Resilience, Recovery & Art Therapy

36th Canadian Art Therapy Association Conference

October 16-18, 2015
Halifax, NS
The Lord Nelson Hotel
RECOVERY, RESILIENCE & ART THERAPY
The Canadian Art Therapy Association Conference

October 16 - 18, 2015

The Lord Nelson Hotel, Halifax
1515 South Park St, Halifax
NS B3J 2L2

Register online at:
http://canadianarttherapy.org/event-1896175

Visit canadianarttherapy.org for information on:
Accommodations
Flights
Ground transportation
Attractions in Halifax & Nova Scotia
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<td>C1/D1 - WORKSHOP Dr Fyre Jean Graveline An Opening for Spiritual Resilience: Soul Printing</td>
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<td>C4 - PAPER Patricia Hoi Ling Ki Telling a Different Story about Eating Disorders: Reflections on Historical and Social Contexts and Women’s Narratives about Well-Being and Recovery</td>
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<td>11:00 - 11:50 F3 - PAPER Sharon Bookbinder Synopsis of the Open-Studio Art Therapy at the Odette Cancer Centre</td>
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<td>2:00 - 3:20 G3 - WORKSHOP Amy Angheluta &amp; Rachela Buonincontri Creativity: Nourishing the Practice of a Therapist</td>
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<td>2:00 - 2:50 G4 - PAPER Dr. Mary Norton Creative Arts Therapies to Support Wellness and Resilience: Exploring Possibilities In Practice</td>
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<td>Nocturne Halifax 2015 - Art at Night (various venues until midnight)</td>
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## SUNDAY, OCTOBER 18

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<td>Dr. Fyre Jean</td>
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**Nocturne: Art at Night**

**Saturday, October 17, 6 pm to midnight**

*Nocturne: Art at Night* is a completely free annual event that showcases and celebrates the visual arts scene in Halifax. It takes place in and around downtown Halifax and downtown Dartmouth, linked by the ferry. Designed and planned by volunteers, it is an opportunity for everyone to experience the art of Halifax in a whole new light. The Nocturne event guide provides details about exhibitions in galleries and public spaces throughout the city.

Visit the event guide at [http://m.nocturnehalifax.ca/home](http://m.nocturnehalifax.ca/home)

Tag your social media posts with [#NocHfx15](http://m.nocturnehalifax.ca/home)!

Image source: [http://nocturnehalifax.ca/](http://nocturnehalifax.ca/)

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**WINE, TASTY TIDBITS & ENTERTAINMENT**

We will have music, fantastic wine, and some great local food to inspire your taste buds.

Meet your fellow conference attendees, shake your hips, and connect in a joyful way.

Share this great evening with us.

**Friday, October 16, 7 – 10 pm in the Regency Ballroom**

Purchase tickets online at [http://canadianarttherapy.org/event-1896175](http://canadianarttherapy.org/event-1896175)
PRESENTERS & PRESENTATIONS

Adler University (Vancouver Campus)
Artists: Raman Samra, Craig Lee, Lauren O’Keefe, Elizabeth Ramsey

Poster Presentation: Images of Resilience
Time: Friday, October 16, 3:00 – 3:50 pm
Powerpoint presentation showcasing the artwork of the counselling art therapy students.

Amy Angheluta
Amy Angheluta is a Canadian Certified Counsellor and Professional Art Therapist. Amy works in private practice specializing in grief, serious illness, chronic conditions, end of life issues, and major life issues. Through strength based approaches, Amy invites the use of the creative arts as a means of promoting wholeness and personal growth.

Workshop (80 minutes, with Rachela Buonincontri): Creativity: Nourishing the Practice of a Therapist
Time: Saturday, October 17, 2:00 – 3:20 pm
Participants are invited to come back to their creative roots and explore their growing edge through the arts. In this experiential workshop participants will be guided in using art as a way of nourishing their practices, and exploring their role in their personal and professional lives.

Dr. Michal Bat Or
Michal Bat Or, PhD is an art therapist in private practice, and a lecturer and a researcher in the Graduate School of Creative Art Therapies in the University of Haifa, Israel. Her professional publications have inquired into art expression as revealing mental presentations, emotional and cognitive aspects in children and adults.

Paper: Separateness Representations in Mothers of Preschoolers in a Sculpting Task: Active Strives in Growth and Resiliency
Time: Friday, October 16, 1:30 – 2:20 pm
The article presents art-based data created by mothers to preschoolers, and verbal data that reflect mother’s interpretations of their art-works. Findings are discussed in light of psychoanalytic and attachment theories and methodology issues regarding analyzing visual with verbal data.

