

**CANADIAN COUNSELLING and PSYCHOTHERAPY ASSOCIATION**  
**Creative Arts in Counselling and Psychotherapy Chapter**

**Annual General Meeting**

**May 14th, 2019**

**12:15 pm - 1:15 pm (Food and drinks)**

**Delta Beausejours**

**750 Main St, Moncton NB**

**CCPA 2019 Conference**

- Every member is invited**
- Check out our chapter display table**
  - Tuesday May 14th 1:30: 2:15pm

**AGENDA**

1. Pass around contact list for those present at the 2019 AGM  
In attendance : Gabrielle Gingras, Lisa R. Pisani, Peggy Freake, Eva Kelades, Charles Chenard, Diana Hoffman, Shelley Mountain Colette, Agnieszlia Szymanasics-Yalvin
2. Introductions: Executive and Attendees at the AGM
3. Opening Remarks  
Gabrielle welcomed everyone, thanked the executive members for their hard work.
4. Pass minutes from 2018 AGM  
Moved by Charles  
Seconded by Diana  
Passed by acclamation
5. Executive Reports
  - 5.1. President's Report
    - This year the chapter has focused on growth. inclusiveness, connecting with members and collaborations with other chapters (Indigenous circle Chapter and the QCA) and taking part in the movement towards Truth and Reconciliation.

**Growth + Inclusiveness**

- Changing the chapter name to Creative Arts in Counselling and Psychotherapy to reflect and include the professional identity of our members.

- **Chapter Logo:** The Creative Arts in Counselling and Psychotherapy Chapter launched a logo competition in October, offering 200\$ to create a unique logo that would visually consolidate our identity to promote growth and inclusiveness. The logos received were submitted to the executive, following a blind review, Rowena Tam's logo was selected as it reflected our multi-modal profession, it was the most relevant to our mission, and communicated novelty and creativity.
- Gabrielle took part in the Chapters for Reconciliation Initiative, relaying the information to the executive. Melody participated in the "Why It Matters" movement, representing the Chapter with a text, explain our position.

#### Connecting + Networking

- One of our objectives this year was to engage in platforms to share ideas, open dialogue, and the challenge of being a national chapter. Facebook, Instagram, Pinterest, have been useful on top of email communication. Rowena Tam is working diligently with our social media account
- Implemented Student, professional and research bursaries. Rowena compiled the list of schools and organizations. Gabrielle compiled the applications, Gabrielle put together the review committee and Gabrielle coordinated deadlines and the bling review process. Winners are Kristina Parker (student) to present at the Ontario Art Therapy Association conference, she will co-facilitate a workshop entitled "Personal In-Queer-y: Better understanding therapeutic relationships with the queer community". This bursary will also be used to attend a training on Intersectional Trauma Therapy, at the McGill Transpersonal Psychiatry Summer Institute
- The professional bursary was awarded to the DvT Montreal Institute to help celebrate our 10 year anniversary. More than 200 hundred people have participated in the training over the past 10 years and we would love to celebrate this by inviting Jason D. Butler, the creator of this Institute in Montreal, and will use this grant to offer a day of celebration with a big reunion.
- The executive will look into exploring different channels of communication and identifying new tactics to get more members involved in the bursary initiative as the number of participants have been decreasing from year to year.
- Panel discussion at the CCPA conference. "Creative Arts Therapies with Indigenous Populations" This panel aims to deepen the understanding of and to explore the implications and practical use of creative arts with Indigenous populations.
- The 2018 Panel is finally online and accessible to members.

#### 5.2 Director of Communications & Communication Specialist Report

- The CACP executive continues to engage and connect with members through email correspondence, our Facebook, Instagram and Pinterest pages (monitored/curated by Rowena Tam), and our annual newsletter (created by Rowena Tam). We are committed to promoting growth in our chapter and to act as advocates for our members.

