

APRIL 2021

SPRING NEWSLETTER

CREATIVE ARTS IN COUNSELLING AND PSYCHOTHERAPY CHAPTER

Canadian Counselling and Psychotherapy Association
l'Association Canadienne de Counseling et de Psychothérapie

LA SECTION D'ARTS CRÉATIFS EN COUNSELLING ET PSYCHOTHÉRAPIE

SPRING IS HERE!

Dear CACP Chapter Members,

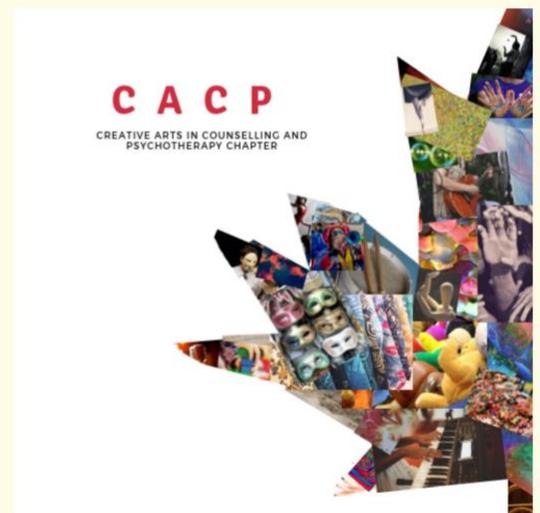
We hope that you have had a safe, healthy, and creative winter season! In this spring edition of our newsletter, we will be sharing updates that we hope will benefit you. Our team has been working hard behind the scenes to create opportunities for connection, discussion, and activism to support you and the creative arts therapy profession across the country.

Please read on and share widely!

In this Issue:

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- *CATS Against White Supremacy: A New Series*
- CACP Bursary Program
- CACP Chapter Journal Club
- Spring Article Feature
- BIPOC Student Fund
- Self-care Sunday Feature
- Upcoming CATS Opportunities and Events
- Including details about the CCPA Annual Conference

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



RESOURCES FOR YOU

NAVIGATING THE COVID-19 PANDEMIC AND #BLM



Our [COVID-19 Resource List](#) is being added to regularly with articles and web-links.

If there are any resources related to the COVID-19 pandemic that you know of, feel free to send them our way through Facebook, Instagram, or email!

Check out our [COVID-19 Resource List](#) [here](#).

The [#BlackLivesMatter](#) Resource 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). Resources and materials are continuously being added regularly!

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.



[Click here](#) to access the [#BlackLivesMatter resource list](#).

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.

CREATIVE ARTS THERAPISTS AGAINST WHITE SUPREMACY

A SPEAKER-DISCUSSION SERIES

Beginning in June 2021, the Creative Arts in Counselling and Psychotherapy Chapter will host, ***Creative Arts Therapists Against White Supremacy*** (“CATs Against White Supremacy”), a monthly two-part series of speakers and working groups that aims to challenge and dismantle white supremacy within ourselves, our communities, and our professional field. We are inviting creative arts therapists, expressive arts therapists, and therapists from adjacent fields with affiliation to Canadian creative arts therapy organizations to join us.

We must acknowledge that white supremacy violently exists within the creative arts therapies field, within ourselves, within the relationships with our clients, and deeply embedded within our communities. It is a part of our professional, ethical, and cultural response/ability to enhance and understand how our experiences shape, contribute, are influenced and also harm those around us. We must actively listen, learn and unlearn, and above all *work* to continue challenging and dismantling white supremacy within our profession.

For further information, keep an eye out on our [Facebook](#) and [Instagram](#) pages. If you're interested in speaking in the series, please contact our president, Rowena Tam at cac.chapter@gmail.com.



OUR BURSARY PROGRAM

Funding Opportunities for you!

The Creative Arts in Counselling and Psychotherapy Chapter of the CCPA has developed a bursary program to provide our members with support and assistance in pursuing projects/experiences that advance education and practice in the use of creative arts in counselling and psychotherapy. Three bursaries are available: (a) Research Project (b) Professional Project, and (c) Student Assistance.

Application Procedure:

1. Send application form and supporting documentation to cac.chapter@gmail.com by April 30th, 2021 at 5:00pm ET.
2. A committee will be assembled to review applications with representation from various creative arts modalities/professions (eg. art therapy, drama therapy, dance/movement therapy, and music therapy)
3. The committee will complete a blind review application according to the evaluation criteria (the committee will not have knowledge of who has submitted each application).
4. Applicants will receive a response by May 19th, 2021 regarding whether or not they have been awarded the bursary.
5. The successful applicant will receive the funds in one lump sum from the CACP chapter.
6. Upon the completion of the project/experience, the recipient will be asked to submit a brief report about the completed project/experience and its outcomes, which will be shared with the CAPC membership through the annual newsletter.

[Link to the Research Project Bursary](#)

[Link to the Professional Project Bursary](#)

[Link to the Student Assistance Bursary](#)

For questions or inquiries, please email CACP Chapter President Rowena Tam at cac.chapter@gmail.com.

