

JUNE 2022

ANNUAL NEWSLETTER

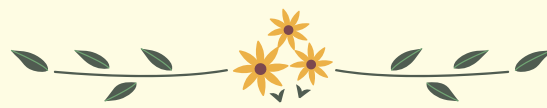
CREATIVE ARTS IN COUNSELLING AND PSYCHOTHERAPY CHAPTER
CANADIAN COUNSELLING AND PSYCHOTHERAPY ASSOCIATION
L'ASSOCIATION CANADIENNE DE COUNSELLING ET DE PSYCHOTHÉRAPIE
LA SECTION D'ARTS CRÉATIFS EN COUNSELLING ET PSYCHOTHÉRAPIE

Welcome to the 2022 Annual Newsletter!

Inside this issue, you will find highlights of the Chapter's ventures between May 2021 and 2022. We will showcase our special project, the *Creative Arts Therapists Against White Supremacy* speaker-discussion series, and present information about professional development and funding opportunities. Inside, you will also find stories from past funding recipients and how they have contributed to the community. Enjoy!

Contents

• A WORD FROM OUR PRESIDENT.....	PG. 2
• MEET OUR BOARD OF EXECUTIVES	PG. 3
• GET INVOLVED WITH THE CACP	PG. 4
• CACP CHAPTER CONFERENCE PRESENTATION.....	PG. 5
• APRIL'S COUNSELLING & PSYCHOTHERAPY MONTH.....	PG. 7
• 2022 BURSARY RECIPIENTS.....	PG. 8
• CATS AGAINST WHITE SUPREMACY: A CACP SPEAKER-DISCUSSION SERIES.....	PG. 10
• UPCOMING EVENTS AND OPPORTUNITIES.....	PG. 12



JUNE 2022

A letter from the CACP Chapter President...

Lorelei Dietz, MA, RCT-C, MTA, NMT
Counselling Therapist & Music Therapist



Dear Members of the Creative Arts in Counselling
and Psychotherapy (CACP) Chapter,

The Chapter Executive team and I are proud to present this year's Annual Newsletter! Our chapter continues to serve as a community dedicated to supporting creative arts therapists, advocating for our field, as well as increasing access to opportunities in education, research, and practice. This year, we had many creative arts therapists join the Chapter from across Canada.

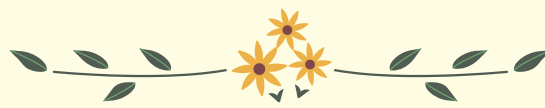
In 2021, the CACP Chapter launched a speaker-discussion series entitled Creative Arts Therapists Against White Supremacy. Conceived by our past-president, Rowena Tam, the project aims to provide a safe space for the acknowledgment and challenge of the existence of racial injustice and white supremacy in our field. Throughout the past year, we have seen members show up as speakers and share their stories of marginalization and discrimination.

We have seen members gather in the following discussion sessions to contemplate how they can create change in themselves, their practice, and their communities. Though the series will come to a close in July, the work must continue for all of us. Read on to learn more about the series and what change looks like for some of our members.



This year, our Chapter participated in the CCPA 2022 Conference for the presentation *Racial Trauma in the Creative Arts Therapies: Exploring the Intersections Between Power, Privilege, and Oppression*. Using creative arts practices, the presentation enabled attendees to develop tools to use in their personal and professional lives. A big thank you to our presenters: series speakers, Todd Hunter and Rowena Tam, as well as series coordinator, Rachel Norris. Well done all!

Our Chapter's activities happen because of the hard work of a large team. To the CCPA, thank you for your continuous and unfailing support. To the Chapter executive team, namely Rowena Tam, Audrey-Anne Frenette, Yasmin Kavar, Angie Ross, Stephanie Sing, Nicola Sherwin-Roller, and Rachel Norris: I am immensely grateful to work with you and must thank you for the constant dedication, resilience, and creativity you bring to this chapter.