- We have been alerted to workshops and other professional development opportunities that would be beneficial to our members, and have sent these notices to our members by email and via our chapter Facebook page. Communications Director, Rowena Tam has been working diligently on various platforms (FB, Pinterest, Instagram) to reach out to and communicate with our members. We now have 672 followers on our FB page ( as of April 19th, 2019) and are continuously striving towards finding new pertinent and informative initiatives for our members.
- We continue to foster learning through publishing research articles. A published and accessible research article focused on creative arts in counseling and psychotherapy. We also have also extended our "Spotlight Member" initiative, a selected member shares a short biography and personal statement related to their work and practice, thus inviting chapter members from across the association to connect and learn from one another. Lastly, via our Instagram and Pinterest account, we continue to inspire members by sharing creative arts interventions, inspirational quotes, and resources.

## 5.2. Treasurer's Report

- Financially, doing well as a chapter. (Review of Cindy's report). Extra revenue projected (see budget). CACP is willing to provide money for food and beverage. No one applied this year. How to engage in our membership. Projected revenue is higher, we have excess because not able to reach out members to support (we want to give back, but they are not grasping at funding opportunities this year). Cindy, does a great job of keeping track of our budget, making sure we don't overspend.

## 5.3. Special Projects Coordinator's Report

- To promote visibility and credibility to the work of Creative Arts Practitioners, Melody is spearheading a research journal project. The goal of this project is to publish research articles from all creative arts professions, (art therapy, dance and movement therapy, play therapy, music, therapy, drama therapy, expressive arts therapy) in a scientific journal. The project is moving along, and Melody has completed essential steps. 1) A committee has been formed to help with the execution of the project. 2) A call for manuscripts will be sent out by the end of April, and the callout requests 300 word proposals due in July, the final papers are intended to be sent out to reviewers by November. 3) Melody is currently working on creating a reviewing committee. 4) The journal should be ready by May 2020.

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

- We will continue our work, bursaries, larger member contact, newsletter, taking part in the truth and reconciliation initiative, research journal, panel, social events. Rowena (Incoming President) will send out a survey to assess needs of membership.
- We completed many projects that were put forward during the 2018 AGM. Such as changing chapter name and logo.
- 2017 minutes, creating research and evidence based practice, our bursary program supports this endeavor and the special issue focusing on Creative arts in the Canadian journal of Counselling and Psychotherapy also fulfills this mandate.

- The reduced rate request for those who are members of many chapters was discussed during a Presidents' meeting. The head office explained that this was not possible at this time due to the complications it would bring to the accounting system in place.
- Would like to move forward to creating a travelling poster to better inform the general population of our practice.
- Charles suggested creating materials like brochures defining each modality better. Would like to know more about other member's professions. Could create materials better defining the modalities in our chapter. Create a brochure. Network with other associations.
- Someone suggested having a table with creative arts materials "art hive style" at the next conference. A creative way to get people involved and interested in our work.
- Member platform is still in progress, the CCPA is still working hard on revamping their website.

#### 6.1. Executive Committee

- 6.1.1. Secretary (New term beginning May 2019)
- 6.1.2. Communications Director (new term beginning May 2019)
- 6.1.3. Communications Specialist (new term beginning May 2019)
- 6.1.4. Indigenous Representative (new term beginning May 2019)
- 6.1.5. President (new term beginning May 2019)

#### 6.2. Members at Large and possible Sub-Committees of the Executive

Example, bursaries: review the evaluation package, reach out to membership to apply, have previous winners write about contribution to project received. (this could be done by someone three months of the year, crunch time, no need to be part of the monthly teleconference.)

- Christina expressed that she would like to get involved in a sub-committee for a special project.

#### 7. Elections for positions

##### 7.1 President

Rowena Tam has been the Communications Director on the executive for the last year and Communication Specialist for the last 2 years

Gabrielle made the motion to elect Rowena

Second by Charles

Passed by acclamation

##### 7.2 Communications Specialist

Dan Mischa, music therapist, has attended social events.

Gabrielle made the motion to elect Dan

Second by Diana

Passed by acclamation

8. Newly-Elected President Address

As the Incoming President for the CACP chapter, I am filled with gratitude and motivation to embark on this new journey. Over the past two years, I have been a part of the chapter in its inauguration of the Communications Specialist role, with a transition into Director of Communications. Since the Communications Specialist role remained vacant, I fulfilled my mandate for both while expanding our chapter's presence on social media (Facebook and Instagram), creating marketing material, sharing research and news articles surround the creative arts therapies, and showcasing our Spotlight Members. I am thankful for my mentors on the executive team for welcoming me, and allowing me to freely express and explore creative ways to change our platforms. The CACP chapter is an inviting space where counsellors, psychotherapists, students, and interested members employing the creative arts across our nation are united. I look forward to honoring the trailblazing efforts of the Presidents before me, and continue to pave current and new collaborative initiatives that will benefit our members and creative arts community.

