

SEPT 2021 | FALL NEWSLETTER

CREATIVE ARTS IN COUNSELLING AND PSYCHOTHERAPY

Canadian Counselling and Psychotherapy Association

L'Association Canadienne de Counseling et Psychothérapie

LA SECTION D'ARTS CRÉATIFS EN COUNSELING ET PSYCHOTHÉRAPIE

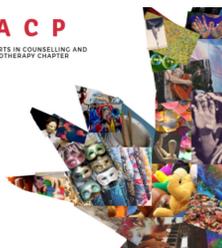


Action by Jessica Johnson via <https://nrw.reconciliation.org.au/nrw2021-artwork-action/>

THIS ISSUE:

- Letter from the Chapter President
- CATS Against White Supremacy: Series Update
- AGM and Conference Updates
- CACP Survey Coming Soon!
- Join our Board!
- Upcoming Events

C A C P
CREATIVE ARTS IN COUNSELLING AND
PSYCHOTHERAPY CHAPTER



FALL NEWSLETTER!

In this edition, we provide updates on our Annual General Meeting and Chapter Conference Presentation which took place during the CCPA-ACCP Conference in May 2021. You can check out updates on our speaker-discussion series, Creative Arts Therapists Against White Supremacy, as well as details on upcoming events. Finally, check out the latest additions to our Journal Club and upcoming events in the Creative Arts community! If you have any questions about anything in the newsletter, please feel free to get in touch via email (cac.chapter@gmail.com).

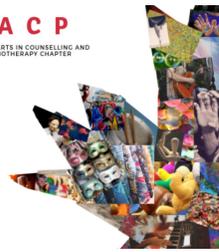
Sincerely,
The Creative Arts in Counselling and Psychotherapy Chapter

LETTER FROM THE CHAPTER PRESIDENT

Dear Creative Arts in Counselling and Psychotherapy Community,

The CACP Chapter Executive and I are proud to present our Fall 2021 Newsletter. As a community, the CACP serves to engage in open dialogue, advocacy, and projects to increase visibility of our field; our mission is to expand the credibility and power of our shared respect for the creative arts therapies.

C A C P
CREATIVE ARTS IN COUNSELLING AND
PSYCHOTHERAPY CHAPTER



The CACP Chapter is an incredible community of Canadian Creative Arts Therapy clinicians, researchers, educators, and students. As your incoming President, I am incredibly humbled and honoured to step into the role and continue supporting and advocating for this community and its members.

To our members, thank you for your valuable insight, strength, and contributions. It is your support, resilience, and feedback that propel us forward as a Chapter. As I begin my presidency, I would like to acknowledge the support of the CCPA and its team for helping the CACP Chapter execute its mission.

It must be noted that this Chapter could not operate without the incredible work of our Executive Team members. To Rowena Tam, Audrey-Anne Frennette, Stephanie Sing, and Rachel Norris: your ideas, dedication, and unfailing compassion are integral to this community and its success. Thank you. Looking forward, we currently have three open positions on the Board! Read on for more information on the following available positions: Communications Director, Secretary, and Student Representative. We encourage all creative arts therapists (and students!) to apply.

This year, the Chapter has focused on the following initiatives (1) confronting the active racism in our field and amplifying the voices of creative arts therapists of colour through our Speaker Series: Creative Arts Therapists (CATs) Against White Supremacy, (2) Exploring the use of neuroscience within the creative arts therapies through our panel discussion, *The Intersection of Neuroscience and Art: Regulating the Nervous System using Creative Arts Therapy Interventions*, presented at the 2021 Virtual CCPA Conference (3) Growing our chapter's social media presence, (4) and connecting with you, our membership, to discover how we can support you in your creative arts endeavours.

The CACP Chapter has many projects planned for the upcoming year that will continue to propel these initiatives forward. We encourage and welcome all members to contribute to these endeavours. We are proud to share this newsletter, highlighting the past, present, and future ventures of the CACP Chapter.

