Ontario & Canadian Art Therapy Associations

2016 Combined Conference

ART THERAPY & ANTI-OPPRESSIVE PRACTICE

Chestnut Conference Centre, Toronto, Ontario

October 14-16, 2016

Jointly hosted and sponsored by Ontario Art Therapy Association & Canadian Art Therapy Association
CONFERENCE SCHEDULE

Registration desk, breakfast and posters are located in the 2nd floor lobby. There is a 10-minute travel time between each session. Please note that if a workshop is cancelled, the conference committee reserves the right to assign another workshop to replace the cancelled session.

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- **Block A**: 9:30-11:30
  - **KEYNOTE**
  - Gussak: Drawing Out the Oppressed: Promoting Identity and Empowering the Vulnerable through Art Therapy

- **Block B**: 11:30-12:00
  - Book Signing

- **Block C**: 1:30-2:20
  - Darewych & Farrugie: Digital Art Therapy for Adults with Developmental Disabilities

- **Block D**: 2:30-3:20
  - Bat-Or: Self-Efficacy Representations of Highly Aggressive Children via PPAT

- **Block E**: 3:40-5:00
  - Bookbinder: Fusion of a Community Using Art Therapy in Long Term Care

- **C1**: 1:30-2:20
  - Darewych & Farrugie: Digital Art Therapy for Adults with Developmental Disabilities

- **C2**: 1:30-2:20
  - Hill: African-American Grief

- **C3**: 1:30-2:20
  - Lee: Sharing Spaces and Stories: A Cross-Cultural Creative Expression-Based Men's Group

- **C4**: 1:30-4:30
  - Dodd: Culture & Identity through Body Mapping

- **C5**: 1:30-4:30
  - Olthius Thysgesen: Envisioning Images in Nature Empowering Soul-Healing: A Grafting Place

- **D1**: 2:30-3:20
  - Bat-Or: Self-Efficacy Representations of Highly Aggressive Children via PPAT

- **D2**: 2:30-3:20
  - Siano: Holy Junk: Lost, Found, and Rejected Objects in Art Therapy in Working with the Outsiders of our Society

- **D3**: 2:30-3:20
  - Chapin Stephenson: The Arts in Aging: Opportunities and Challenges for Art Therapists

- **E1**: 3:40-5:00
  - Bookbinder: Fusion of a Community Using Art Therapy in Long Term Care

- **E2**: 3:40-5:00
  - Zeller-Cooper: Living In The Present: A Fresh Approach for Older Adults with Dementia

- **E3**: 3:40-5:00
  - Marrion: Giving Voice

- **E2**: 3:40-5:00
  - Zeller-Cooper: Living In The Present: A Fresh Approach for Older Adults with Dementia

- **E3**: 3:40-5:00
  - Marrion: Giving Voice
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<td>Gilligan: “Before, I was wanted...” Art Therapy in a Young Offender Facility</td>
<td>F2 9:00-9:50</td>
<td>Kurie: Art Therapy with Pregnant and Parenting At-Risk Youth</td>
<td>F3 9:00-9:50</td>
<td>Osipina: Cultivating Artistic Sensibility and Artist Identity to Increase Self-Esteem</td>
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<td>Cummings: Art Therapy with Commercially Sexually Exploited Women in Cambodia</td>
<td>H2 11:10-12:00</td>
<td>Yu: Reconstructing Narratives through Appropriated Video</td>
<td>H3 11:10-12:00</td>
<td>Laffier: Empowering Bullying Victims through Artistic Expression</td>
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Saturday, October 15
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<td>Carpendale: Creating the Frame and Casting the Circle: Relational Art Therapy</td>
<td>Proulx: Art: The Language Universal Cultural Sameness</td>
<td>Patie: Integration of Arts in the Community</td>
<td>Naimi &amp; Winkel: Eros and the Art Therapist</td>
<td>Ates &amp; Francois: Contemplative Art Practices to Explore Anti-Oppression</td>
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**CONFERENCE GALA**

Chestnut Conference Centre:
Friday, October 14, 6:00 – 10:00pm

Enjoy a buffet-style dinner and live music, exchange ideas and stories, connect with old friends and make new ones. Space limited, reserve a seat by purchasing your ticket during online registration!

**EXHIBITERS**

2nd Floor Lobby

Caversham Booksellers
Friday to Sunday, October 14-16

A wide range of titles will be available for browsing and purchase. Caversham Booksellers is an independent bookstore specialized in mental health related subjects.

More exhibitors’ information to come.

**SPONSORS**

The Ontario Art Therapy Association and Canadian Art Therapy Association thank the following sponsors for their generous support of the OATA/CATA Combined 2016 Conference.