9. New Business & Open discussion on direction of chapter

The participants stated that they were happy with the direction that the Chapter was taking. A lot more work needs to be done for regulating practices across the country. Many of the participants are not creative arts therapists themselves but counsellors who used creative arts interventions or are interested in creative arts interventions. Diana inquired on getting more information for training for professionals who work in other fields.

Charles discussed wanting to help for the 2020 Conference. As he lives in Edmonton he can help with the logistics of the social event for example. I mentioned that I would put him in contact with Rowena.

Someone mentioned online webinars. It would be great if our chapter could host webinars specialised in the Creative Arts.

10. Member Announcements (upcoming events)

Gabrielle invited everyone to the panel.

Gabrielle invited the participants to participate in the chapter survey this autumn. Important initiative to help guide and shape the direction of the chapter.

11. Closing remarks

Gabrielle thanked everyone for attending the AGM and invited them to connect through email and to get engaged in our social media initiatives.

Meeting adjourned at 1:20pm

Seconded by Charles

Minutes recorded by Gabrielle Gingras, President

## **Creative Arts in Counselling and Psychotherapy Chapter Official Executive Reports: May 2019**

### *President Report: Gabrielle Gingras*

It has been a privilege to serve as President of the chapter for the past two years, and as I approach the end of my mandate, I am honored to ‘pass the torch’ to Rowena Tam, our incoming President, who has been on the executive as Communication Specialist and Director. Rowena is a drama therapist based in Montreal, and her appointment is a clear reflection of our growth. Rowena’s passion for creative arts therapies, stellar communication, and leadership skills, will help our chapter flourish. Furthermore, I continue to be impressed by the talent, passion, and dedication of our members and the incredible work they are doing in their communities. The CAC executive works very hard, holding monthly teleconferences and volunteering their time to push forward initiatives that benefit our members. Our talented executive members are Rowena Tam (Communications Director, Incoming President), Melody Newcomb (Special Projects Coordinator), Leah Lewis (Board Liaison), Rowena Tam (Communications Director & Specialist) Hailey Tallman (secretary), Cindy Coady (treasurer).

### *1. 2019 Conference Panel*

The CACP Chapter and Indigenous Circle Chapter are proud to announce that their panel “Creative Arts Therapies with Indigenous Populations” has been accepted for a 35-minute presentation in the 2019 CCPA Conference in Moncton. Gabrielle and Deva have been working hard to find panelists from various modalities that are specialized in the field and creating supporting documents to guide the panelists. Four panelists from different backgrounds who work with diverse Indigenous populations have been selected. The goal of this collaboration is to share with delegates how creative arts therapies play an important role when working with Indigenous populations. Deva Little Moustache Gordon from the Indigenous Circle Chapter and Gabrielle Gingras from the CACP Chapter will chair this panel. We are looking forward to creating a dialogue among those who use creative arts with Indigenous communities focusing on creating a culturally responsive and sensitive practice.

### *2. Round Table*

At the 2019 CCPA conference, Gabrielle looks forward to participating at the IAC Roundtable Interaction initiative. This is an excellent opportunity to represent the CACP Chapter, to discuss, connect, share and learn on selected topics and to contribute to the co-creation of knowledge.

### *3. Connecting with Members*

The CAC executive continues to engage and connect with members through email correspondence, our Facebook, Instagram and Pinterest pages (monitored/curated by Rowena Tam), and our annual newsletter (created by Rowena Tam). We are committed to promoting growth in our chapter and to act as advocates for our members.