Wishing you good health, fulfilling connection, and creative inspiration in the Fall days ahead!

Sincerely Yours,
Lorelei Dietz

LETTER FROM THE PAST-PRESIDENT

Dear Creative Arts in Counselling and Psychotherapy Chapter Members,

It is with great joy that I welcome Lorelei Dietz, music therapist, and our chapter's former Communications Director and Student Representative into the role of President of the Creative Arts in Counselling and Psychotherapy Chapter. After two (2) years of leading the chapter's initiatives, I have seen our team responsibilities expand to meet the needs of our ever-growing membership, involve



and invite new creative arts therapists in Canada to participate in our chapter activities, and respond to the requested resources when it comes to research and training. We hope to forge new connections, build on our existing ones, and continue to amplify Black, Indigenous and Creative Arts Therapists of Colour. As Past-President, I will continue to support Lorelei in her transition to this new role, contribute to monthly meetings, and facilitate the ongoing year-long Creative Arts Therapists (CATs) Against White Supremacy Speaker Sessions and Working Groups. Be sure to follow our Eventbrite account and follow us on our social media accounts to receive the latest news about this project!

Annual General Meeting 2021: An Update

Thank you to everyone that joined our annual CACP Chapter Annual General Meeting on May 12, 2021! It was our second virtual AGM experience which has created more access for members across the country and world in varying time zones to take part. There were thirteen (13) members in attendance from art therapy, dance/movement therapy, drama therapy and music therapy. Each board member went through their respective roles and outlined their contributions to chapter activities from May 2020 to April 2021. Our Chapter Bylaws have been updated with changes reviewed and accepted by the CACP Chapter Board, Membership, and CCPA. Stay tuned to find our updated Bylaws available on our website shortly. New AGM song contributions have been added to our chapter's Spotify playlist. Take a listen here!

Helping Each Other
in the Face of Adversity



S'entraider face à l'adversité

2021 CCPA CONFERENCE PRESENTATION

The Intersection of Neuroscience and Art: Regulating the Nervous System using Creative Arts Therapy Interventions

On May 15th, the CACP Chapter hosted a panel discussion titled "The Intersection of Neuroscience and Art: Regulating the Nervous System using Creative Arts Therapy Interventions." This presentation sought to: (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 amidst a global pandemic, and (3) Recognize creative arts therapies and their interventions as a canonical profession differing from clinicians who employ creative arts in their practice. Professional creative arts therapists, Lorelei Dietz (music), Nicola-Sherwin Roller (art), and Cayley McConaghy (drama)



presented novel approaches to understanding the intersection of Neuroscience, creative arts therapies, and the nervous system. The presentation was attended by many creative arts therapists, psychologists, counselling therapists, and educators. A big thank you to our speakers, moderator, and all those who attended!

CACP SPECIAL PROJECT SERIES 2021-2022

The CACP chapter of the CCPA is proud to introduce our new year long special project entitled "**Creative Arts Therapists (CAT's) Against White Supremacy**" speaker and working group series. Inspired by the NADTA's Cultural, Humility, Equity and Diversity Committee's campaign #DramaTherapistsAgainstWhiteSupremacy, the Creative Arts in Counselling and Psychotherapy Chapter will host a monthly two-part series of speakers and working groups that aim to challenge and dismantle white supremacy within ourselves, our communities, and our professional field. As creative arts therapists, it is part of our professional, ethical, and cultural response/ability to enhance and understand how our experiences are affected by racism, capitalism, and colonialism.

Participants are invited to participate in both the speaker workshop and the mandatory follow up working group one month later. The working groups will hold us accountable and will ensure that we are not just listening but are actively reflecting and responding in constructive and actionable ways in various settings in the month between the events. Committing to this work, both within our working groups and within your personal lives, is a life-long journey. Participation in both seminars is an essential component to the process of

dismantling white supremacy and its indoctrination within us all. This event is open to all creative arts therapists, expressive arts therapists, and therapists from adjacent fields with affiliation to Canadian creative arts therapy organizations [CATA, CAMT, NADTA, ADTA].

