



Creative Arts in Counselling and Psychotherapy (CACP) Chapter
ANNUAL GENERAL MEETING
MAY 12, 2020

This year's AGM was chaired by Rowena Tam and hosted via Zoom by Andreea Andrei from the Canadian Counselling and Psychotherapy Association. The Creative Arts in Counselling and Psychotherapy Chapter covered all chapter-related activities from May 2019 to April 2020.

Attendance:

Name	Position
Rowena Tam	President
Audrey-Anne Frenette	Treasurer
Lorelei Dietz	Communications Director
Stephanie Sing	Communications Specialist
Melody Newcomb	Special Projects Coordinator
Cassandra Brennan	Secretary
Leah Lewis	Board Liaison, CCPA Newfoundland and Labrador Director
Sabrina Ragan	
Charles Chenard	
Renée Saurette	Past Communications Director
Danielle Jakubiak	
Lilli Janzen	

Kathryn Schmidt	
Nicola Sherwin-Williams	
Janet Stalenhoef	
KP Parker	
Susan Spyker	
Marie Muggeridge	
Lisa McGill	
Shelley Mountain-Collette	
SJ Vriend Carrie Foster Shianne Young Lauren Ebidia Kay Rew Peggy Freake	Attendees without prior registration

1. Welcome

- Meeting commenced via online Zoom platform on Tuesday, May 12th at 7:34pm EST
- Rowena reviewed Zoom procedures including using full names as identifiers, muting microphones etc.

2. Introductions and Icebreaker

- Attendees and Executive Members will introduce and presents themselves (name, pronouns, location, professional title and/or creative arts therapy modality, CACP Chapter role, reason for attending the meeting, what they expect from the AGM)
- CACP Chapter Playlist: Everyone is asked to share a song to add to our communal CACP member playlist which will be accessible on Spotify

- Spotify playlist:
https://open.spotify.com/playlist/2KPczPvME54kKCVNjHY3FE?si=G4itt_CkS7C657RUXsezOg

3. President Opening Remark:

- Thank you everyone for being here and volunteering your time.
- Last year was focused on Indigenous collaboration.
 - This year's highlight is on advocacy and funding creative arts therapy initiatives

4. Motion to accept 2019 AGM Meeting Minutes

- Minutes from 2019 AGM passed:
 - Charles accepts minutes
 - Leah Lewis seconded
- Allowed members 10 minutes to review

5. Review Constitution and Bylaws

- Leah: clarified edit in place of a change
- 3.6: Charles requested to add expressive arts therapies to list
- 8.7: Melody wishes to add in Special Projects Coordinator to list of roles:
 - Proposed motion: Special Projects Coordinator leads the implementation of projects chosen by the Executive, responding to the needs of Chapter members.
- Motion to accept amendments: Renée Saurette
 - Seconded by Charles Chenard

6. Executive Reports:

6.1: President's Report:

- **Monthly Teleconferences**
The CACP Chapter executive team holds monthly teleconferences to push forward initiatives that benefit our members.
- **Bi-Annual Survey Results**
In October 2019, our chapter conducted a member-wide survey to gather data to understand what our members know, expect, and hope to see from our chapter's initiatives. We received 62 responses from members living in British Columbia, Alberta, Saskatchewan, Manitoba, Ontario, Quebec, Nova Scotia, New Brunswick, Northwest Territories and Yukon. Majority of our responses came from those residing in Toronto, Edmonton and Montreal.

- There are three main areas that members have been deemed most important and/or why they decided to join our chapter. (1) Advocacy, (2) Continuing Education opportunities, and (3) Networking. Members have strongly requested that our chapter work on differentiating the creative arts therapies from mental health clinicians who employ the arts in their practice. We continue to address these needs by offering funding to students, professionals and researchers in the creative arts therapy field.
 - In the past, we have worked with the Quebec Counselling Association to hold a joint QCA-CACP Chapter social networking event, which has garnered positive responses. We are looking to expand this into other parts of Canada. Since many of our executive members reside in Ontario, we are looking at holding a social networking event there.
 - Other areas of focus include: (1) Creating opportunities for networking, (2) Education/Training, and (3) Research. Our chapter is also striving to create ways to gain a more public presence through social media.
- **Chapter Banner**
In Fall 2019, Audrey-Anne Frenette and Rowena Tam met to design, budget and create a banner with the chapter's logo. It was created and ordered from the website Vista Print. It is presently in Rowena's possession.
 - **CATSGA Student Presentation**
On February 20, 2020, Rowena Tam was invited by CATSGA (Creative Arts Therapy Student Graduate Association) to present about the CACP Chapter to Concordia University master's candidates in the department of creative arts therapies. Rowena was joined by the CCPA's Quebec Provincial Anglophone Director Carrie Foster, and two CCPA-QCA Student Representatives, Hanieh Tohidi and Airin Finkelstein.
 - **CCPA Annual Conference 2020 Chapter Panel**
Prior to the cancellation of the COVID-19 crisis, our chapter's experiential panel presentation on "Regulating the nervous system using creative arts therapy interventions." The three learning objectives for this presentation included: (1) Educate clinicians on the intersection between creative arts therapies and neuroscience, (2) Offer insight into the use of creative arts on regulating the nervous system, (3) Recognize creative arts therapies and their interventions as a canonical profession differing from clinicians who employ creative arts in their practice.
 - **Current and ongoing activity:**
 - **COVID-19 Emergency Support Fund:** We recognize that many mental health practitioners and creative arts therapists are working incredibly hard during these