We have been alerted to workshops and other professional development opportunities that would be beneficial to our members, and have sent these notices to our members by email and via our chapter Facebook page. We continue to strive to give members a venue to connect, share ideas, continue their development as a counselor/therapist, and feel supported across the country. To meet this goal our Communications Specialist, Rowena Tam has been working diligently on

various platforms (FB, Pinterest, Instagram) to reach out to and communicate with our members. We now have 672 followers on our FB page ( as of April 19th, 2019) and are continuously striving towards finding new pertinent and informative initiatives for our members. We continue to foster learning through publishing research articles. A published and accessible research article focused on creative arts in counseling and psychotherapy. We also have also extended our "Spotlight Member" initiative, a selected member shares a short biography and personal statement related to their work and practice, thus inviting chapter members from across the association to connect and learn from one another. Lastly, via our Instagram and Pinterest account, we continue to inspire members by sharing creative arts interventions, inspirational quotes, and resources.

#### *4. Social Networking Event in Montreal with the QCA Chapter*

The CAC Chapter in collaboration with the QCA, organized a social networking event for students and professionals interested in learning more about the field of counseling and psychotherapy. The event was held in Montreal at Wiston Chirchill pub on April 26<sup>th</sup> 2018. There were over 20 people who attended the venue. The event was a great success as it proved to be an effective way to reach out to new members and connect with colleagues. The CACP chapter sponsored this event, offering our support in providing food and beverages to those attending.

#### *5. Panel conference Video*

After a year of hard work, the 2018 panel presentation video is finally completed and ready to be sent out to our membership via a link on our YouTube channel. The CACP recorded the 2018 panel " I Know More Than I Can Say: Five Creative Arts Therapies in Clinical Practice," with the consent of the panelists and audience. The wealth of information shared from the guest speakers will now be accessible to those who could not attend the conference.

#### *6. Chapter Logo*

The Creative Arts in Counselling Chapter launched a logo competition in October, offering 200\$ to create a unique logo that would visually consolidate our identity to promote growth and inclusiveness. The logos received were submitted to the executive, following a blind review, Rowena Tam's logo was selected as it reflected our multi-modal profession, it was the most relevant to our mission, and communicated novelty and creativity.

#### *7. Research Journal Project*

To promote visibility and credibility to the work of Creative Arts Practitioners, Melody is spearheading a research journal project. The goal of this project is to publish research articles from all creative arts professions, (art therapy, dance and movement therapy, play therapy, music, therapy, drama therapy, expressive arts therapy) in a scientific journal. The project is moving along, and Melody has completed essential steps. 1) A committee has been formed to help with the execution of the project. 2) A call for manuscripts will be sent out by the end of April, and the callout requests 300 word proposals due in July, the final papers are intended to be sent out to reviewers by November. 3) Melody is currently working on creating a reviewing committee. 4) The journal should be ready by May 2020.

### 8. *Research, Professional, and Student Bursaries*

The bursaries were created to provide our members with support and assistance in pursuing projects/experiences that advance education and practice in the use of creative arts in counseling and psychotherapy. Three bursaries were available: (a) Research Bursary (400\$) (b) Professional Project (300\$), and (c) Student Assistance (300\$). There were four applications this year, two for the professional bursary and two for the student bursary. Gabrielle formed a reviewing committee to evaluate the applications, through a blind review process. She organized the deadline and helped with the promotion of this initiative. Rowena created promotional materials to send via email to our membership; she sent out the necessary documents to the list of institutions who might be interested in these initiatives. The winners of the respective bursaries will be announced early May.

The bursaries have been awarded to:

Student bursary: Kristina Parker will be using the CACP student assistance bursary to attend the Ontario Art Therapy Association conference, where they are co-facilitating a workshop entitled "Personal In-Queer-y: Better understanding therapeutic relationships with the queer community". This bursary will also be used to attend a training on Intersectional Trauma Therapy, at the McGill Transpersonal Psychiatry Summer Institute

Professional bursary: The DvT Montreal Institute is very pleased to receive this bursary to help celebrate our 10 year anniversary. More than 200 hundreds people have participated in the training over the past 10 years and we would love to celebrate this by inviting Jason D. Butler, the creator of this Institute in Montreal, and will use this grant to offer a day of celebration with a big reunion!

The executive will look into exploring different channels of communication and identifying new tactics to get more members involved in the initiative as the number of participants have been decreasing from year to year.

