

CREATIVE ARTS IN COUNSELLING AND PSYCHOTHERAPY CHAPTER

*Canadian Counselling and Psychotherapy Association
L'Association Canadienne de Counseling et Psychothérapie*

ARTS CRÉATIFS EN COUSELING ET PSYCHOTHÉRAPIE

Fall Newsletter

Dear CACP Chapter members,

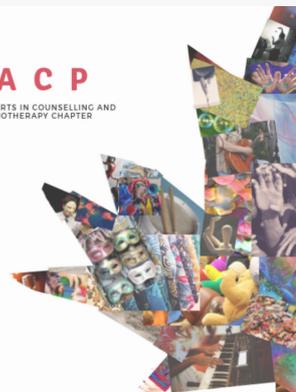
We hope you had a safe, sunny, and restful summer! In this fall edition of our newsletter, we will be sharing updates that we hope will benefit you. Our team has been working hard behind the scenes to configure and continuously communicate ways to support you and the creative arts therapy profession across the country.

Please read on and widely share the following information:

- #BlackLivesMatter: A new CACP Chapter Resource List
- Thank you to our Special Projects Coordinator, Melody Newcomb
- Vacant positions on our Board of Executives!
- CACP Chapter Journal Club
- Article Feature: “A Drama Therapist’s Perspective on Teaching Theatre in Times of Crisis”
- Self-Care Sundays
- Upcoming CATS Opportunities and Events

Please feel free to reach out to us
anytime at cac.chapter@gmail.com

CACP
CREATIVE ARTS IN COUNSELLING AND
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#BLACKLIVESMATTER A RESOURCE LIST

In June 2020, the world witnessed a global outcry for justice to recognize the trifecta of systemic racism, capitalism, and colonialism that has upheld centuries of anti-Blackness in our communities. We know that silence translates to complicity and violence. Our chapter strives to continue to support Black communities and the #BLM movement by providing a list of resources, funding, and facilitation of dialogues to support the momentum.

Discussions and educational material are being created daily around the topics of anti-racism and anti-oppression. We see people learning and unlearning how to advocate for a more equitable, anti-racist, and just world. To increase accessibility to all the articles, resources, and communities being created, we built a resource list entitled **#BlackLivesMatter**. This is a living document, meaning resources and materials are continuously being added. This list is composed of resources related to mental health, education, and names of BIPOC (Black, Indigenous, People of Colour) creative arts therapists in the field (see below).

If you or someone you know is a BIPOC creative arts therapist accepting new clients, please send us a short write-up of your clientele, business, contact information and rates to add to our list of contacts.



The #BlackLivesMatter resource list can be found here:

https://docs.google.com/document/d/1Qjs75jtxHvvRHWnZ-CV_z4pAgO0yOkIIMnV12Bs-Xc4/edit?usp=sharing

As always, we would love to hear of any other resources or materials you feel should be added to the list. Let us know by emailing cac.chapter@gmail.com.



THANK YOU TO OUR SPECIAL PROJECTS COORDINATOR, MELODIE NEWCOMB

After three years on our Board of Executives, Melody Newcomb is saying goodbye. As the Special Projects Coordinator, Melody has been an integral Board Member. She has helped create and organize the newest edition of the Journal (coming soon!) in addition to helping her fellow Board Members with other projects as well. In our most recent Board Meeting, Melody expressed gratitude for having been on the Board, representing the West Coast/Prairies, and to have met many Creative Arts Therapists along the way. Thank you Melody for your contributions to the CACP-Chapter, you will be missed. We wish you luck with future endeavours!



Two Vacant Positions on our Board

Special Projects Coordinator

The Special Projects Coordinator is vacant and ready to be filled! If you are a creative, independent, and reliable individual who enjoys planning and organizing projects, then this position may be for you! Please send Rowena Tam an email at cac.chapter@gmail.com with your interest in applying, with the email subject "Special Projects Coordinator."

New Position! Student Representative

Are you a student, or know a student, who is passionate about the creative arts therapies in Canada? Then this exciting opportunity is for you/them! We believe that creative arts therapy students offer meaningful and eclectic ideas sustaining the futurity of our field. Our executive team is looking for one Student

Representative presently enrolled in an academic institution in a creative arts therapy modality (art therapy, dance/movement therapy, drama therapy, music therapy, expressive arts therapy) to act as a liaison with our