PAST EVENTS

Speaker workshop #1 (Part 1) with Stephanie Sing (M.A.): Wednesday July 7th from 7:00-800pm EST

Our July speaker was Stephanie Sing (she/her) who is a bicultural art-therapist (M.A) currently practicing in the Greater Toronto Area. Stephanie's clinical experience varies in scope and has included working with: individuals living with dementia, women and children fleeing domestic and honour based violence, incarcerated women, newcomers, and communities afflicted by drug and gang violence. Stephanie is a strong believer in empowering formally disenfranchised groups and assists those she works with by using a trauma-informed lens as well as closely referencing the community resiliency model.

Part 2 - Working Group #1: Wednesday August 11th from 7:00-800pm EST

Speaker Workshop #2 (Part 1) with Todd Hunter: Wednesday, September 15th

In September, we were honoured to host Todd Hunter (he/him) who is a recent MA graduate of Concordia University's Drama Therapy program recently relocated to Halifax in hopes of creating a Mental Health Social Change Theatre Project serving the African & Indigenous community. His primary focus is to foster empowering relationships with BIPOC community members utilizing therapeutic approaches. He also holds a master's degree in Urban Sustainability (Antioch University, L.A.) and is the former founding director of Los Angeles' Health Education Theatre Project which provided health education to the underserved Black and Latino community. During his training years at Concordia he interned at Native Montreal, The Native Woman's Shelter and the Center for the Arts in Human Development, receiving high letters of recommendation.

UPCOMING EVENTS

Part 2 - Working Group #2: Wednesday October 13th from 7:00-800pm EST Registration is still open! [Click here to learn more!](#)

Speaker Workshop #3 with Trina Chakrabarti: November 2021!

Keep an eye on our social media for more information!

Membership Survey

We'd love to hear from you!

The Creative Arts in Counselling and Psychotherapy (CACP) Chapter is conducting a survey to hear how to improve the quality and function of the chapter's service.

*The information gathered will help us assess the needs of our membership to ensure that we focus on the initiatives that matter. The survey includes 24 questions which should take approximately 15-20 minutes to complete! **The survey will close October 15, 2021 at 11:59EST.***

[Click here to fill out the CACP Survey!](#)



Our Board of Executives has three open positions!

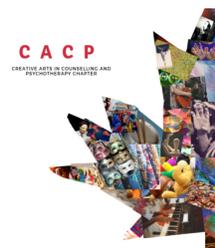
- Our secretary is responsible for keeping minutes of all meetings and ensuring the Chapter documents and Google Drive platform remain organized.
- The Communications Director puts together our newsletters, communicates with external organizations, and assists the Communications Specialist with social media initiatives.
- Our Student Rep is the liaison between the CACP Chapter and all Creative Arts Therapies Programs across Canada. They are responsible primarily for supporting CATs students by hosting one event per year and creating Chapter initiatives to support students' needs.

We welcome all CACP Chapter members to submit applications and pass along the information along to their communities. Applicants must be Certified Creative Arts Therapists (or students of a recognized program) of any modality, and members of the CACP Chapter.

All interested applications should email the Lorelei, Chapter president, at cac.chapter@gmail.com with their resumé, position of interest, and a brief cover letter.

Have you seen our 2021 Annual Newsletter?

Our Annual Newsletter was released in May 2021! It details everything the Chapter was up to in 2020 and 2021, as well as featuring Bursary winners and a special article feature. [Click here to check it out!](#)



Our [Open Access Articles](#) have been a great resource offering many Creative Arts Therapy clinicians access to current information. We believe that knowledge should not be solely reserved for academic spaces and share an open access article every second month.