Sharona Bookbinder
Sharona Bookbinder, Bsc, DTATI, OATR, RCAT, MBA (pend), has been in the field of art therapy for 23 years. In the last 19 years, she has specialized in geriatric, palliative and cancer patients using Art Therapy. Sharona currently works full time as a Registered Art Therapist at Sunnybrook Health Sciences Centre, Toronto, Ontario.

Paper: Synopsis of the Open-Studio Art Therapy Pilot at the Odette Cancer Centre
Time: Saturday, October 17, 11:00 – 11:50 am
This is a synopsis of the first year of an art therapy pilot at the Odette Cancer Centre. This workshop will describe open studio art therapy for cancer outpatients. Successes and challenges of pioneering this program as well as recommendations for the future will be discussed.

Suzanne Borduas
Suzanne Borduas holds her Master’s Level training from the Toronto Art therapy Institute, Registration and Board Certification with the American Art Therapy Association and Registration with the Ontario College of Social Workers and Social Service Providers. Suzanne works for Kinark Child and Family Services, the largest children’s mental health services in Ontario. Her role includes providing clinical art therapy for individuals, educating staff in the benefits of art therapy and providing CBT and narrative therapy for children and families in her capacity as a family social worker.

Paper: Art therapy as a Promising Practice for Client with Self-Harming Behaviour
Time: Friday, October 16, 4:00 – 4:50 pm
This presentation demonstrates the art therapy journey that a 16 year old young woman experienced in her recovery from overwhelming feelings and behaviours that were negatively impacting the quality her life.

Rachela Buonincontri
Rachela Buonincontri is a Registered Provisional Psychologist and Art Therapist. Rachela works in private practice in areas including trauma, grief, sexual abuse, neglect, and health and wellness. Rachela explores the use of creative arts to assist in movement towards healing.

Workshop (80 minutes, with Amy Angheluta): Creativity: Nourishing the Practice of a Therapist
Time: Saturday, October 17, 2:00 – 3:20 pm
Participants are invited to come back to their creative roots and explore their growing edge through the arts. In this experiential workshop participants will be guided in using art as a way of nourishing their practices, and exploring their role in their personal and professional lives.

Monica Carpendale
Monica Carpendale, BFA, DVATI, RCAT, HLM, BCATR, founder and executive director of the Kutenai Art Therapy Institute, BC. She has produced films, designed therapeutic communication games and written articles and books on art therapy: Essence and Praxis in the Art Therapy Studio and A Traveler’s Guide to Art Therapy Supervision.

Panel (with Dr. John Plews): A Dialog to Inspire Arts-Based Research
Time: Friday, October 16, 1:30 – 2:50 pm
Monica and John will outline the principles of arts based research and indigenous research methodologies. They will give examples from both their own research and some of the work they are engaged in with their students. They have had an ongoing dialogue and shared enthusiasm for research that they wish to draw on to inspire other art therapists and art therapy educators. They will invite questions and participation from the audience.

Workshop (3 hours, with Judith Siano): EARTH and HeART: Resilience and Reflection in the Creative Process
Time: Saturday, October 17, 2:00 – 5:00 pm
A workshop based on a creative collaborative dialogue from two different places in the world. A shared inspiration and being tempered in the heat and the cold, reflecting on our experience in nature and art, explorations of metaphor and meaning. Resilience and the ability to bounce back to re-establish balance will be explored with regards to therapy and education.

**Workshop: BRAGS: An Art-Based Supervision Workshop**
**Time:** Sunday, October 18, 9:00 am – 12:00 pm
This art therapy supervision workshop will use art making and writing to give expression and voice to a deeper understanding the therapeutic story. The use of BRAGS will introduce a strength based approach to strengthen the clinical and supervisory relationships. The theoretical framework includes phenomenology, social constructivism and metaphor theory.

**Anna Dos Santos**
Anna Dos Santos (MA. RPC, MPCP, CPCCP.) is a licenced psychotherapist and professional art therapist from Abbotsford, B.C. She is the master trainer and supervisor for NBI Whole Brain Assessment Practitioners in Canada. In 2014 she presented at the 20th World Creativity Conference in South Africa.