JUNE 2022

This year, the actions of our executive have centered on (1) advocating for the creative arts therapies by funding and disseminating professional development opportunities, (2) raising the voices of creative arts therapists of colour and actively challenging white supremacy in our field by hosting the speaker-discussion series entitled Creative Arts Therapists Against White Supremacy, and (3) seeking and integrating feedback from our members received through the bi-annual membership survey.

As always, if you would like to reach out to the executive with any ideas or feedback, we would love to hear from you! You can contact us by email at cac.chapter@gmail.com.

Wishing you all health, laughter, and lots of sunlight!

Sincerely,
Lorelei Dietz, MA, MTA, NMT
Chapter President
Creative Arts in Counseling and Psychotherapy Chapter
Canadian Counseling and Psychotherapy Association



Meet our Board of Executives



Lorelei Dietz
President



Rowena Tam
Past-President



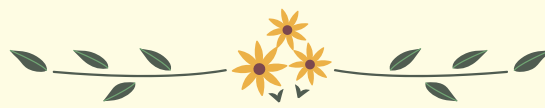
Audrey-Anne Frenette
Treasurer



Rachel Norris
Special Projects
Coordinator



Nicola Sherwin-Roller
Board Liason



JUNE 2022

A warm welcome to our new Board Member!

Yasmin Kavar, Certified Music Therapist

Yasmin Kavar, MTA, MT-BC, is a Jordanian-Canadian music therapist working in the K'jipuktuk (Halifax) area. Yasmin specializes in providing music therapy in mental health settings and is currently working with persons in addictions/substance use rehabilitation, trauma/abuse recovery, and criminalized populations. Yasmin also has experience in psychiatric mental health and with persons experiencing homelessness. With an intersectional-humanistic, trauma-informed, and psychotherapeutic-educational approach, Yasmin works to meet clients where they are in their life journey to guide positive empowered change. Within her work, she seeks to creatively mobilize chaos and suffering into healing change. Yasmin is currently completing her graduate studies in music therapy at Concordia University, and also serves as the Vice-President for the Atlantic Association of Music Therapy.



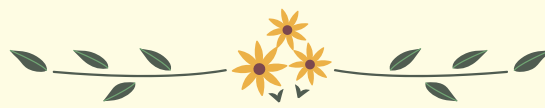
Get involved with the CACP chapter!

VACANT POSITIONS:

***Communications Director &
Communications Specialist***



*Interested in joining our Executive Board for one of these positions?
Send an email to ***cac.chapter@gmail.com*** for more information!*



JUNE 2022

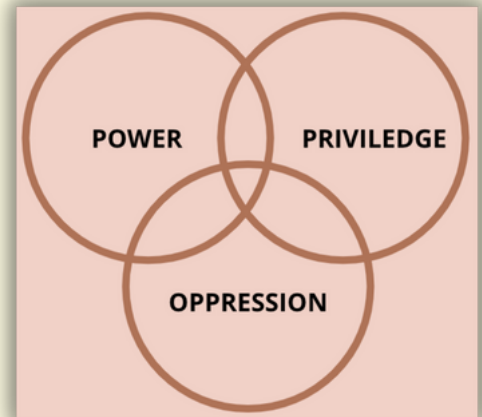
CACP 2022 Chapter Conference Presentation

Look back at Friday, May 20th, 2022

Racial Trauma in the Creative Arts Therapies: Exploring the intersections between power, privilege, and oppression.

This experiential presentation addressed topics on racial trauma, intersectionality, allyship and white supremacy in the creative arts therapies (art, drama, dance/movement, music) field. Audience members developed tools to use in their personal and professional lives based on the speakers' research, clinical work, and lived experiences through interactive engagement. Creative arts therapy interventions in art, drama and movement were used to provide professional development training for both racialized and white creative arts therapists.

The chapter's year-long series, *Creative Arts Therapists Against White Supremacy*, will be interwoven throughout the presentation to offer actionable ways to address racial trauma and white supremacy. We hope to see you there!