[Logos and information from sponsors]

[Location information: 50 Red Maple Road, Richmond Hill]
PRESENTER INFORMATION & ABSTRACTS

Heidi Argyle, BA, DTATI

Paper (50 min.): Art Therapy to Combat Compassion Fatigue and Burnout
This paper presentation reviews a pilot study which indicated art therapy can be used as a viable tool to lower effects of compassion fatigue and burnout. A review of the research including methods, results, case studies and artwork will be presented. Ideas for self-care will focus on and highlight methods for professionals to integrate simple art directives, mindfulness and reflective practices into their self-care repertoire.

Heidi Argyle is a graduate of the Toronto Art Therapy Institute, who currently works in various settings in Kitchener-Waterloo, Ontario. Heidi promotes art therapy in her community and various agencies throughout south western Ontario.

Emma Ates, BFA, DTATI (candidate) & Stephanie Francois, MSW, RYT

Workshop (80 min.): Contemplative Art Practices to Explore Anti-Oppression
This workshop will introduce participants to contemplative arts as a meditation-based practice using both educational and experiential teachings. We will experiment with contemplative drawing and painting practices to cultivate purifying, uncluttering of the mind and as a way to increase self-compassion and develop coping strategies. Together we will also identify how contemplative arts can be used to investigate anti-oppression during art therapy sessions.

Emma Ates is a visual and contemplative artist-educator, mindfulness meditation practitioner, and Miksang contemplative photography instructor.

Stephanie Francois has 20 years of experience working with at-risk youth as a clinician, mindfulness facilitator and fitness instructor. Stephanie uses nature-based mindfulness practices, contemplative arts and mindfulness retreats to promote self-exploration and greater fulfillment.

Michal Bat Or, PhD

Paper (50 min.): Self-Efficacy Representations of Highly Aggressive Children via PPAT
Self-efficacy representations of twelve highly aggressive children were analyzed phenomenologically in two art based assessments: PPAT, and free drawing. Findings show that in PPAT, lower self-efficacy representations were communicated, while in free drawing, self-mending wishes. The study illuminates the children’s subjective experience, and draws implications for art therapy interventions.

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 communicating subjective experience, and contributing to mental integration and growth.

Pauline Beaubien Dumont, MA, RP/PA

Workshop (80 min.): The Therapist’s Art Therapy Tools to Prevent Burnout
This workshop is an opportunity to pause, relax, and care for self. A well-deserved break for therapists who are often overly susceptible to giving and being pre-occupied by their clients. Burnout is an insidious process that can slowly creep into our lives and render us helpless. This workshop offers a variety of accessible, effective and creative art therapy tools to develop stress awareness and prevent exhaustion. Participants will experience the power of combining images and creative writing for self-care.

Pauline Beaubien Dumont has been practicing art therapy for 13 years. She is a member of the Ontario College of Registered Psychotherapists. She combines her teaching and art therapy background to provide workshops and continuing education courses for workers in the helping professions. Topics include using art therapy tools to deal with transitions in the workplace and to prevent burnout. She also offers individual art psychotherapy from her office in Temiskaming Shores, Ontario.

Sharona Bookbinder, BSc, DTATI, OATR, RCAT, RP, MBA

Workshop (80 min.): Fusion of a Community Using Art Therapy in Long Term Care
Fusible quilting uses fabrics and fusible web to create textile images, which provide a unique tool for communication and expression. This media has been very adaptable when working with geriatric and palliative populations, and inter-professionals. I will discuss and give examples about its applications with populations and in the future. The experiential component will involve ironing prepared fabrics together.

Sharona Bookbinder has been practicing art therapy for 20+ years, specializing in geriatrics, palliation and cancer care. She divides her time between working full-time at Sunnybrook Health Sciences Centre, managing her business, InnerArt Inc., completing her MBA and being a Mom to 3 boys. She also supervises art therapists in the community.

Karen Freud, BA, DTATI, RCAT, RP

Karen Freud began practicing art therapy in 2001. Currently she primarily offers art therapy for adults coping with issues — please see biography on this page.

Sarah Greenall, BFA (Hon.), DTATI, RP

April Penny, BFA, BEd, DTATI, RCAT, RP

Andrea Savoie, RP, RCAT, CCC, MA, BFA & Gilda Raimondi, BA, DTATI, RP, RCAT (pending)

Panel (50 min.): Empowerment and Art Therapy with Marginalized Populations in Long Term Care
This is a panel presentation from a team of art therapists with over 50+ cumulative years of art therapy experience in long-term care (LTC). We will share our knowledge and open the floor to questions and discussion about supervision issues in relation to LTC.

