**Creative Arts in Counseling and Psychotherapy (CACP) Chapter  
ANNUAL GENERAL MEETING MINUTES  
MAY 15, 2023 at 7 PM EST / 8 PM AST / 2 PM PT / 3 PM MT**

**Meeting info:** Virtual Annual General Meeting (AGM) highlighting the Creative Arts in Counseling and Psychotherapy Chapter’s activities between May 2022 to April 2023. This AGM will be conducted over the videoconferencing platform Zoom.

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| [**Zoom Link**](https://us02web.zoom.us/j/81125716545?pwd=TGtlQ0g3TFZoamQrM0pMcmswOUh2Zz09) | Meeting ID: 985 9002 2622  Join Zoom Meeting  <https://zoom.us/j/98590022622?pwd=S0ZEbXh1Ry93dXBRVUVaUlNxd2RjUT09> | One tap mobile  +15642172000,,98590022622#,,,,\*8768247# US  +16465588656,,98590022622#,,,,\*8768247# US (New York) |

1. **Welcome**

Sharing name, modality, and location in Canada.

1. **Introductions and Icebreaker**

Pick a sound using items in your space that represents current mood and share it.

Board of Executives:

Lorelei Dietz – President, music therapist in Kjipuktuk/Halifax, NS

Rachel Norris – Special Projects Coordinator, music therapist in Tiohtià:ke/Montreal

Rowena Tam – Past President, drama therapist in Tiohtià:ke/Montreal

Yasmin Kawar – Secretary, music therapist in Kjipuktuk/Halifax, NS

Audrey-Anne Frenette – Treasurer, art therapist in Gatineau, Quebec/Algonquin Territory

Board Members in Absentia:

Anqi Sun – Student Representative in Tiohtià:ke/Montreal

Nicola Sherwin-Roller – Board Liaison (outgoing)

CACP Chapter Members in Attendance:

Amanda Marra – Drama Therapist in Tiohtià:ke/Montreal

Lily Jiménez-Dabdoub – Art Therapist in Tiohtià:ke/Montreal

Emily Springgay – Expressive Arts Therapist in Tkaronto/Toronto

Kathryn Schmidt – Art Therapist in Vancouver Island/Lkwungen Territory

1. **President Opening Remark**
2. **Motion to accept 2023 AGM Meeting Agenda**  
   **First:** Rowena Tam

**Second:** Rachel Norris

1. **Motion to accept** [**2022 AGM Meeting Minutes**](https://docs.google.com/document/d/1iNzwwoERqJ6ue59jra3g1EqHBGiS7ike/edit?usp=sharing&ouid=101395482104996092137&rtpof=true&sd=true)

**First:** Amanda Marra

**Second:** Audrey-Anne Frennette

1. **Review** [**Constitution and Bylaws**](https://docs.google.com/document/d/1TRBKCqoddwmnQ6LCw3QH4onkcuq2rO_G_xs3vAo1VNc/edit?usp=sharing)

Lorelei went over the 2021 AGM amendments in the Chapter’s Bylaws with AGM attendees. Updates include terms and conditions for Co-Presidency. The Chapter’s Constitution and Bylaws can be accessed here:

<https://docs.google.com/document/d/1TRBKCqoddwmnQ6LCw3QH4onkcuq2rO_G_xs3vAo1VNc/edit?usp=sharing>

1. **Executive Reports:**
   1. President’s Report
      1. Membership: 551
         1. Increase of 97 people from last year
         2. 25% students, 75% professional members
      2. Monthly Teleconferences
         1. Chapter has met every month except for 1 month. Had 11 monthly meetings this past year.
      3. Chapter Presentations at the October 2023 CCPA Conference
         1. *A Moment for Me in the Creative Arts Therapy Community*

* Will be hosted by Audrey Anne, Anqi Sun & Cassandra Brennan
* Taking place at 10:30am of Friday, October 20th, 2023.
* Will be a self-care-oriented workshop including music therapy, art therapy, and drama therapy experiences for attendees.
  + - 1. *Celebrating 20 Years Of The Creative Arts In Counselling & Psychotherapy Chapter: Co-creating Pathways To Equity, Diversity, And Inclusion*
* Will be held in the 1:00pm of Friday, October 20th, 2023
* Nisha Sajnani (Chapter founder) to host
* Past presidents will be sitting as panelists to speak about the evolution & history of the chapter since its beginning, as well as its commitment to equity, diversity, and inclusion.
  + 1. Research, Professional Project, and Student Bursaries
       1. Annual CACP Chapter 2022 Bursaries
          1. Professional Bursary Recipient ($400) - Lucy Lu, *Professional Development and expanding Cultural Safety Working with Indigenous Populations.*
          2. Other bursaries’ applications did not meet the criteria.
       2. 2023 Bursaries:
          1. The Chapter will be re-opening applications for the 3 bursaries in the Fall of 2022. We will be accepting applications for three chapter bursaries: (1) $400 Student Assistance Bursary, (2) $400 Professional Project Bursary, (3) $550 Research Project Bursary.
          2. More information to follow in September, 2023 – keep an eye out for email!
          3. In the process of working out the application form and criteria for the Research and Student bursaries.