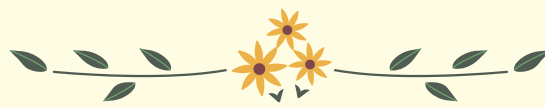


Thank you to our Presenters!

Todd Hunter

As a recent MA graduate of Concordia University's Drama Therapy program, Todd Hunter 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.





JUNE 2022

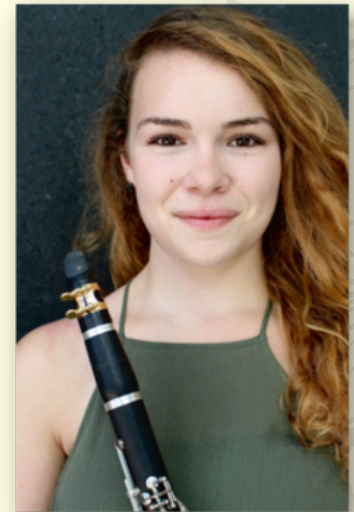
Rowena Tam



Rowena Tam (she/her), MA, C.C.C., is a drama therapist, researcher, and guest living and working in Tiohtiá:ke/Mooniyaang/Montreal, on unceded Kanien'kehá:ka territory. Rowena has clinical experience working in public and private practice with frontline workers at Indigenous-serving organizations, immigrant and refugee youth, women in prison, as well as neurotypical and neurodiverse children and adults. Rowena is a member of the North American Drama Therapy Association's Cultural Humility, Equity and Diversity Committee (CHEDC).

Rachel Norris, MA, MTA, MT-BC

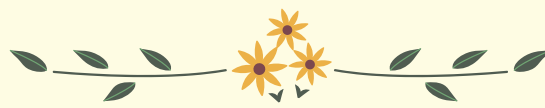
Rachel Norris (MA, MTA, MT-BC) is a board-certified Music Therapist in the Tiohtiá:ke /Montreal area. Rachel obtained her bachelor's in clarinet performance from McGill University in 2013. she obtained her music therapy certification in 2020. After graduating from the Concordia Graduate Diploma program in music therapy, Rachel went on to complete her Master's in music therapy from Concordia University in June 2021. Her thesis, published on Spectrum in 2021, explored the theoretical foundations of attachment and the use of music therapy with families. Rachel is a Level 1 certified Play therapist and is also a certified Music Together instructor teaching group music classes for families. Rachel currently works as a music therapist in a school for children with disabilities.



Lorelei Dietz, MA, MTA, NMT



Lorelei Dietz (she/her/elle) is a Certified Music Therapist in K'jipuktuk/Halifax on the unceded land of the Mi'kmaq people. Lorelei has worked clinically with survivors of traumatic and acquired brain injuries, persons living with dementia, and neurodiverse children. She is the founder and music therapist at Coastal Music Therapy, a mobile private practice where she specializes in community mental-health care using a person-centred, intersectional, and strengths-based approach. With a passion for mental-health advocacy and education, Lorelei serves as a Board member with the Creative Arts Chapter, Atlantic Association of Music Therapists, and Halifax Central Community Health Board.



JUNE 2022

REWIND- **Launching** **Counselling and** **Psychotherapy** **Month** **(April 2022)**