**Workshop (3 hours): Phenomenological Art Making in Relation to Personal Whole Brain Preference Profiles**
**Time:** Sunday, October 18, 9:00 am – 12:00 pm
During this interactive workshop participants will apply whole brain principles discovered from neuroscience research to process and translate their phenomenological art. The exploration of their own stream of consciousness art image will be used to determine their personal and unique brain preference profile.

**Amanda Gee**
Amanda Gee is a Registered Canadian Art Therapist and Registered Psychotherapist, and has over 15 years experience working in the field of developmental services. She currently works as an Art Therapist at Vita Community Living Services and Mens Sana Families for Mental Health in Toronto, Ontario.

**Workshop (80 minutes, with Donna Lee): Healing Lines: Art Therapy, Trauma and People with Intellectual Disabilities**
**Time:** Saturday, October 17, 9:00 – 10:20 am
This presentation will examine the impact of trauma on the lives of people with intellectual disabilities, and explore the ways that art therapy is uniquely suited as a powerful and accessible modality to foster healing and resilience in this population.

**Fyre Jean Graveline**
Fyre Jean Graveline is an enthusiastic art therapist, prolific multi-media artist, published author, political poet, nouveau blogger, earth-worshiping ceremonial leader, dedicated environmental activist. Originally from Northern Metis Bush Country. Currently considers Nova Scotia home. To connect, you can contact her at fyrejean@eastlink.ca, check out her blog www.earthingwithart.wordpress.com, or explore her website www.circleworksconsulting.com.

**Workshop (3 hours): Exploring Resiliency through Earth Mother: A Natural Artist**
**Time:** Saturday, October 17, 2:00 – 5:00 pm
Come, witness and experience Mother Earth as a Natural Artist, and engage in an earth-based opportunity to deepen your Resilience through enhanced Earth connection. Both Ceremonial and Practical, this hands-on workshop is designed to Ground you, and reCreate you in Harmony with Mother Earth as the Original Artist. Drumming, Song, Breath, Story, and Indigenous Earth-based spiritual teachings will be shared. Creations to Respect, Thank, Love and Heal Earth Mother will be produced.

**Arts-based Presentation: Building Family Resilience on a Cancer Journey: Performance heART**
**Time:** Sunday, October 18, 9:00 – 9:50 am
If you have faced a Cancer Journey, for yourself or a loved one, you know that diagnosis, medical “healing” processes, and outcomes can be devastating. Come and witness Healing Images (collage journal work and paintings) accompanied by Spoken Word, created to build our Resilience as a Family, when supporting our Daughter through her death-defying Cancer Journey. The art and poetry is visceral and emotional, and may bring up deep feelings in participants.

**Amanda Gee**
Amanda Gee is a Registered Canadian Art Therapist and Registered Psychotherapist, and has over 15 years experience working in the field of developmental services. She currently works as an Art Therapist at Vita Community Living Services and Mens Sana Families for Mental Health in Toronto, Ontario.

**Workshop (80 minutes): An Exploration of the Use of Coloured Modeling Clay as a Therapeutic Modality**
**Time:** Saturday, October 17, 4:00 – 5:20 pm
Participants will explore the use of coloured modelling clay on canvas for use as a therapeutic modality in practice. Each participant will be given an opportunity to respond, raise questions, experience their own encounter with soul printing, and sharing their experience.

**Sarah Greenall**
Sarah Greenall is a professional member of the Ontario Art Therapy Association (OATA) and is also the Communications Chair for the Board of Directors 2013-15 for OATA. She has experience working with seniors, adults and special populations to facilitate self-exploration using imagery, colour, and shape.

**Workshop (80 minutes): An Opening for Spiritual Resilience: Soul Printing**
**Time:** Friday, October 16, 3:00 – 6:00 pm
Opening and closing with song and drum, I will show a series of art images created using a soul printing technique. Each image will be accompanied by spoken word. Participants will be given an opportunity to respond, raise questions, experience their own encounter with soul printing, and sharing their experience.

**Dr. Tuula Heinonen**
Tuula Heinonen, Professor with the Faculty of Social Work, University of Manitoba, holds a Doctorate of Philosophy from the University of Sussex, UK, a Master of Social Work from McGill University and is completing an Advanced Art Therapy Diploma from VATI. Primary interests are visual art practice with refugees, older persons and international students and arts-based qualitative inquiry.

**Paper: Response art: Using Collage, Drawing and Narrative with Social Work Students**
**Time:** Saturday, October 17, 11:00 – 11:50 am
Presentation will discuss aspects of graduate supervision in a professional discipline and draw on concepts in adult education, discussing a complementary method of supervision based on
arts-informed supervision and my experiences and selected products of it.