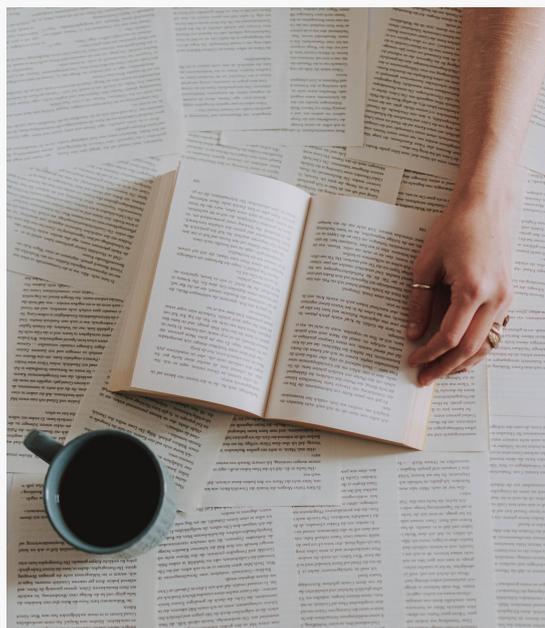
chapter and their school. Our chapter will cover the year-long membership fee for our Student Representative beginning January 2020.

As a student, you will receive a FREE student membership, be able to apply for CCPA student awards, attend the annual conference at a discounted rate, build networking relationships with our executive board across the country and more! Click [here](#) to find out more about the benefits for our CCPA student members.

We require the following qualifications from candidates:

- Currently enrolled as a student in a Canadian academic institution until January 2021
- Studying at least one of the creative arts therapy modalities (art therapy, dance/movement therapy, drama therapy, music therapy, expressive arts therapy) at an accredited school
- Able to punctually attend monthly teleconference meets with the executive board (These take place weekday evenings at 8 pm EST)
- Be a liaison between students and professionals in Canada answering student inquiries
- Eager, passionate and committed to advocating for the field of creative arts therapies
- Organize an event serving local creative arts therapy students

Please submit your name, current program of study, and name of academic institution via email with the subject title: **CACP STUDENT REP (YOUR FULL NAME)**. In addition, please describe 2 special project ideas that you intend to facilitate as the CACP Chapter's Student Representative. These projects should seek to engage students and your community, and how you will promote the CCPA and the CACP Chapter. We ask candidates to please send an email with their interest to cac.chapter@gmail.com by **October 18th at 11:59 pm EST**.



CACP JOURNAL CLUB

To create a more open and accessible platform to read research articles on the creative arts therapy field, our chapter is starting a **Journal Club**! Every month, join us as we share, read, and collectively share our ideas with a research article from the creative arts therapy field. Find us on social media, where links to articles will be shared at the start of each month.

Facebook: <https://www.facebook.com/ccpacreativeartschapter>

Instagram: <https://www.instagram.com/creativeartschapter/>

Article Feature:

“A DRAMA THERAPIST'S PERSPECTIVE ON TEACHING IN A TIME OF CRISIS”



Seeking Connection. Photo by Nisha Sajjani.

Drawing on her experiences as a drama therapist, Nisha Sajjani engages in a multi-faceted discussion about the impacts of social change, such as the COVID-19 pandemic and anti-racism demonstrations, on education:

IN THIS ENVIRONMENT MARKED BY FEAR, ISOLATION, AND UNCERTAINTY, I RELIED ON MY SKILLS AS A DRAMA THERAPIST TO PROMOTE A SENSE OF SAFETY, PLAYFULNESS, AND CONNECTION. SOME OF THESE SKILLS ARE TRANSFERRABLE REGARDLESS OF WHETHER OR NOT YOU ARE A THERAPIST, AND THEY CONTRIBUTE TO WHAT MY COLLEAGUE, JUDY ATKINSON, REFERS TO AS EDUCARING." - NISHA SAJJANI

In her essay, Sajjani describes the concept of “educaring” (a trauma-informed approach to education), tying together approaches rooted in mindfulness, education, as well as tele-health and trauma-informed practices. She highlights the importance of staying present in times of stress and outlines ways of helping students [or clients/patients] to do the same. It’s an essay well worth the read for all creative arts therapists navigating the waters of social change, and working with their clients to do the same. The full essay can be found [here](#).