Member feedback encouraged to be sent via email.

* + 1. Seasonal and Annual Newsletter
       1. Chapter’s mission is to put out a quarterly newsletter as well as an annual newsletter.
       2. An annual newsletter is coming up soon.

* 1. Past-President’s Report
     1. Was president from 2019 – 2021, has been mentoring Lorelei in her role since then. Also assisting in 2023 Conference Pannel Planning.
  2. Communication Director’s Report
     1. Irish is a CCPA Student Rep and has been in this position since Nov. 2022
     2. Posting once a week on social media – throwback Thursday posts that celebrate the Chapter’s 20th anniversary.
     3. 2202 followers on Instagram – 35 follower increase from last year.
     4. Tries to disseminate information promoting and supporting BIPOC and LGBTQ+ artists and creative arts therapists/mental health professionals.
  3. Special Project Coordinator’s Report
     1. Creative Arts Therapists Against White Supremacy Update: over the past 2 years, the chapter has hosted the CATs Against White Supremacy speaker and working group series that invited 6 Creative Arts Therapists of colour to share their perspectives of how white supremacy impacts their lives and work. These talks were followed by a discussion group after one month to pose questions and give space to reflect/continue the work. Moderators were hired for each event to ensure a safe space for speakers/participants. The events for this special project were held from June 2021 until July 2022. Rowena Tam, Lorelei Dietz and Rachel Norris are currently contributing towards writing an article that will explore the successes, challenges and overall experience of this year-long special project. Data collection is currently underway, and the aim is to publish this article in a peer-reviewed journal to promote the chapter, its endeavours, and the creative arts therapies field as a whole in its work to champion social justice.
     2. An additional initiative that was supported by the chapters special project fund is hosting a past-presidents panel to celebrate the Chapter’s 20th anniversary at the CCPA Conference in October of 2023. This panel will share pivotal moments during their tenure, offer examples of research and practice in their respective communities that reflect a commitment to dismantling systemic barriers that impact mental health, celebrate the accomplishments of a diverse chapter membership, and consider future directions. We look forward to celebrating the 20th anniversary of the chapter this coming October in Toronto!
     3. Special Projects Funding :From April 2022 to April 2023, we received 2 applications for special projects funding and 2 were awarded. Each selected special project received $200 each, totalling $400 awarded for Special Projects funding to our members for the 2022-2023 fiscal year. While the number of applications for the special project bursaries were greater than last year, the total number of applications are still lower than expected. From the bi-annual survey last year, received in October 2021, it became clear that it was because members did not know of the funding opportunity. It seems that most members are still unaware that this funding is available to them.
     4. To address this issue, the Chapter has implemented multiple strategies that aim to increase awareness around the special project bursaries. A portion of the special project funding (approximately $1000.00) will be allocated to the special projects fund, that will be divided between 4 eligible applicants at $250 per project throughout the 2023-2024 fiscal year. Further, the chapter executive team will continue to publicise the funding opportunities over social media and in newsletters throughout the year to reach more of our members and support more CACP members with special project initiatives. Moving forward, the chapter executive team is working towards simplifying the application process and creating greater opportunities to share this resource with the membership.
  4. Treasurer’s Report
     1. Currently have $14,555.59 in account.
        1. Have allotted more money this year to finance bursary and special projects applications.
     2. Income: CCPA membership payments – 2022-2023 - $6594
     3. Expenses: Newsletter, social events, student rep position membership, special project applicant, Professional Bursary, Conference registration fees, Bank fees, E-transfer fees. Total: $2944.39
     4. Incoming expenses: CCPA annual conference registration, workshop facilitator honorarium, workshop materials, social event for members
        1. Estimated $1400
     5. Projected budget for 2023-2024: $9132.50
        1. Allocated $3000 for special projects this year – more than previous years.
  5. Board Liaison Update: Nicola Sherwin-Roller
     1. After 5 years as a volunteer with the CCPA, Nicola will be leaving this position.
     2. The CCPA Board of Executives will be appointing a new board liaison for the Chapter.