**Lauri Ponsford-Hill**
Lauri Ponsford-Hill is a Registered Art Therapist, Registered Social Worker, Registered Marriage and Family Therapist, Certified Canadian Counsellor and Accredited Family Mediator. Lauri is a Doctoral Candidate for Spiritual Care and Psychotherapy program and is a therapist working in private practice in both London and Woodstock, Ontario.

**Paper: Therapists Lived Experience of Integrating Self-Portraiture**
**Time:** Saturday, October 17, 11:00 – 11:50 am
Presentation of doctoral thesis research using the full-bodied self-portrait and journaling as a self-reflective practice over a four week period. The use of the self-portrait is an amazing and insightful experience and outlining cultural, self-concept, change, artistic change, and integration of lived-experience for the therapist will be discussed. Presentation of the self-portraits themselves will be an added visual experience.

**Veronica Hyatt**
Veronica Hyatt has been practicing art therapy since 2002. She has worked with people dealing with eating disorders, substance abuse, cancer support, anxiety, depression – and life transitions. She has worked with young adults experiencing cultural transition. She has taken a keen interest in how stress affects learning.

**Workshop (80 minutes): Lifelines: Reflecting on Past Resilience to Strengthen Resilience Moving Forward**
**Time:** Saturday, October 17, 4:00 – 5:20 pm
Participants will learn about and make a lifeline: a visual retrospective representation of a person’s life. Reflecting on it with a therapist is valuable in allowing a client to see previous examples of resilience and effective coping strategies, and thus how they can be applied to future challenges. Participants will see example lifelines and make their own. Lifelines are particularly useful for populations dealing with transition.

**Dr. Ruth Grant Kalishuk**
Ruth Grant Kalischuk, RN, PhD, is a Professor of Nursing in the Faculty of Health Sciences at the University of Lethbridge. She teaches in both undergraduate and graduate programs. Her research interests include: health and healing, gambling-related research, health and the environment, women’s health, and end-of-life care.

**Paper (with Aleitha Ward): Complimentary Therapy Use among Those Living with Cancer: Navigating the Health Care Environment**
**Time:** Saturday, October 17, 9:00 – 9:50 am
An art-based, grounded theory will be presented pertinent to cancer patients’ experiences of navigating the health care environment while accessing and utilizing complementary therapies for their cancer care. Data collection for this research included small group processes where participant drawings, reflexive writing, and personal experiences were shared and transcribed.

**Rapinder Kaur**
Rapinder Kaur is registered Art Psychotherapist who has over 18 years of experience in the mental health field. Rapinder currently runs a private art therapy practice in the GTA and works with all ages groups with a specialization in trauma informed care. Rapinder is passionate about self-empowerment and facilitating a process where individuals realize their true potential.

**Workshop (80 minutes): “Mepower”: Helping Children with Complex Needs Build Resiliency through Time Limited Art Therapy**
**Time:** Saturday, October 17, 2:00 – 3:20 pm
This workshop is ideal for art therapists who work with children who have experienced significant trauma or exhibit complex needs. In this experiential workshop participants will be given a toolkit of techniques. These techniques are designed to provide children an opportunity to build resilience through the concept of MEPOWER. This strength-based, trauma informed attachment based perspective is ideal for time limited therapy.

**Patricia Hoi-Ling Ki**
Patricia Ki, BFA DTATI MSW RSW is an art therapist and registered social worker. She currently works as a counsellor in a supportive housing program in Toronto, Ontario for women living with mental health and substance use issues. Her understanding of eating and body image issues stems from her own journey in surviving self-starvation in her teenage years, and in working with individuals dealing with these challenges as a volunteer, researcher and service provider since 2006.

**Paper: Telling a Different Story about ‘Eating Disorders’: Reflections on Historical and Social Contexts and Women’s Narratives about Well-Being and Recovery**
**Time:** Friday, October 16, 3:00 – 3:50 pm
This presentation offers a post-structuralist analysis of how ‘eating disorders’ are discursively constructed, rather than simply originating from individual pathologies. It also presents narratives of women who utilized art-making to address their struggles and challenge the ‘disordered’ self-identity. Implications for practice and self-reflections from a non-pathologizing stance will be discussed.