Sharona Bookbinder — please see biography on this page.
related to living in Long-Term care and Aboriginal Mental Health & Addiction. Karen has had an independent practice since 2006 and has been an employee of Inner Art since 2007.

Sarah Greenall is a graduate of the Toronto Art Therapy Institute and is both a professional member and on the board for the Ontario Art Therapy Association. She has worked in long term care since graduating, and more recently joined the InnerArt team providing art therapy to seniors in the GTA.

April Penny has practiced art therapy for 11 years, and provides services in LTC settings in Brampton and Toronto, specializing in geriatrics, aging and young adults with complex needs. April has facilitated community themed arts-based initiatives and has helped develop a permanent LTC art studio within Peel Region Homes. April is also developing her role as a supervisor for students and colleagues.

Andrea Savoie is a graduate of Concordia University’s Masters of Creative Arts Therapies: Art Therapy program. She is a registered member of CATA and professional member of the CCPA holding CCC designation. She has provided art therapy for seniors in the LTC and community sector for 7 years.

Gilda Raimondi is an art therapist practicing across the GTA. She works with seniors living in LTC and young adults with disabilities. She has volunteered with CATA for many years and currently is CATA’s conference chair. Most recently, she became a first time mom to a healthy baby girl.

Betty J. B. Brouwer, MSc, RCAT, RP & Meghan Schuurman, BFA

Workshop (80 min.): The Sights and Sounds of Where We Belong: Lessons Learned
RE-create is an art studio for at-risk youth in Hamilton. In 2014/2015 they engaged in a civic action project examining six spaces in the city, where youth felt they belonged or didn’t belong. Come and learn from this project about what it takes to engage youth in arts-based civic action.

Betty J. B. Brouwer, MSc, RCAT, RP is Artistic Director of RE-create, and Director of Attachment Services at Shalem Mental Health Network. A registered art therapist, certified play therapist and certified Dyadic Developmental Psychotherapist (attachment focused therapy), Betty has worked with children, teens, and their parents for over 20 years.

Meghan Schuurman, BFA has been the Studio Co-ordinator at RE-create Outreach Art Studio for the past four years. She graduated from OCAD University with a BFA in Art Criticism and Curatorial Studies, and is currently pursuing her Masters of Social Work at Laurier University.

Monica Carpendale, BFA, DVATI, BCATR, RCAT, HLM

Workshop (50 min.): Creating the Frame and Casting the Circle: Relational Art Therapy
This workshop will introduce a new synthesized theoretical framework for my approach to art therapy. The phenomenological method is rooted in the relational approach to art therapy. All of my current concerns with cultural and ecological identity are seen in the light of relationships to people, land and nature.

Monica Carpendale is the founder and executive director of the Kutenai Art Therapy Institute, in Nelson, British Columbia. She has 30 years of experience in art therapy, supervision and education. Monica is the author of Essence and Praxis in the Art Therapy Studio (2009) and A Traveler’s Guide to Art Therapy Supervision (2011). She is the editor of A Forest of Ideas: ramblings in interpretive frameworks and Laughter at my Window, by her late partner, Blake Parker. She has produced documentary films in art therapy, and co-designed 9 therapeutic communication games.

Raquel Chapin Stephenson, PhD, ATR-BC, LCAT

Paper (50 min.): The Arts in Aging: Opportunities and Challenges for Art Therapists
Participation in creative arts programs can help older adults to live well longer by improving self-esteem and motivation, and reducing isolation that leads to depression and further health risks. This presentation will explore emerging opportunities to develop culturally aware arts programs for older adults.

Raquel Chapin Stephenson, Ph.D., ATR-BC, LCAT is Assistant Professor, Art Therapy Program Coordinator, Ph.D. Core Faculty, Institute for the Arts in Health Faculty Fellow, and Fulbright Scholar to Estonia. She is committed to improving the lives of older adults through the arts. She presents and consults on the intersection of arts and aging internationally.

Kathryn Cummings, BSW, DTATI

Paper (50 min.): Art Therapy with Commercially Sexually Exploited Women in Cambodia
This paper focuses on the presenter’s art therapy work with commercially sexually exploited women in Cambodia using a 10 session trauma-informed, narrative-based, group art therapy intervention. The study uncovered the alternative story of exploited women and assessed art therapy as an effective therapeutic modality alleviating the symptoms of traumatic stress.

Kathryn Cummings is a graduate of TATI. She has worked with commercially sexually exploited women and youth in Canada and Cambodia for the last 4 years. Currently she works with the Elizabeth Fry Society providing preventative education, social work support and art therapy to vulnerable and exploited youth.

