away from the role, and Nicole is the best collaborator anyone could have! We have had many skype based cross provincial calls to bring you all this great content. We also do like to hear back from our chapter members about our year's work, so please do give us feedback:

Sarah Brodie: [artsarahpy@gmail.com](mailto:artsarahpy@gmail.com) &

Nicole Crouch: [nicolearttherapy@gmail.com](mailto:nicolearttherapy@gmail.com)

### **Special Projects Coordinator's Report: Sandra Grew**

I can't believe a year has passed since the conference in Victoria, BC! It has been a busy year for the creative arts chapter!

Last year we had a great time creating ATCs. In fact we had such a great response we decided to do it again! Our plan was to have the ATCs mailed out before the conference but we remembered how much fun everyone had working on them at the conference that we decided to bring some blank cards with us for anyone that would like to create some during the evening or between workshops. You can even take some home and mail them in when they're completed!

If you haven't visited and 'liked' our facebook page yet please take a few minutes to check it out. It's a great place to see what others are up, read our posts and links to interesting articles. If you'd like to submit a piece about yourself and how you use art therapy we'd love to share it with our other chapter members. You can even include a picture, of your own creation, of the type of work you do!

This year we are introducing a Creative Arts Smash book! A smash book is a great way to keep a record of special events and memories with a creative edge. We invite you to leave a personal message, on the page provided, for others to read. We want to know more about our creative chapter members! Who are you and how do you use creativity in your practice or in your life?

This book will make its way from conference to conference for others to see and hopefully add their own page! For those that couldn't make it to this year's conference we will post pictures of each page created. Art materials have been provided for you to begin creating your page. We're excited to see this book beginning today and how it may grow over the years!

Happy creating!

### **Professional Resource Database Coordinator's Report: Philiana Wong**

It has been an exciting year being the professional resource database coordinator. A fun networking tool has finally materialized! This year, I was able to develop a spreadsheet where members will be invited to share information about their training, and the current projects and professional activities they are currently engaging in. This information will be collected and compiled into a spreadsheet so that we can keep up to date about the professional identities of our fellow members. The spreadsheet is divided into

different modalities such as Art therapy, Drama therapy, Music Therapy, Dance movement therapy and Other modalities. Within each modality, the spreadsheet is further organized by provinces so that members within the province can easily connect with each other. We plan to collect information from members by emailing each member through the national office membership and adhering to privacy legislation. It is unfortunate that I cannot be present at the conference this year. It would have been wonderful to meet each of you individually and put a face to the name. I cannot wait to learn about different members in the chapter and organize all the information in the database. Finally, I am so grateful for the help of the team for their wisdom and input. Without all of your suggestions, the database would not be where it is at.

**Professional Association Liaison’s Report: Idalid Diaz-Posada**

Since I was last year in the Creative Arts in Counselling (CAC) chapter’s AGM at my first CCPA conference in Victoria I took on the new role of Professional Association Liaison. I have been participating in the monthly conference calls with all the chapter executive members and I have been providing them with updates about conferences and different activities planned by the different Creative Arts Therapies (Drama, Dance, Art and Music Therapies). At the same time I have encouraged different chapter members to share their knowledge about their modalities with the broader community of CCPA through the newsletter, conference workshops and presentations.

This year I am collaborating with CAC member Jessica Bleuer for the conference social activity hosted by the chapter: Niagara Wine, Cheese & Theatre Event (Wednesday from 6:30 to 8:30). “Rehearsing Our Roles as Counsellors and Psychotherapists: Learning to Play About the Hard Stuff through Role Play, Wine & Cheese.” In this event participants can enjoy sharing their stories with a form of participatory theatre called forum theatre that allows us to work together to improvise solutions and to consider new perspectives. The essence of this event is to promote self-care while having fun and using creativity.