1. **Changes in Executive Committee**

Co-presidency is proposed in order to be able to share the responsibilities and workload in this volunteer position. Established a co-presidency as a transitional role from other positions, and for the past president to transition out. Having co-presidents also allows executives from different modalities and locations to be in leadership roles which can have a wider scope of outreach with members.

* 1. **Proposed Changes in Presidency** 
     1. **Rachel Incoming (Co-president)**
     2. **Lorelei Incoming (Co-president)**

**Motion to accept Rachel as Incoming Co-President for 2023-2025:**

**First:** Amanda Marra

**Second:** Lily Jiménez-Dabdoub

**All voted in favor for Rachel.**

**Motion to accept Lorelei as Incoming Co-President 2023-2025**

**First:** Audrey-Anne Frenette

**Second:** Lily Jiménez-Dabdoub

**All voted in favor for Lorelei.**

**\**Rowena Tam to remain in role of past president until October 2023***

* 1. **Changes in Executive Team** 
     1. Special projects coordinator position is now vacant.

1. **Review member discussion from 2022 AGM:**

**Rowena:** How to get more involved with Western Canada?

**Discussion:** Connecting with post-secondary programs out West. Finding associations for other CATS: BC and Quebec art therapy associations, Drama therapy association only present in Quebec. ON has an Expressive Arts Therapy association….All about personal connections.

**Kathryn** **Schmidt:** Thinking about overlap of play therapy associations… similarity between play therapy and art therapy – see the connection. We don’t talk to the Play therapy association, nor Sandtray. Outreach to play therapy? Synergetic play therapy – training institute:<https://synergeticplaytherapy.com/>

**Lorelei:** play therapy is welcome in our modality. **Rowena:** Concordia has a play therapy certificate program now launched in 2020, about 1 month, intensive 9-5. Doing fieldwork alongside certificate. Back to in person since Covid-19.

* **ADDITION (2023): Amanda Marra** shared her experience doing the play therapy program online with Concordia. She had positive reviews on this and encouraged it for folks who work with young/children age clients. Pointed out overlap with

**Nicola:** courses in creative arts therapies don’t often meet criteria of the CCC, so it prevents CATS from joining the CCC. Bringing it up at CCPA meetings. Having CCC designation is valuable and legitimizes the work.

**Discussion:** If know past students with CCC that are points of contact and ask how they obtained/maintained CCC and reach out to those programs.

* **ADDITION (2023): Amanda Marra** shared her experience finding it difficult to register for CCC as staff she was emailing with at CCPA were not up to date on their handbook.
* **ADDITION (2023): Amanda Marra** asked if anyone has had experiences where their supervisor was not a masters’ level supervisor and thus not eligible for the CCC application?
  + Rowena shared that she knows others that have experienced that. Rowena also pointed out that there is more than just Concordia’s program which makes it difficult to advocate for this nation-wide.
  + Rowena suggested to write a joint advocacy letter with QCA which can be a template used for others.
* **ADDITION (2023): Kathryn** **Schmidt** asked if there can be liaison to discuss supervision requirements?
  + Rowena encouraged Kathryn to send an email to CACP outlining the challenges she’s experiencing in obtaining her CCC-S.

1. **Invitation for members to get involved with the Chapter**
   1. **Open positions on the CACP Board of Executives:** 
      1. **Special Projects Coordinator**
      2. **Communications Specialist**

*If interested in applying, members are encouraged to email with their expressed interest and why they think they would be a good fit for the role. Members were encouraged to reach out and ask any questions about either role. A call for nominations will be put out in the next few months to all membership.*

1. **Business Arising** 
   1. Social event will be hosted on Fri Oct 20 in the evening. Chapter will be providing food for folks attending - event will likely be held in a restaurant. This will be an opportunity to connect with CATS in the surrounding area.

* **Emily Springgay:** offered help in finding a suitable restaurant as well as inviting folks from the Expressive Arts Therapies community.

1. **Varia**
   1. **Question period**

**Amanda Marra:** Is there an option for shared transportation or reduced package fees for accommodation for the conference?

* Lorelei answer: There are savings on hotel accommodations by CCPA. Sending out communication to membership to encourage carpooling or sharing Air BnB’s could be an option.
* Reminder to register for separate events in the conference.
* **Lily Jiménez-Dabdoub:** The hotel accommodations seem to be sold out.

1. **Member Announcements (upcoming events, etc.)**

**Rowena:** The NADTA Conference in October at Niagara Falls on the New York side.

**Lorelei:** World Federation of Music Therapy Conference held in Vancouver in late July 2023.

**Lily Jiménez-Dabdoub**: Hybrid conference coming up in June for Expressive Arts Therapies with Lisa Hanson, Maria Ricardy.

1. **Closing Remarks**
2. **Adjournment**

8:54pm EST

9:54pm AST