[Here is a snapshot of the articles and their abstracts.](#)

In the month of August we shared an article titled *Playing with Race: A Theoretical Framework Approach for Creative Arts Therapists* by Christine Mayor, M.A., RDT*



Abstract: Our assumptions about race and the process of othering are crucial in the therapeutic relationship, with power, privilege, and personal and collective trauma impacting the encounter. In spite of this, race is seldom formally discussed in the creative arts therapies. This literature review suggests that the existing writing often problematically includes essentialist discourse, color-blind statements, unqualified suggestions that the arts transcend difference, or “how to” instructions for working with particular racialized groups. Drawing on critical race theory and performance studies, this article offers theory for understanding race as roles that are produced and performed, embodied and created in the encounter. By engaging with these roles, we may disrupt rigid notions of race, provide an ethical component of the therapeutic relationship, and work towards social change. Analysis of the “Developmental Transformations” (DvT) section of the *Three Approaches to Drama Therapy* (New York University, 2005) video is included as illustration of the potential, complexity, and limitations of playing with race.

*Mayor, C. (2012). *Playing with race: A theoretical framework and approach for creative arts therapists. The Arts in Psychotherapy, 39*(3), 214–219. Retrieved from <https://doi.org/10.1016/j.aip.2011.12.008>

In the month of June we shared an article titled “What are You All Going to Do to Keep Black Women in Art Therapy?” A Womanist Menifesto for Creative Arts Therapies Education by Leah Gipson, Marisol Norris, Leah Amaral, Johanna Tesfaye and Anna Hiscox.**

Abstract: In this viewpoint, the authors describe their impressions of a 2018 conference and the significance of participating in a learning environment that centered on arts therapists of colour. Collectively, two art therapy educators, a music therapy educator, one new professional art therapist, and one art therapy graduate student, question the maintenance of professional norms that have at times motivated BIPOC students and practitioners to leave the creative arts therapies in search of other professional places to thrive. The article concludes with a Womanist Manifesto for Arts Therapies Education.

**Gipson, L., Norris, M., Amaral, L., Tesfaye, J., & Hiscox, A. (2021). What are you all going to do to keep black women in art therapy? *Voices: A World Forum for Music Therapy, 21*(1). Retrieved from <https://doi.org/10.15845/voices.v21i1.3200>

In the month of March, we shared an article titled *Drama Therapists' Attitudes and Actions Regarding LGBTQI and Gender Nonconforming Communities* by Mark Beauregard, Ross Stone, Nadya Trytan and Nisha Sajjani*.

Abstract: Drawing on survey research conducted in music therapy, the purpose of this study was to identify the attitudes, strengths and limitations in the field of drama therapy with regard to working with lesbian, gay, bisexual, transgender, queer, inter-sex (LGBTQI) and gender nonconforming (GNC) communities and to identify implications for training, research and the practice of drama therapy. A total of 136 respondents met the inclusion criteria. Results indicate that the majority of drama therapists hold an open and affirming attitude towards gender diversity and sexual orientation. Yet, discrepancies remain concerning the training received, overall level of preparedness, and participation in supervision specific to working with LGBTQI and GNC clients. Ongoing training and supervision is needed to bridge the gap between affirming attitudes and actions.

*Beauregard, M., Stone, R., Trytan, N., & Sajjani, N. (2016). Drama Therapists' attitudes and actions regarding lgbtqi and gender nonconforming communities. *Drama Therapy Review*, 2(1), 41-63. Retrieved from https://doi.org/10.1386/dtr.2.1.41_1

Upcoming Events

Call for Submissions- Winter 2022 Journal Issue



The Canadian Journal of Art Therapy/ Revue canadienne d'art-thérapie is seeking content based on the 2021 CATA Conference theme titled, "*Emergence: Cultivating Hope, Creating Change.*"

The deadline to apply is **January 10th, 2022**. More details can be found on the [CATA website](#).

Music Therapists! Next CAMT Member meet-up

with Hayley Francis Cann, SarahRose Black & Pam Lansbergen

Topic: CJMT on open access and how to submit for the next issue

Everyone Welcome!

Wednesday, September 29 3pmPT, 5pmCT, 6pmET, 7pmAT

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



*Thank you for reading!
For any questions or suggestions,
email us at
cac.chapter@gmail.com*