Olena Darewych, PhD, RP, RCAT

Workshop (3 hrs.): Art Therapy and Positive Psychology: Flow, Flourish and Thrive
This workshop introduces art-based interventions from the fields of art therapy and positive psychology which allow individuals in clinical settings to creatively explore the constructs of gratitude, character strengths, flourishing, flow, spirituality and meaning. During the experiential component of this workshop participants will immerse themselves in their own imaginative processes.

Olena Darewych, PhD, RP, RCAT is a Registered Psychotherapist in Ontario, a Registered Canadian Art Therapist and an Assistant Professor of Spiritual Care and Psychotherapy at Waterloo Seminary, part of Wilfrid Laurier University. She completed her PhD in Expressive Arts Therapy at Lesley University.

Olena Darewych, PhD, RP, RCAT & Kevin Farrugie, BA, DTATI, MA (Cand.)

Paper (50 min.): Digital Art Therapy for Adults with Developmental Disabilities
This research paper presents the results of a phenomenological art-based study which explored the experience of adults with a developmental disability in utilizing digital technology in art therapy sessions. It is critical to evaluate how digital technology can be used
as a viable, creative and cost-effective modality with this population.

Olena Darewych, PhD, RP, RCAT — please see biography on page 6.

Kevin Farrugie, BA, DTATI, MA (Cand.) is a student at Waterloo Lutheran Seminary obtaining a Master of Arts in Theology. He previously graduated from both the Toronto Art Therapy Institute with a graduate level diploma in art therapy and from the University of Waterloo with a Bachelor of Arts.

Jennifer DeLucia, DAT, LCAT, ATR-BC

Paper (50 min.): The Comfort Street Studio Research Team: A PAR Study Exploring Veteran Transition & Art Therapy

PAR is a research methodology concerned with collaboration, social change, and generation of knowledge. This presentation describes one art therapist’s experience of a PAR study with 10 veteran co-researchers. Participants will identify how to involve those they serve in critical dialogue and meaningful social change.

Jennifer DeLucia was an art therapist at the Veterans Outreach Center in Rochester, New York, when this study was conducted. She is currently an Administrative Director at the Institute for Veterans and Military Families at Syracuse University and is adjunct faculty member at Nazareth College. Jennifer received a Doctorate in Art Therapy from Mount Mary University.

Nadina Dodd, Registered Clinical Counsellor, Art Therapist

Workshop (3 hrs.): Culture & Identity through Body Mapping

In this workshop a life-sized self-portrait will be created, that represents you – your culture and identity as an art therapist. An open dialogue about identity and what it comprises will be followed by body tracings and then, using paint, images, and other materials, you will portray yourself. This activity can be used for a deep inquiry into self and/or for envisioning a professional self. Information will be integrated about how this tool is effectively used, especially with populations in transition.

Nadina Dodd works from a social justice, humanistic, and person-centered perspective. She taught in the counselling program at the NEC Native Education College in Vancouver and facilitates an arts-based project for at-risk newcomers and refugees. She is involved as a board member with Vancouver Women’s Health Collective, a feminist organization that provides low-barrier healthcare to marginalized women, and mental health case management to international students at Fraser International College.

Lacey Ford, BA (Hon.) Psych, DTATI Candidate, Pearl Lee, BA (Hon.) Psych, DTATI Candidate & Nga Dinh, BA Kinesiology, BFA, DTATI Candidate

Poster: Full Circle: Art Therapy Centre

The Full Circle-Art Therapy Centre is committed to delivering affordable mental health services for all and to create lasting connections within different communities through group and individual art therapy sessions. We are here to introduce our non-profit organization and looking for more people to join us!

Lacey Ford is a graduate from the University of Prince Edward Island with a BA Honours in Psychology, and a DTATI Candidate. She currently works with young adults with developmental delays as an Art Therapist at Mukibaum Accessibility Centre. Pearl Lee, raised in Hong Kong and Malaysia, started painting when she was 16 and has discovered her voice through art. She graduated from York University with a BA Honours in Psychology and a DTATI Candidate. Her mission is to make sustainable changes in the mental health world.

Nga Dinh graduated from Wilfred Laurier University with a double degree in Kinesiology and Fine Arts. She is in the process of completing a DTATI. Artistically inclined since childhood, she has honed her natural talent with experience to provide art therapy to a diverse population of clients throughout the GTA.