**Straja L. King**
Straja Linder King, MA ATR-BC is a Board Certified Registered Clinical Art Therapist currently teaches at the University of Lethbridge, Alberta, Canada and holds a private practice at the Strawberry Moon Studio. Linder King is a printmaker, published poet and Animal-Assisted (AAT) (AAAT) © specialist. She has been designing art therapy programs, workshops and presentations both nationally and internationally for over 15 years. Straja holds a Master’s degree in Art Therapy and two bachelor degrees both ‘With Distinction’ in Fine Arts and Art History from the University of Calgary. Ms. Linder King has pioneered art in healing from a spiritual/nature-based perspective in Alberta Canada and does innovative work in health sciences, special education and gerontology.

**Workshop (3 hour, with Madeline Rugh): Natural Resilience and Animal-Assisted Art Therapy©**
**Time:** Saturday, October 17, 9:00 am – 12:00 pm
Research on resilience indicates that good relationships are
critical to developing resiliency. However, most studies focus on human relationships to the exclusion of the natural world. Walking with a therapy dog and creating a story-stick will demonstrate the value of including the more-than-human realm in cultivating Natural Resilience.

**Donna Lee**
Donna Lee has a Master of Arts in Critical Disability Studies and over 20 years experience working in the fields of developmental services and mental health. She currently works at Dartmouth Adult Services Centre, as the Client Support Specialist providing support to adults with intellectual disabilities.

**Workshop (80 minutes, with Amanda Gee): Healing Lines: Art Therapy, Trauma and People with Intellectual Disabilities**
**Time:** Saturday, October 17, 9:00 – 10:20 am
This presentation will examine the impact of trauma on the lives of people with intellectual disabilities, and explore the ways that art therapy is uniquely suited as a powerful and accessible modality to foster healing and resilience in this population.

**Nicole Levesque**
Nicole Levesque, BFA DVATI is a professional member of CATA and of the CATA Prairie Chapter. Currently working in private practice as an Art Therapist in the M.D. of the Foothills in Southern Alberta. Recent focus of practice has been helping residents in the area affected by the flood of 2013.

**Paper: “Clothesline Community Project”: Engaging A Community Through Art, One Year Post Natural Disaster, High River, Alberta**
**Time:** Saturday, October 17, 11:00 – 11:50 am
Learn how High River Alberta was invited to participate in a community art therapy project one year post natural disaster. See how over 1,200 images came together in a united voice of resiliency to focus on what residents loved about their community one year after experiencing the devastating flood of 2013.

**Dr. Debra Linesh**
Dr. Linesh has been the department chair of the Graduate Department of Marital and Family Therapy at Loyola Marymount University for many years. She is the author of numerous articles and five books, including Adolescent Art Therapy, Art Therapy with Families in Crisis, Celebrating Family Milestones through Art Making, Facing Genesis, and Midrashic Mirrors: Creating Holiness in Imagery and Intimacy. She developed the Art Therapy in Mexico collaboration with Universidad Iberoamericana, an intercultural training, research and service endeavor that continues to engage Mexican and American students and professionals in a summer experience in San Miguel de Allende. She is currently establishing a research institute and is interested in developing non-traditional art therapy inquiry and clinical processes. To learn more about Dr. Linesch and her activities, please visit her website: http://debralinesch.wordpress.com/updates/

**Workshop (80 minutes): Exploring Our Identity**
**Time:** Saturday, October 17, 9:00 – 10:20 am
This workshop provides an opportunity for participants to explore their identity issues, incorporating internal and external dimensions and focusing on self, family and culture.

**Rosita Lui**
Rosita Lui graduated with a Master of Art in Art Therapy from the LaSalle College of the Arts, Singapore. She also has a Bachelor’s degree in Visual Arts from the University of Western Ontario, Canada. Currently, she is serving as the President of the Art Therapists’ Association Singapore (ATAS).

**Workshop (3 hours): Body, Mind and Health: Art Therapy with People with Dementia in Singapore**
**Time:** Sunday, October 18, 9:00 – 12:00 pm
While aging have the effect on the health on the older generation, creative activities and expressions might be key components that help to open the minds of patients suffering from Alzheimer’s Disease and other Dementias. For patients with Dementia, art can speak volumes and therapy can help them to express their inner feelings when they are incapable to do so through words.

**Dr. Christine Lummis**
International art therapy instructor, presenter, and current program director at CiiAT, with 18 years experience working with people of all ages. Christine’s doctoral research developed grounded theory for Therapeutic Body-Mapping, integrating the neurobiology of trauma, mind-body interventions, art therapy, and multi-cultural responses from work in 18 countries on three continents.