Research Project Bursary

This bursary is designed to support researchers who would like to conduct a research project related to the use of creative arts in the field of counselling and/or psychotherapy. The researcher may be affiliated with a university or organization or be an independent researcher. The CACP Chapter recognizes the importance of research in the creation of policy, the reception of funds from certain organizations, and legitimizing the practice. In an effort to encourage research related to the creative arts in clinical practice, this bursary will be provided to projects of merit that require additional support for any phase of the research process: data collection, analysis, and/or the dissemination of results.

Value: \$550

Eligibility: Must be a member of the CCPA and the CACP Chapter.

Deadline: April 30, 2021, 5:00pm ET

Professional Project Bursary

This bursary is designed for professionals in the creative arts therapy field who have a project or initiative that they would like to start or develop, which uses the creative arts in the field of counselling and/or psychotherapy. This may include developing and implementing a program in a community organization that services the needs of a certain population, hosting an event that provides professional development or resources for Creative Arts Therapists, creating a piece of artwork/performance art/music to be used in specific healing contexts, developing a workshop or academic course on a Creative Arts Therapy profession/intervention, attending a conference or workshop related to creative arts therapies, or other such applied projects.

Value: \$400

Eligibility: Must be a member of the CCPA and the CACP Chapter.

Deadline: April 30, 2021, 5:00pm ET

Student Assistance Bursary

This bursary is designed for students in the creative arts therapy field who have a project or initiative that they would like to start or develop, which uses the creative arts in the field of counselling and/or psychotherapy. This may include developing and implementing a program in a community organization that services the needs of a certain population, hosting an event that provides professional development or resources for Creative Arts Therapists, creating a piece of artwork/performance art/music to be used in specific healing contexts, developing a workshop or academic course on a Creative Arts Therapy profession/intervention, attending a conference or workshop related to creative arts therapies, or other such applied projects.

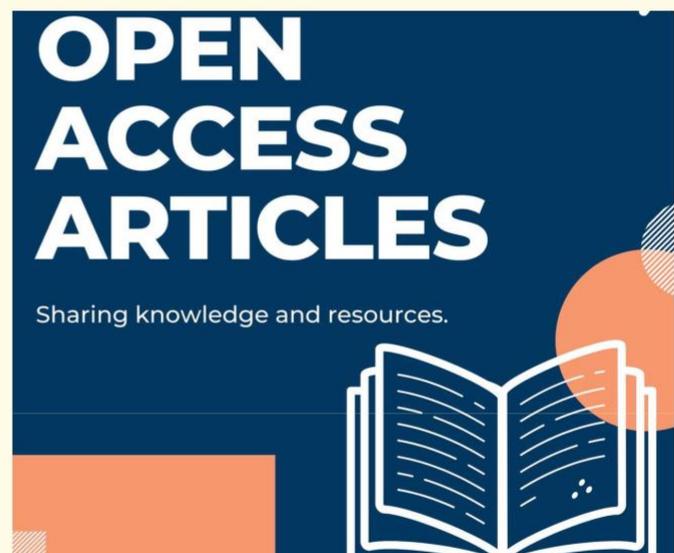
Value: \$400

Eligibility: Must be a member of the CCPA and CACP Chapter. Graduate theses are not eligible.

Deadline: April 30, 2021, 5:00pm ET

CACP JOURNAL CLUB

To create a more open and accessible platform to read research articles on the creative arts therapy field, our chapter has started a **Journal Club!** Every month, join us as we read and collectively share our ideas with a research article from the creative arts therapy field. Find us on [Facebook](#) and [Instagram](#), where links to articles will be shared at the start of each month.



Article Feature

"BEHIND THE GATES: DANCE-MOVEMENT THERAPY IN A WOMEN'S PRISON"

Jean Seibel

American Journal of Dance Therapy
(2008) 30:106–109



Drawing on her experiences as a drama therapists, Jean Seibel offers an insightful reflection into her work in a women's prison. Discussing techniques, methods, and outcomes, Seibel shares how she perceived movement and dance to have a positive effect for the women in the group. The article is brief, only 2 pages, but is well worth the read to understand how movement and dance can foster self-expression, relaxation, and community.

Each session was unique: sometimes with the same people, sometimes different. It became clear that the importance of these sessions was to help inmates tune into themselves amidst inner chaos and external rigidity of prison life. - Jean

Seibel

**Join our Journal Club and access
the article [here](#).**

Any article recommendations for us? Send us an email at cac.chapter@gmail.com with your suggestions.

BIPOC STUDENT FUND

Here is a wonderful grant opportunity by **The Black Art Therapy Educators!**

The mission of the BIPOC Student Fund by Black Arts Therapies Educators is to provide access and support for Black, Indigenous, and People of Color in creative arts therapies education programs. As many colleges move to remote-learning and online platforms during the COVID-19 pandemic, BIPOC students are required to purchase laptops, tablets, art supplies, instruments, and books, while covering the costs of basic necessities during their undergraduate or graduate coursework.