trying times. Mental health and community care are extremely vital right now, for us, our loved ones, and our clients. Working in-person during a pandemic, practicing physical distancing and coping in isolation are not easy feats. We know that many of our chapter members are extending their help and offering creative arts therapy work outside their typical fashion. As a response, the CACP Chapter is launching a COVID-19 Support Fund to help our members engaged in workshops, virtual gatherings, researching resources or finding new ways to respond to the COVID-19 crisis. We will be disbursing \$200 to support 10 projects.

- If you are a CACP Chapter Member AND Creative Arts Therapist or Creative Arts Therapy Student (art therapist, drama therapist, dance/movement therapist, music therapist, expressive arts therapist, play therapist involved in a creative arts therapy project during this time, please fill out the survey below:

<https://www.surveymonkey.com/r/2M8MH99>

- **Chapter Archival Research**

Rowena Tam is currently reaching out to several of the CACP chapter's past-presidents to help formulate a substantial background history of the chapter's origins, past board members, newsletters, conference participation and special activities. Archival material will be updated onto the website and posted onto our social media platforms to share with our members.

- **CACP Chapter Student Representative Initiative**

To create a robust collaboration with creative arts therapy students and schools, our chapter decided to allocate funding to create a Student Representative position. As an incentive, we offered to pay for the CCPA Student Membership for the year. However, our executive team approved this position too late, and as a result, we did not receive any applications. We are looking to re-send a call-out for student reps at the start of the following school year in September 2020.

- **Funding for Special Projects**

On an ongoing basis, our chapter offers its members funding for special projects carried out across the nation to support their efforts in expanding the field of creative arts therapies. Projects can take place in the form of networking, research, and community events. We are flexible with these categories and accept submissions on a rolling basis. This year we accepted two projects (1) Creative Arts Collective and (2) Yorkville University - Creative Self Expression for Stress Management for Post-Secondary Students.

- **Research, Professional and Student Bursaries**

Three 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 are currently available: (a) Research Bursary (\$550), (b) Professional Project (\$400), and (c) Student Assistance (\$400). This year we decided to allocate more money to these bursaries, in an attempt to gain more applications.

- **Creative Arts Therapy Conference:** In communication with Dr. LoriAnn Stretch, the chapter is looking to expand its professional development opportunities by collaborating with the American Counseling Association on a creative arts therapy-specific 2-day conference. Rowena Tam was in contact with Dr. Stretch, North American Drama Therapy Association (NADTA) Canadian Region Representative Marleigh Chapman, and was looking to communicate with Terri Robertson from the Ontario Expressive Arts Therapy Association (OEATA). This conversation is to be continued.

6.2: Communication Specialist's Report

- From January to March 2020, Stephanie Sing stepped into the role of Communications Specialist. Our team noted that most communication and information gathering took place primarily over Instagram and Facebook. Accordingly, we increased the frequency of social media posts to an average of 1 post per day on both Instagram and Facebook. As a result, our social media following has increased exponentially.
 - As of May 12, 2020 we have 1,189 followers on our Instagram account “@creativeartshapter” (an increase of 372 followers from last quarter) and 945 followers on our Facebook account “Creative Arts in Counselling and Psychotherapy Chapter CCPA” (an increase of 146 followers from last quarter). Our social media presence has garnered more attention with around 115 weekly profile visits from our followers.
- As a chapter, we continue to disseminate information related to the creative arts therapies by posting research related opportunities, professional training, and creative arts interventions. We also continue to support members by sharing uplifting quotes, resources and community support for other creative arts opportunities.
- Story highlights share categorized information about projects/funding related material for members. Stephanie encourages members to reach out if they have any creative interventions, CATs related events and resources they would like to highlight on our social media accounts.