**Paper (with Michelle Winkle): Exploring Resilience through a Japanese Lens**
**Time:** Friday, October 16, 3:00 – 3:50 pm
How does culture shape resiliency? Two presenters will share their recent experiences of teaching art therapy students in Japan. Concepts of cultural competency and fluency will be explored, as well as how cultural values lead to different needs in treatment, goal setting, and desired outcomes. Through case presentations and observations, we will share Japanese students’ culturally acceptable coping strategies in the face of challenges such as, sexual abuse, suicidality, and natural disasters including Tsunami and earthquakes.

**Time:** Saturday, October 17, 4:00 – 4:50 pm
Mind-body interventions, the neurobiology of trauma, and the role of imagery and visual narratives to address gaps in one’s ability to make meaning of traumatic events will be presented. Discussion will include doctoral research on multicultural responses to Therapeutic body-mapping and implications for culturally sensitive treatment, outcome goals, and recovery.

**Mehdi Naimi**
Mehdi Naimi is an artist with great interest in sculpture and an art therapist focusing on therapeutic uses of collage. Mehdi uses collage in therapy, in supervision, in personal exploration, and as a tool for creative writing. He lives on Vancouver Island, BC.

**Workshop (3 hours): The Collage Process and the Processing of Collage**
**Time:** Sunday, October 18, 9:00 am – 12:00 pm
This workshop is mainly about making and processing collages as a tool for creative writing. He lives on Vancouver Island, BC.
all kinds of situations in art therapy work including for self-reflection or self-supervision. But how do you fit talking about all those bits and pieces of pictures in the 50-minute session? Let’s have a discussion about some essentials in collage art.

**Dr. Mary Norton**

As an adult educator, Mary introduced creative arts approaches to address impacts of violence on learning and support learning for all. These experiences led her to Expressive Arts and Art Therapy training. Her strong roots in community-based learning was one springboard for the Creative Arts Therapies project, which she facilitates.

**Paper: Creative Arts Therapies to Support Wellness and Resilience: Exploring Possibilities In Practice**

**Time:** Saturday, October 17, 2:00 – 2:50 pm

In 2015, three Edmonton-based agencies initiated a Creative Arts Therapies project to enhance services for their participants. The presenter will describe project development, collaboration and evaluation processes. Drawing from project participants’ work, she and will reflect about how Creative Arts Therapies support participants to anchor into and strengthen their resilience.

**Carmen Oprea**

Carmen Oprea is an art therapist (currently student in Concordia art therapy program - until September 2015) who worked with children and elderly. She has a special interest in Alzheimer’s disease, focusing her research on understanding how art therapy could better help this population.

**Poster Presentation: Bringing Strength: Implicit Memory Processes in Alzheimer’s Disease Could Sustain and be Reinforced by Art Therapy Approach**

Although the cognitive functions are gradually affected in Alzheimer’s disease, most of the implicit brain processes (perceptive, motor and recognition related) are still available for Alzheimer’s disease sufferers. These processes are used and strengthened by art therapy through art making process, in a safe and validating environment.

**Sandra Hewitt-Parsons**

Sandra Hewitt-Parsons is an art therapist who lives in Corner Brook, Newfoundland. A stroke survivor at eight years of age, she personally knows the transformative power of creativity. Sandra works with a variety of populations - helping people find their voice when traditional expression has failed them.

**Panel (with Tzafi Weinberg & Theresa Zip): Promoting the Profession of Art Therapy**

**Time:** Saturday, October 17, 4:00 – 5:20 pm

The CATA Advocacy Committee began meeting this winter to discuss ways to promote the field of art therapy in Canada. We propose this panel at our annual conference to gather input and consensus from the membership to help us focus on what is seen as highest importance to you.

**Dr. John Plews**

John L. Plews, PhD, Associate Professor of Modern Languages, Saint Mary’s University. He has published several edited books, journal issues, and scholarly articles on second language education, study abroad and international professional development for language teachers, and German literature and culture.

**Panel (with Monica Carpendale): Dialog to Inspire Arts-Based Research**

**Time:** Friday, October 16, 1:30 – 2:50 pm

Monica and John will outline the principles of arts based research and indigenous research methodologies. They will give examples from both their own research and some of the work they are engaged in with their students. They have had an ongoing dialogue and shared enthusiasm for research that they wish draw on to inspire other art therapists and art therapy educators. They will invite questions and participation from the audience.