This first year has been a wonderful learning experience for me and I hope to make a greater contribution in the coming year. One of the goals I have as a Professional Liaison person is to promote and strengthen the dialogue between the different Creative Arts Therapists, counsellors and psychotherapists. I hope that many more CCPA members interested in the power of using the Creative Arts in Counselling join us to learn more about each other.

**Treasurer Report: Erin Griffin**

**May 2014 – April 2015**

In my second term as Treasurer, I have gotten to know my colleagues on the board better, which has resulted in forming some lasting professional partnerships. It is my pleasure to introduce Sonomi Tanaka at the new treasurer. She is inspired, motivated and dedicated to the profession and I’ve no doubt she will exceed expectations.

This year we’ve another increase in chapter revenue. The majority of our expenses have been allocated or projected for the next fiscal year. Funds have been projected that will partially subsidize the costs associated with attending the 2015 conference for several of our executive members. The sum of these bursaries is determined by calculating the amount of funds that remain unused at the end of the fiscal year. In addition, we have projected costs for conference supplies and possible chapter related events. The newsletter was printed after the end of the fiscal year, therefore, we’ve allocated funds for the final cost.

End of 2013 Fiscal Year Balance..... 2581.59

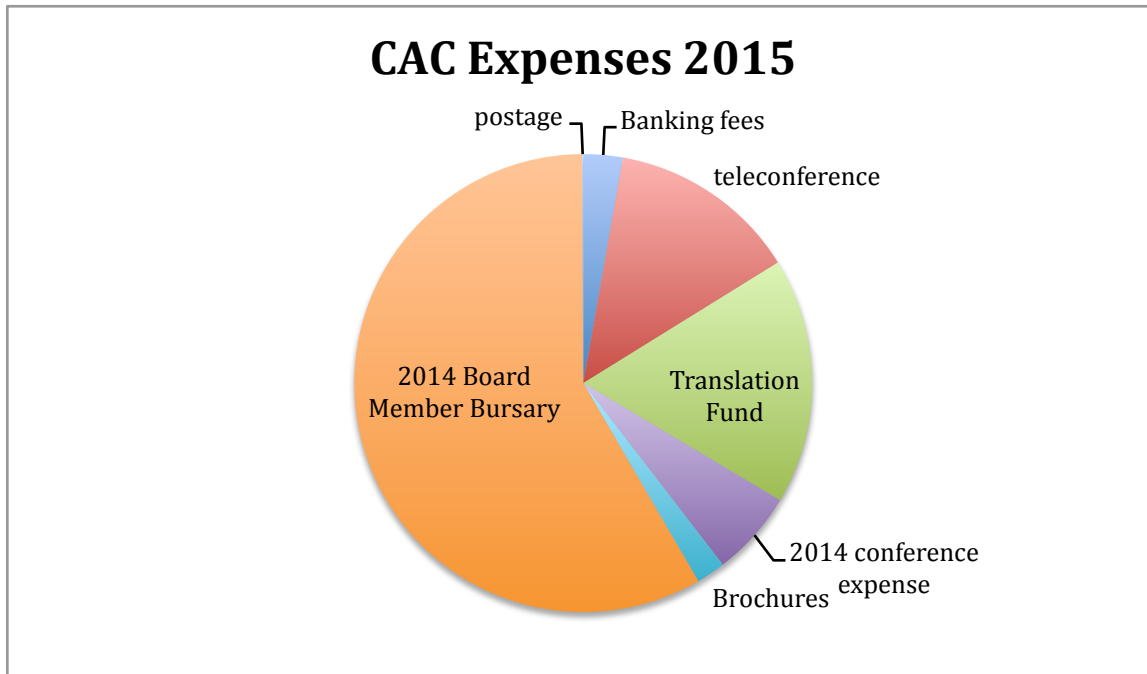
Revenues:

Creative Arts in Counselling Chapter Dues..... \$4080.00

Expenses

Bank Fees ..... \$45.00  
 Teleconference calls..... \$209.17  
 Translation fund..... \$272.00  
 Conference expenses..... \$95.00  
 Brochures..... \$336.87  
 Executive bursaries..... \$910.00  
 postage ..... \$13.83

**TOTAL EXPENSES** ..... \$1881.87



Account Balance as of May 1, 2015..... \$4776.72  
 Newsletter..... \$1000.00 (allocated)  
 Member conference bursaries..... \$2500.00 (projected)  
 Chapter activities ..... \$300.00 (projected)  
 Wind Down Fund..... \$700.00 (allocated)

**Excess of Revenue over Expenses**..... \$276.72

Respectfully Submitted by Erin Griffin, Treasurer

**Provincial Representatives Comments**  
**Annual Provincial Reps teleconference, March 11<sup>th</sup>, 2015**

Jen Marchand (BC): Jen is an Art Therapist, living in Smithers, BC and working at Northern Society for Domestic Peace as a Sexual Abuse Clinical Intervention Counsellor with First Nations Communities. She recently completed EMDR training, but in a rural area, it is challenging to get a community of EMDR practitioners around her. She is contact with chapter members living in this region and provides responses and resources to queries. At one point, her town had 5 art therapists trained from Montreal, but now it is down to herself and another Drama Therapist colleague.

Louise Hardy (Yukon/Nunavut): Louise is an Art Therapist living in Yellow Knife. She knows of three other practicing art therapists in this region. A great deal of work is being done with northern communities and the aboriginal population and she felt the culture is well aligned with the nature of the art therapy modality. She works for a First Nations Centre through the government with a team of therapists and also runs a private practice. At the center, she will be working with a group of adolescent aboriginal girls, involving the modalities of music, dance, and art.

Darci Adam (Manitoba): Darci is an Art Therapist living in Winnipeg and is involved in expressive arts therapy training. Both courses she has developed are accredited by the University of Manitoba. She is building ongoing social networks within the expressive arts therapy community. She gathers with fourteen Art therapists on a regular basis to network with the goal of community building/art making etc. She is excited about the potential of a drama therapy program in Manitoba and contributing to its development. She anticipates that international students from the states would want to train in Canada (post-master's diploma). She would like to integrate indigenous aspects of healing into the expressive arts training she coordinates.

Idalid Diaz-Posada (Quebec): Ida reported on the Creative Arts Therapies department at Concordia University coming together March 14-21<sup>st</sup> for Creative Arts Therapies Week, which she was also involved with. She reported on various workshops happening in Montreal and Quebec City and described the Art Hive Movement and how much attention it is getting in the media with 5 new art hives in Montreal. Art Hives are community art studios where anyone can go to do art. They work with donations and grants and have a café like setting. The Art Hive movement is growing nationally and internationally. Janice Timm-Bottos is the founder in Montreal. More info can be found at [www.arthive.org](http://www.arthive.org). Dance Movement Therapy in Montreal is also growing with training opportunities offered between three universities: Concordia, McGill and UQUAM.

Erin Kuri (Ontario): Erin is an Art Therapist living in Toronto and works at a children's mental health agency with pregnant and parenting at-risk youth. She gave an update on the College of Psychotherapists: the TATI application was submitted to become accredited with the college. Everyone is still awaiting proclamation (maybe April 1<sup>st</sup>). OATA bi-annual conference is taking place in May 2015 at the Burlington Art Gallery. She is excited to have such a strong focus on Art Therapy and Expressive Arts Therapies with Cathy Malchiodi at this current conference.

Amy Mackenzie (Atlantic provinces): Amy is an Art Therapist living in Halifax, NS. She operates a private practice and is involved with the development of research programs in conjunction with the Nova Scotia Early Psychosis Program. She has developed and facilitates a Claymation Art Therapy program with young adults with a first episode of psychosis. She reported on the upcoming CATA conference occurring in Halifax, October 16-18, 2015 and will be getting involved in its organization.