### 9. *Chapters for Reconciliation Initiative*

The CACP Chapter has taken active steps to engage in the Chapters for Reconciliation Initiative. During the executive teleconferences, the Chapter has discussed how to get involved and in the reconciliation process. Gabrielle attended the two virtual sharing circles and shared the reading materials with the executive. The CACP Chapter is looking forward to participating in the reconciliation process by formalizing essential initiatives and honoring the role of the creative arts play in this process. So far the CACP executive has 1) Created an Indigenous Representative position, Tisha Summers will be voted into this position at the end of April. 2) Working towards adding land recognitions to all of our biographies. 3) Collaborated with the Indigenous Circle Chapter for the 2019 panel. 4) Focused the content of our newsletter of the use of creative arts with Indigenous populations.

**Director of Communications and Communication Specialist Report: Rowena Tam**

Over the course of this past year, I sat in the role of both Communications Specialist and Director of Communications, taking over Renée Saurette’s responsibilities. Our social media platforms have increased drastically, gaining widespread attention from members and non-members alike. Facebook has been the most popular site, increasing our numbers from 2017’s 383 followers to today’s 676 followers; accounting for 293 more followers. The numbers can be attributed to the significant increase in activity on the page featuring articles, events, workshops, quotes, interventions, and spotlight members. Our Instagram account has increased from 11 last year to 721 followers, gaining an international following. It seems that photos are the most easily accessible for users to scroll through. Photos posted reflect our events, call-outs, spotlight members, artwork, quotations, and funding opportunities. Our Pinterest account is sitting at 27 followers. Different albums with intervention inspirations in art therapy, dance/movement therapy, drama therapy, music therapy, and play therapy are organized for user-friendly purposes. Dan Misha Goldman will be transitioning into the Communications role, continuing the pins on our Pinterest account, and later sharing it with our members. In terms of the newsletter, I have created a template we can employ for the following years, which includes our new logo design. We are looking to minimize printed copies of the newsletter, and turn towards a digital and more environmentally-friendly approach by emailing it to our members.

**Special Projects Coordinator’s Report: Melody Newcomb**

Since last September the primary focus of this portfolio has been the development of a special issue of the Canadian Journal of Counselling and Psychotherapy with a focus on research in the Creative Arts Therapies. Collaborating with Dr. Kevin Alderson, Editor in Chief of the Journal, the July 2020 issue will be devoted to this topic. Three of us are guest editors: Isabel Centeno, Ingrid Wissink and myself. Our first task is to send out the Call for Manuscripts for which proposals will be received by the end of June. The journal should be published in 2020. Dr. Alderson has been very helpful in outlining the steps in the process and answering our many questions. We look forward to hearing of the exciting developments of research in the Creative Therapies by practitioners, researchers and thinkers in this field.

**Treasurer Report: Cindy Coady**

Treasurer’s Report: January 2018 – January 2019  
Respectfully Submitted by Cindy Coady, Treasurer

This was my term as treasurer and I have had a wonderful time working with Gabrielle Gingras, the president of CAC, drafting projected budgets and the rest of the CAC executive in figuring out ways to best allocate the member funds to initiatives that can help members.

**Revenues:**

Counselling Chapter Dues (July 2017 - January 2018)..... \$ 2,237.16

Deposited March 22<sup>nd</sup>, 2018

**TOTAL Creative Arts in Counselling Chapter Dues received during 2018.....\$2,237.16**

Expenses for 2018

Bank Fees .....	\$52.50
Executive AGM Reimbursement.....	\$700.00
AGM Social Event.....	\$233.83
Student Bursary.....	\$300.00
Professional Bursary.....	\$300.00
Social events.....	\$225.00
Teleconference Calls .....	\$170.79
(automatically deducted by CCPA from dues so not included in total expenses)	

**TOTAL EXPENSES .....** \$1982.12

Account Balance as of January 2018..... \$6,004.57

Projected Budget for 2019

Student Bursary.....	\$300.00
Professional Bursary.....	\$300.00
Research Bursary .....	\$0
AGM event expenses.....	\$682.61
Special Event Sponsorship(CAC/QCA).....	\$450
Newsletter & Materials.....	\$80.20
Executive conference reimbursement.....	\$1,000.00
Bank Fees.....	\$45.00
Teleconferenceexpenses.....	\$200.00
Chapter Float.....	\$500.00
Wind Dow Fund.....	\$700.00

**Excess of Revenue after projected Expenses.....** \$1747.76