6.3: Communications Director's Report

- **Communications Activities:** In January 2020, Lorelei Dietz stepped into the role of Communications Director. The Board decided the following objectives for the Communications Director: assisting the Communications Specialist in creating and promoting social media content; taking charge of the creation of the Seasonal and Annual newsletters, delegating to the Communication Specialist when necessary; and creating a cumulative list of Creative Arts Therapies organizations and their contact information to facilitate dissemination of information from the CACP to these organizations.
- As of May 2020, the contact list has been completed and will be used to communicate information about CACP bursaries, newsletters, and other relevant information. With the help of Stephanie Sing (Communications Specialist) the winter, spring, and annual newsletters were completed and released to the membership.
- **Seasonal Newsletters**
After reviewing the October 2019 survey results, our chapter learned that members would prefer to receive emails from us, as their main mode of communication. We launched our quarterly chapter updates where a combination of chapter updates, current and upcoming workshops, events, and professional development programs are outlined. Since our last bi-annual report, we have released a Winter 2019 and Spring 2020 edition via the CCPA/ACCP distribution list.
- **Annual Newsletter**
The Communications Director, with the help of the President and Communications Specialist, put together this year's CACP Annual Newsletter. The newsletter features information relating to the COVID-19 pandemic and its impact on the Creative Art Therapies community, as well as details pertaining to the COVID-19 Relief Fund and Resource List. The newsletter will also feature articles from the panelists who were supposed to have presented at the panel, "Creative Arts x Neuroscience," from the 2020 CCPA Conference (now rescheduled to May 2021). Additionally, the newsletter will include information about upcoming events, opportunities for funding, and updates from past bursary recipients. We, the CACP, are so grateful and would like to thank everyone that contributed to this year's newsletter! It will be available as of May 12th, where the Communications Director will present it at the CACP AGM.

6.3: Special Project Coordinator's Report

- As Special Projects Coordinator, Melody Newcomb has been leading the "Special Project" of the CACP to guest edit a special issue of the *Canadian Journal of Counselling and Psychotherapy* devoted to research in the Creative Arts Therapies. In April 2019 we

sent out the Call for Manuscripts to associations and educational institutions across Canada, the United States and internationally. In June 2019 we sifted through 24 proposals and invited the authors of 12 to complete manuscripts. Ten of these manuscripts were submitted to blind peer review by two to four reviewers. As of the end of April 2020, all but one of the 10 articles have been sent to the Senior Editor for approval or rejection.

- Melody would like to thank the tireless and patient support of Kevin Alderson, Senior Editor, and Heather Zabawski, Editorial Assistant, as well as Ingrid Wissink for her efforts early in the process. We are grateful for the many reviewers, more than 30, who gave their time and expertise to review the manuscripts and offered thoughtful and insightful suggestions. The authors found these comments very helpful. Lastly, thanks to Isabel Centeno who has been a faithful and insightful co-guest editor through this learning process. We look forward to the publication of this edition mid-summer.

6.4: Treasurer’s Report:

- Reviewed spreadsheet with chapter’s revenue and expenses from 2019-2020
- Capital in account as of May 12th, 2020: \$10,254.98
- CACP chapter dues revenue: \$3,690.27

Expenses:

Bank fees:	\$41.25
E-Transfer Fees:	\$12.00
2019 Conference spending (AGM gathering, president fund etc.):	\$1,040.32
Vinyl banner for promotional purposes:	\$104.12
2020 Conference fees (payment transferred to 2021 conference):	\$275.00
Non-refundable plane ticket for president to have attended CCPA conference:	\$531.93
Cheque printing:	\$10.22
Stamps:	\$10.58
Cancelled e-transfer:	\$5.00
Presenter honorarium (wrote an article to replace conference panel presentation):	\$300.00

Total expenses: \$2,330.42

Expenses to come:

Special projects fund- Yorkville University:	\$280.28
Special projects fund- Creative Arts Collective:	\$100.00
Research bursary:	\$550.00
Student bursary:	\$400.00

Professional bursary:	\$400.00
Emergency COVID-19 relief fund for chapter members:	\$2,000.00
Editor bursary:	\$200.00
Student representative:	\$85.00

Total projected expenses: 4,015.28

6. Executive Committee

Certain members of the executive team have been replaced in the past year:

- June 2019 - Dan Misha Goldman stepped down from the Communications Specialist role and recommended Lorelei Dietz
- July 2019 - Lorelei Dietz was voted in as Communications Specialist and Cassandra Brennan was also voted in as Secretary
- September 2019 - Cindy Coady resigned as Treasurer, shortly replaced by Audrey-Anne Frenette voted in as Treasurer
- January 2020 - Stephanie Sing voted in as Communications Specialist, and Lorelei Dietz was voted in as Communications Director
- February 2020 - Leah Lewis, Board Liaison informed us that she would be taking a leave of absence and may return June 2020

7. Review member discussion from 2019 AGM

- No items brought forward

8. Invitation for members to get involved with the chapter

- We are still looking for a CACP Chapter Student Representative to join our team.

9. Members at Large and Possible Sub-Committees of the Executive

- No items brought forward

10. Business Arising and Open Discussion on Direction of Chapter

- CCPA Conference workshop/presentation Idea:
 - Trauma, attachment and the creative arts therapies
 - Nicola brought forth consideration that presentation scheduled for this year, can be shared next year
 - Rowena addressed that a survey will be sent out next year to investigate members' up to date wishes for CCPA conference presentation
- SEED Money available for Drama Therapists through NADTA
- Chapter has opportunity to donate to organization of choice, must be voted upon by executive members

11. Member Announcements (upcoming events, etc)

Marie Muggeridge shared about her special project with Charles Chenard

- Welcomes local Art Therapists in the Edmonton area to collaborate and share workshops to practice research/conference presentations and take this as an opportunity to connect

12. Closing Remarks

13. Adjournment of meeting at 21:09 EST

- Carrie put forth motion to end meeting
- Nicola seconds