The community response to the BIPOC Student Fund has been overwhelming. In 1 week, they have received more nearly half of the donations needed to reach the \$20,000 campaign goal. The Black Art Therapies Educators are excited that this fundraising effort has gained such support and are making preparation to launch applications for the BIPOC Student Fund Personal Therapy Grant, Grad Project/Research Grant, and the Tuition Grant to be awarded in 2021. Applications for the 2021 grant cycle will reopen at a date to be announced soon. Find out more at <https://www.arttherapystudies.com/guidelines>

SELF CARE

FEATURE

Join us on social media every Sunday for a little self-care! Every week, a member of our community shares some of their self-care practices.

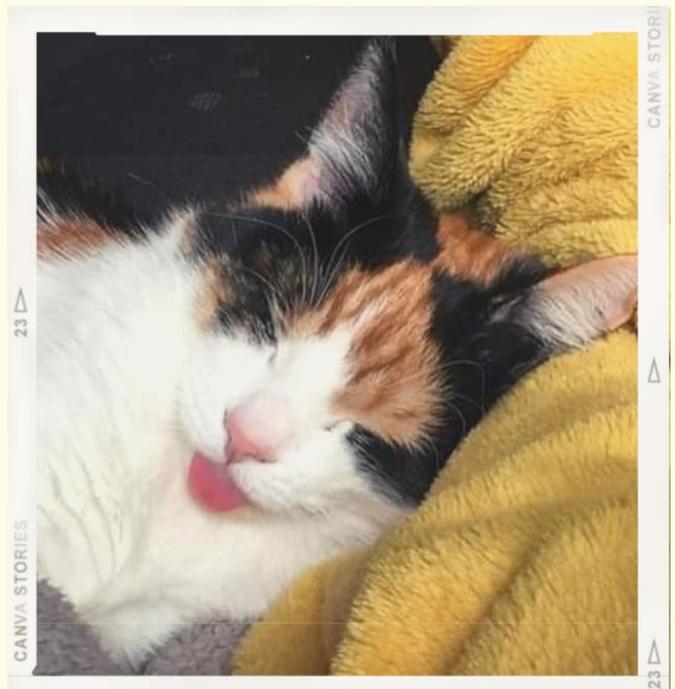
THIS SEASON'S FEATURE IS:

Emily Martin



“Two things I’ve been doing to practice self care are exploring my new sewing machine and spending time with my cat, Melon (often at the same time)! I really feel time slow down when I’m focus on learning how to make something new and Montreal has an amazing creative-reuse community.”

Emily Martin can be reached through her website emilymartin.site



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

CACP Annual General Meeting

Join us on Zoom for our Annual General Meeting on Wednesday May 12, 2021 from 7:00pm-9:00pm EST. We hope to see you there!

Details and Zoom information can be found on [our Facebook Page](#).

CREATIVE ARTS CHAPTER

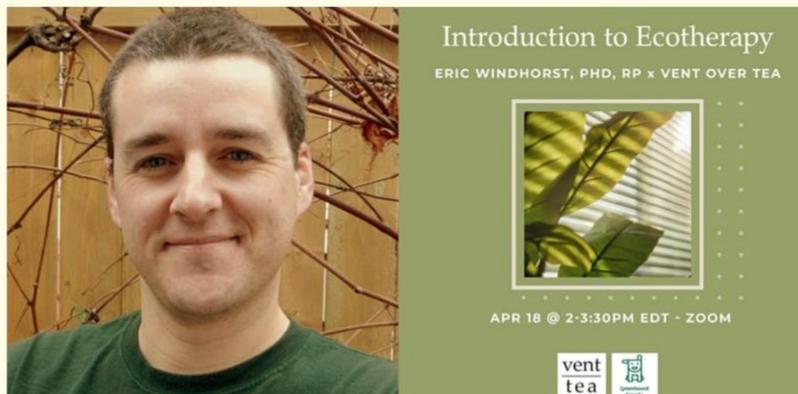
ANNUAL GENERAL MEETING



Canadian Journal of Music Therapy: 2020 Publication Available

THE 26TH VOLUME OF THE CJMT IS AVAILABLE TO ALL MEMBERS OF THE CANADIAN ASSOCIATION OF MUSIC THERAPISTS.

Intro to Ecotherapy



Have you heard of ecotherapy? Would you like to learn more about how connecting with nature can foster mental health and well-being?

Join Greenhound Canada on Sunday April 18th at 2PM for a virtual workshop that will introduce you to ecotherapy*. Facilitated by (eco)psychotherapist Dr. Eric Windhorst, this workshop will illustrate the intimate connection between mental health and nature connection and will provide a safe space for you to share your own experiences of nature's healing power.

[More information can be found here.](#)

CCPA Annual Conference



The CCPA Annual Conference is coming up! Taking place virtually, from May 13-17, this conference will feature over one hundred presentations! More information about registration and presentations can be [found here](#).

The CACP Chapter will also be hosting a panel discussion entitled "**The Intersection of Neuroscience and Art: Regulating the Nervous System using Creative Arts Therapy Interventions**". [Click here](#) for more information. We hope to see you there!

Thank
you!