**Madeline Rugh**

Madeline Rugh holds a Ph.D. in adult education and is a registered/board certified art therapist. As a working artist, Madeline’s mixed media images are best understood as conversations with the “more-than-human” world. For the last twenty five years she has been creating and sharing healing art experiences for adults grounded in ecopsychology and spirituality. Currently she is an adjunct professor for Pratt Art Institute, Creative Arts Therapy program and is a full time assistant professor at St. Gregory’s University in psychology and art. St. Gregory’s is part of a Benedictine monastery located in Shawnee, Oklahoma.

**Workshop (3 hour, with Straja L. King): Natural Resilience and Animal-Assisted Art Therapy©**

**Time:** Saturday, October 17, 9:00 am – 12:00 pm

Research on resilience indicates that good relationships are critical to developing resiliency. However, most studies focus on human relationships to the exclusion of the natural world. Walking with a therapy dog and creating a story-stick will demonstrate the value of including the more-than-human realm in cultivating Natural Resilience.

**Judith Siano**

Judith Siano, MA is a registered art therapist and supervisor and chair of the ICET Ethics Committee. Judith Siano works in an art therapy studio primarily with adolescents young adults, and supervises therapists and in other settings, such as advisor to the Ministry of Welfare in therapeutic interventions for youth at risk. She is the initiator and head of the DROP IN – WIN WIN project, lectures in Israel (University of Haifa for over 20 years) and abroad on trauma, adolescence, and ethics in therapy and has published articles in professional journals in Israel and abroad.

**Paper: Art Therapy and Developing Resilience in a Multi-Cultural Society**

**Time:** Friday, October 16, 1:30 – 2:20 pm

Today we live in a global cultural melting pot, full of prejudice, superstition and even a trend towards growing racism. Furthermore, we are exposed to hurtful offensive behaviors as a consequence of labeling... The paper shall address the following objectives:

1. Connecting to our own cultural complexity and vulnerability
2. How do we help our clients to use their resilience and recover?
3. Deepening our relationship with our clients by connecting to their world in a respectful way, with an open heart, listening with our eyes...
4. Looking out to the future with hope.

Workshop (3 hours, with Monica Carpendale): EARTH and HeART: Resilience and Reflection in the Creative Process
Time: Saturday, October 17, 2:00 – 5:00 pm
A workshop based on a creative collaborative dialogue from two different places in the world. A shared inspiration and being tempered in the heat and the cold, reflecting on our experience in nature and art, explorations of metaphor and meaning. Resilience and the ability to bounce back to re-establish balance will be explored with regards to therapy and education.

Lucia Simoncicova
Lucia Simoncicova received an MA degree in Art Therapy from CIT Crawford College of Art & Design, Cork, Ireland. Lucia conducted her research on “Attachment Focused Art Therapy with Adolescents.” Her specialty is art therapy with children/teenagers with attachment difficulties and traumatic experience. Lucia co-organized International Art Therapy Conference in Slovakia “Comprehensive Care of Children in School Settings”.

Workshop (80 minutes): Creating a Safe and Enjoyable Sanctuary: Connecting with My Resilient Self
Time: Friday, October 16, 4:00 – 5:20 pm
The focus of the workshop is on creating a tridimensional comforting and enjoyable safe place (sanctuary), where one connected with inner strengths and is surrounded by protection. Building such a sacred place while connecting to one’s unique strengths and supports helps the internalization of safety and thus strengthens one’s resilience.

Jacqueline Steudler
Jacqueline Steudler has studied art therapy in Switzerland and is a practicing art therapist since 2000. She has worked with children, adults of all ages in groups and in one-on-one situations. She has created a new expression of her work by helping women navigate through their grieving process.

Workshop (80 minutes): Healing for Grieving Hearts
Time: Saturday, October 17, 9:00 – 10:20 am
The Healing for Grieving Hearts program involves simple action steps, therapeutic art interventions and mindfulness. Jacqueline Steudler will introduce the participants to the program and focus on the healing process through biography work to help griefers connect to their resilience and strength.

Dr. Wendy Stewart
Wendy is a paediatric neurologist and Director of Humanities at Dalhousie University. She was trained in classical accordion as a child, and continues to be involved in music. She is interested in the interface between the arts and medicine and how music in particular can be used for health and therapy.