SELF CARE Sunday

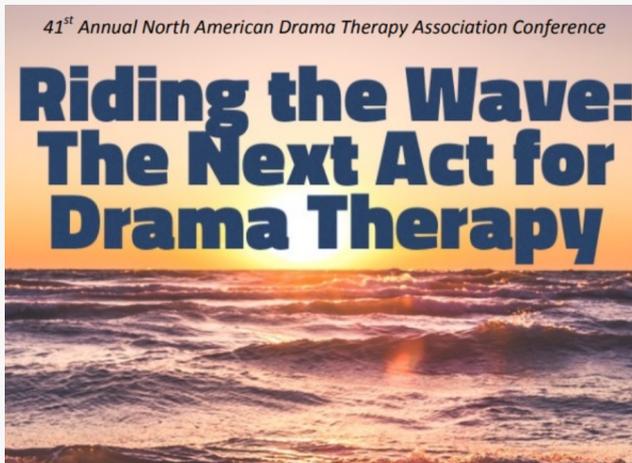
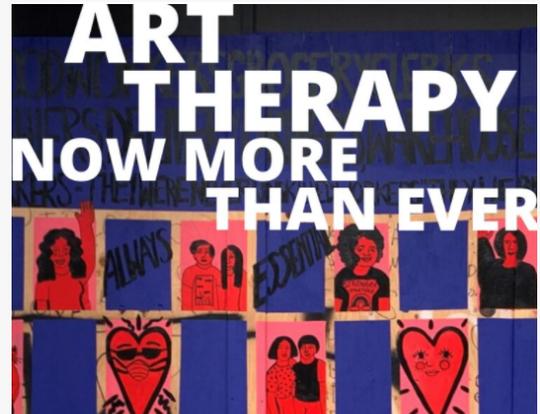
Join us every Sunday for a little self-care! Every week, a member of our executive will be sharing some of their self-care practices. Our president, Rowena shared that caring for her plants is a big form of self-care for her (see left) and we have more coming your way. We would also love to hear from you! What are some of your favourite self-care practices? Send us a message (Facebook or email) with a picture and caption to be featured in one of our #SelfcareSunday posts!

UPCOMING EVENTS & OPPORTUNITIES

Canadian Art Therapy Association Virtual Conference

SUSTAINING AND EXPANDING CREATIVE PROCESSES IN UNPRECEDENTED TIMES

FRIDAYS, SATURDAYS AND SUNDAYS
NOVEMBER 6-8, 13-15, 20-22
MORE INFORMATION CAN BE FOUND [HERE](#)



North American Drama Therapy Association 41st Annual Conference

**RIDING TH WAVE:
THE NEXT ACT FOR DRAMA
THERAPY**

NOVEMBER 5TH THRU 8TH, 2020
MORE INFORMATION
CAN BE FOUND [HERE](#):

The Drama Therapy Journal (DTR)

IS ACCEPTING PAPERS FOR 2ND EDITION ON TRAUMA-INFORMED DRAMA THERAPY

CLICK TO [SUBMIT AN APPLICATION](#)
CLICK FOR [SUBMISSION GUIDELINES TO THE DTR](#)

CALL-OUT for creative arts therapists, counsellors, and psychologists for a new referral service offered by the [Montreal Indigenous community NETWORK](#) to assist front-line workers.

The NETWORK exists to support the ecosystem of individuals and groups that are working to better the quality of life of Indigenous people in Montreal. The NETWORK is led by and for the Indigenous community and works to create spaces to exchange, to collaborate and to build reciprocal partnerships. Together with informed and engaged allies, we seek to answer the priority needs of the community and transform systems to insure a positive and long-term impact for the community.

SEE BELOW FOR MORE INFORMATION

As the pandemic unfolded, the NETWORK saw an increase in stress added to Indigenous and Indigenous serving front-line organizations as they witnessed many changes in the ways they usually worked and an increased distressed from the people they love working with. To assist essential front-line workers and prevent burn-out, the NETWORK applied, and received funding to directly pay for mental health support services for Indigenous serving front-line workers during the pandemic.



Front-line organizations are those that directly serve the most vulnerable of our community like those living on the streets, facing housing and food insecurity or fleeing violence. We work in close contact with those organizations that include: the Native Women Shelter of Montreal, Resilience Montreal, Projets Autochtones Quebec, Southern Quebec Inuit Association, Native Friendship Centre of Montreal, The First People's Justice Centre of Montreal, the Open Door Montreal and Chez Doris.

Therefore, we are looking for therapists that would be interested in taking up new clients. We are offering this service with priority given to Indigenous front-line workers first, followed by all staff working in Indigenous or Indigenous-serving front-line organizations.

We are offering to pay for three types of services for our front-line workers. Front-line workers will have the choice between: Elder support, psychotherapy/counselling or creative arts therapy (art therapy, drama therapy, music therapy). Depending on needs, the NETWORK will cover the initial five sessions of therapy, with the possibility of covering more.

If you are interested in being included in our list of therapists we can refer to front-line workers, please feel free to either email or call us.

Alexandre Huard & Rowena Tam

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Alexandre: 438-881-8311

Thank You!

**from the Creative Arts in Counselling and
Psychotherapy Chapter**