CANADIAN COUNSELLING AND
PSYCHOTHERAPY ASSOCIATION
ASSOCIATION CANADIENNE DE
COUNSELLING ET DE PSYCHOTHÉRAPIE

AND LEAD PARTNER
ET PARTENAIRE PRINCIPAL



owlpractice

PRESENT / PRÉSENTENT
**COUNSELLING &
PSYCHOTHERAPY MONTH**



**LE MOIS DU COUNSELING
ET DE LA PSYCHOTHÉRAPIE**

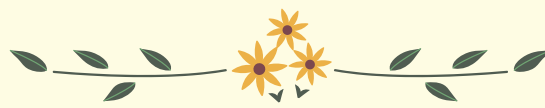
APRIL / AVRIL

***This year, the CCPA launched Counselling and
Psychotherapy month with the goal of:***

- *Recognizing the important services that CCPA members, and counsellors, counselling therapists and psychotherapists at large, provide to Canadians, through media releases and our Thank a Therapist platform.
- Offering support to practitioners via affordable professional development and networking opportunities that will revitalize their practice and reconnect them with their professional community,
- Increasing the profile of the profession through public awareness and advocacy initiatives, including a social media toolkit, #accessmentalhealthcare campaign, and Yellow Day,
- Raising awareness of CCPA's recommendations to the Federal Government through a virtual Parliament Hill Week

(list from the CCPA website)*

Each April, the CCPA will host special events and opportunities.
Keep an eye out on the CCPA website and social media!



JUNE 2022

Looking back at the CACP's 2021 Bursary Recipients

Professional Bursary: Mallory Minerson, Drama Therapist

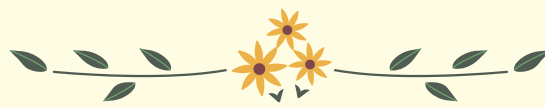
Project: Developing an Introduction to Drama Therapy Course at St. Stephen's College

I was very grateful to have received a CACP Chapter's Professional Project Bursary in 2021. The bursary allowed me to take dedicated time to develop a course outline, syllabus and grading system for the Introduction to Drama Therapy at St. Stephen's College, at the University of Alberta. As we all have experienced, the presence of Covid-19 has shifted everyone's ability and capacity for in-person learning and academics have been ever-evolving for the past 2+ years. I was the Instructor for this course for the Fall 2021 semester and we were exceptionally fortunate to have been granted in-person learning ability. This course was the only in-person class offered in the Fall at St. Stephen's and I advocated strongly for the ability to be in-person to enrich the student learning. The semester was successfully completed with rich student learning. I am including a photo from the course during the exploration of the midterm assignment, which was in part:



“Masks are one of the most essential elements of the dramatic medium- in metaphor, symbolism, story and costume effect. In drama therapy the mask takes on additional roles through projective techniques and can become a distancing tool, a metaphoric representation of role or character and story. Recently, in the age of the Covid-19 pandemic, masks have moved into our daily lives with an ever-present requirement for safety. How have our relationships with masks changed or stayed the same? Consider the role of mask(s) in your life currently or within a part of your life story. How would you use masks to assist you in the telling of this narrative? (Copyright: Mallory Minerson, Faculty of Arts, University of Alberta 2021).”

Check out a video of the project here!
(shared with the permission of all parties)



JUNE 2022

Research Bursary: Cassandra Brennan, Drama Therapist

Project: Public practice drama therapy with women in the criminal in/justice system



"I am so grateful to the Creative Arts in Counselling and Psychotherapy chapter for the research bursary that I was privileged to receive in 2021. With the support of this chapter's bursary, I was able to develop a research article alongside fellow drama therapist and researcher Rowena Tam for future journal submission. This paper delves into the potential for more public approaches to the practice of drama therapy and invites our creative arts therapies communities to be curious about how we can work to decolonize our respective fields. This paper is currently undergoing further revisions and will hopefully make its way to the hands of eager readers soon."

Cassandra Brennan is a settler, drama therapist and artist based in the Greater Toronto Area, in the traditional lands of the Mississauga's of the New Credit. Since graduating from Concordia University's Drama Therapy program, Cassandra has worked with individuals and groups in various crisis intervention and community settings. Cassandra is currently working in private practice, while also seeking ways to bring her research to fruition. Cassandra is passionate about furthering conversations related to public practice drama therapy and devising new, more radically inclusive approaches to the field of drama therapy.

INTERESTED IN APPLYING FOR FUNDING?