Workshop (80 minutes): Music, the Brain, Therapy and Health
Time: Friday, October 16, 4:00 – 5:20 pm
This interactive workshop will explore the neuroanatomy involved in processing music and the effects on the body. Different media will be used to engage participants in various activities. They will develop an understanding of how music is used to assist with recovery, healing and wellbeing in some neurological disorders.

Haley Toll
Haley Toll, MA, CCC is the CATA-ACAT Communications Committee Director who coordinates the association’s newsletter, journal, website and marketing/promotion committees. Haley currently works as an art therapist for Alberta Health Services and previously worked in Montreal, British Columbia and Botswana. She completed her Masters in Creative Arts Therapies at Concordia University.

Workshop (80 minutes): The Canadian Art Therapy Journal: Explaining New Changes and Improvements
Time: Friday, October 16, 4:00 – 5:20 pm
In addition to promoting the resiliency in the profession, research is important for art therapists’ professional and academic growth. The workshop highlights recent changes, research standards and peer review practices of the CATA-ACAT journal. The submission process will be discussed and CATA-ACAT members will have the opportunity to share their ideas about the future of Canadian Art Therapy research for positive transformation.

Aleitha Ward
Aleitha Ward, RSW, BFA (Art), MPS (Art Therapy Specialization) is a full time counsellor and art therapist working between private practice and the non-for-profit sector. She works with adults, couples and groups especially in the areas of relationships, personal growth, trauma and loss/grief. Aleitha is a professional member of CATA.

Paper (with Dr. Ruth Grant Kalischuk): Complimentary Therapy Use among Those Living with Cancer: Navigating the Health Care Environment
Time: Saturday, October 17, 9:00 – 9:50 am
An art-based, grounded theory will be presented pertinent to cancer patients’ experiences of navigating the health care environment while accessing and utilizing complementary therapies for their cancer care. Data collection for this research included small group processes where participant drawings, reflexive writing, and personal experiences were shared and transcribed.

Tzafi Weinberg
Tzafi Weinberg is a registered art therapist. Currently, she works mainly with First Nations foster children and teens. She has many years of experience guiding people in “The Society of Nature Protection” in Israel. This experience has given her great ecological awareness, which she incorporates in her practice.

Workshop (80 minutes): Hypnotic Art Therapy
Time: Friday, October 16, 1:30 – 2:50 pm
This is an experience-based workshop including interactive games and creating art. Hypnosis is “a therapeutic tool that embraces the change of perspectives that comes about naturally through the trance state” (Erikson-Klein, 2015). The workshop was inspired by the ideas of Roxanna Erikson about healing through hypnosis.
Panel (with Sandra Hewitt-Parsons & Theresa Zip): Promoting the Profession of Art Therapy

Time: Saturday, October 17, 4:00 – 5:20 pm
The CATA Advocacy Committee began meeting this winter to discuss ways to promote the field of art therapy in Canada. We propose this panel at our annual conference to gather input and consensus from the membership to help us focus on what is seen as highest importance to you.

Michelle Winkle
Current Director at CiiAT, instructor at VATI, IPATT, and JIPATT and past Executive Director at BCSAT, previously at Loyola Marymount University, and fellow of Infant-Parent MHP, Harvard Children’s Hospital. Winkel is the co-author with Dr. Maxine Junge of Graphic Facilitation and Art Therapy: Imagery and Metaphor in Organizational Development.

Paper (with Christine Lummis): Exploring Resilience through a Japanese Lens

Time: Friday, October 16, 3:00 – 3:50 pm
How does culture shape resiliency? Two presenters will share their recent experiences of teaching art therapy students in Japan. Concepts of cultural competency and fluency will be explored, as well as how cultural values lead to different needs in treatment, goal setting, and desired outcomes. Through case presentations and observations, we will share Japanese students’ culturally acceptable coping strategies in the face of challenges such as, sexual abuse, suicidality, and natural disasters including Tsunami and earthquakes.

Theresa Zip
Theresa Zip is an art therapist in private practice in Edmonton. She works with teens and children through referrals from Children’s Services, and is intrigued and challenged by the desire to sustain a creative practice offering excellent service to the community and a good standard of living.

Panel (with Sandra Hewitt-Parsons & Tzafi Weinberg): Promoting the Profession of Art Therapy

Time: Saturday, October 17, 4:00 – 5:20 pm
The CATA Advocacy Committee began meeting this winter to discuss ways to promote the field of art therapy in Canada. We propose this panel at our annual conference to gather input and consensus from the membership to help us focus on what is seen as highest importance to you.