THE CHAPTER BOARD OF EXECUTIVES IS LOOKING
AT OPENING MORE OPPORTUNITIES FOR FUNDING
IN FALL 2022. KEEP AN EYE ON OUR SOCIAL MEDIA
FOR DETAILS!

JUNE 2022

Creative Arts Therapists Against White Supremacy: a look back at the speaker-discussion series



The Creative Arts in Counselling and Psychotherapy Chapter hosted a monthly two-part series of speakers and working groups that aimed 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.

Our chapter invited six creative arts therapists of color to be speakers in this series and share their perspectives of how white supremacy has impacted their personal and professional lives and creative arts therapist and how white supremacy continues to impact our field as a whole. Each hour-long speaker presentation would then be followed up one month later by a working group to discuss material from the presentation and address questions posed by the speaker in the previous month. Each working group and speaker event was facilitated by a hired moderator to ensure that the space was as safe and respectful as possible for both the speakers and participants.

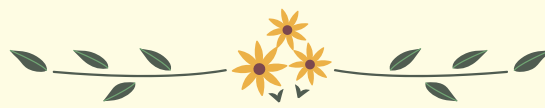
This series took place virtually on Zoom and began in June 2021 with a closed BIPOC discussion group. The series of speakers and working groups started in July 2021, and we have welcomed five fantastic creative arts therapists of color as presenters to discuss various perspectives on white supremacy in the creative arts therapies field.

While all events were free for participants, each speaker was asked to select an organization of choice that participants had the option to donate to while registering. Across all events thus far, participants have donated a total of \$206.93 towards the various organizations.

We are looking forward to our last event of this series which is a
Round-Table Discussion featuring all of our speakers!

When: 13 July 2022 at 7:00pm EDT via Zoom

Keep an eye on your email for more information!



JUNE 2022

THANK YOU TO OUR PRESENTERS!

1.



2.



3.



1. **Stephanie Sing:** “A Journey of Unlearning and Relearning”, July 7th, 2021
2. **Todd Hunter:** “Creative Arts Therapists Against White Supremacy”, September 15th, 2021
3. **Trina Chakrabarti:** “Acceptance vs. Action: Moving Away from a Western-Centric Creative Arts Therapy Framework”, November 10th, 2021
4. **Rowena Tam:** “Against Cop Sh*t in the Creative Arts Therapies”, January 12th, 2022
5. **Éli Abdellahi:** “Beyond the Binary: Decolonizing & Queering Gender in the Creative Arts Therapies”, March 9th, 2022
6. **Asako Kando:** “Be Present as a Player: Understanding the Intercultural Experiences in Creative Arts Therapy”, May 4th, 2022

4.

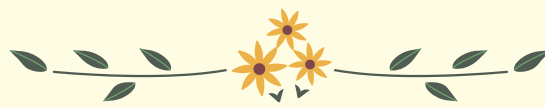


5.



6.





JUNE 2022

Upcoming Events & Opportunities

Canadian Association of Art Therapy Annual Bursaries and Grants: Apply now!

Applications for numerous funding opportunities are now available from CATA! Some of the bursaries include:

- Registered Canadian Art Therapist Research Grant
- Art Therapy Student Research Grant
- Second Year Student Bursary
- Art Therapy Development Grant



<https://www.canadianarttherapy.org/grants-and-bursaries>



North American Drama Therapy Association 43rd Annual Conference:

Taking a Stand Together: Examining and Reaffirming Social Justice in Drama Therapy

When: November 3 -6, 2022

Where: Bahia Resort Hotel, San Diego, California

Interested in learning more? Click here:

<https://www.nadta.org/2022-annual-conference>

WE LOOK FORWARD TO CONNECTING WITH YOU!

Tune into our latest Spotify Playlist HERE
(emergent from the CATS Against White Supremacy Series)

Get in touch with the CACP Chapter!



<https://www.ccpa-accp.ca/chapters/creative-arts-counselling/>



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



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