Sharlene Friedman, DTATI, RCAT, RP

Clarissa Chandler, Student at University of Southern California (USC) Master of Social Work; Certified Kundalini Yoga Instructor, Kundalini Yoga Research Institute (KRI)

Indy Batth, MA, CEC, CTNC, Certified Executive Coach, Certified Transformational Neuroscience Coach, Certified Facilitator, Mindfulness Without Borders

Workshop (3 hrs.): Power, Privilege, Marginalization & Expressive Process

The purpose of this workshop is to broaden awareness of marginalization through examining power, privilege and identity using the lens of Deep Democracy. Using creative approaches this workshop helps you synthesize your marginalized identities through movement, sound and visual art media. The end goal is increased awareness and a sense of empowerment and agency.

Sharlene Friedman DTATI, RCAT, RP is on faculty with the Toronto Art Therapy Institute as the Experiential Group Art Therapist. She has worked with numerous agencies focusing on trauma, recovery and personal growth. She has extensive training in Process Work with a focus on Process Mind and Deep Democracy.

Clarissa Chandler, MSW (student) is a certified Kundalini Yoga instructor, visual artist and lifelong mediator with training in Deep Democracy. She is well known for her spiritual and practical teachings on healing from traumatic experiences. She is currently enrolled in the Master of Social Work program at the University of Southern California (USC).

Indy Batth, MA, CEC, CTNC has an MA in Education, and is a Transformational Neuroscience Coach, with training in Deep Democracy and Mindfulness Facilitation. Transcending lived experiences of marginalization, she facilitates heart-centered conversations that cultivate health and wellbeing, inspire social change, tap into potential and passion, and open up new perspectives and possibilities.

Rubi Garyfalakis, BA, DTATI

Paper (50 min.): The Process Tells the Story: Arts-Based Research through Altered Books

This presentation describes an arts-based research study that explored the therapeutic potential of altered books as an intervention for adults with addictions. Findings are presented using images from altered books created by the researcher and the participants, followed by a discussion of the benefits of arts-based research for anti-oppressive practice.

Rubi Garyfalakis is a mixed media artist and a professional art therapist from Orangeville, Ontario. She is passionate about using art materials and processes to help people discover their inner strengths and find creative solutions to life’s challenges. Rubi loves making puppets, altered books, paintings, and superhero animals.
Coreen Gilligan, BFA, MEd, DTATI (Thesis pending)

Paper (50 min.): “Before, I was wanted...” Art Therapy in a Young Offender Facility

Explore the approaches, experiences and outcomes of 2 pilot projects within a maximum security facility for young male offenders in Ontario: 1) a 15-week expressive art group, and 2) a 6-week Black History Month mural project. How developing a creative safe space supported free self-expression and development of positive self-identities.

Coreen Gilligan is co-founder of ArtVillage, a community art hive in Toronto. She has extensive experience working with children and youth in marginalized and racialized communities. Her art therapy experience includes working with adolescent survivors of sexual abuse, teen mothers and babies, youth in a secure forensic mental health facility, young offenders, and trauma survivors.

Coreen Gilligan, BFA, MEd, DTATI (thesis pending)
Sonya V. Thursby, BA, DTATI

Poster: Art Therapy and Social Inclusion: Bridging Divides and Building Community

When a homeless men’s shelter relocated into a Toronto neighbourhood, the community was divided in its response. The divide and reduce community tensions, art therapists designed and facilitated art making events for both housed and homeless residents. The art has been transformed into an installation and publicly exhibited.

Coreen Gilligan, BFA, M.Ed., DTATI (thesis pending) — please see biography on this page.
Sonya V. Thursby, BA, DTATI — please see biography on page 13.

David Gussak, PhD, ATR-BC
Chair, Department of Art Education/Professor, Art Therapy Program, Florida State University

KEYNOTE: Drawing Out the Oppressed: Promoting Identity and Empowering the Vulnerable through Art Therapy

As the discrepancy between the have and have-nots continue to widen, art therapists find themselves working with marginalized subcultures. This Keynote will explore, through theories, narratives, research and vivid illustrations, how art therapy provides the tools necessary to facilitate identity, self-value and empowerment—in short, promote social justice within the most anti-social, exploited, environments.

Workshop (3 hrs.): Drawing Time Revisited: Art Therapy in Correctional Settings

Various art therapy techniques have been found exceptionally beneficial in correctional settings, particularly addressing the rigid defenses and aggressive resistance inherent in the system. This workshop will include a presentation of theoretical perspectives through discussion and hands-on art making experiences. Attending art therapists will learn several directives that directly address and accommodate the limitations and the dynamics that occur within the prison walls.

David E. Gussak, PhD, ATR-BC is Professor of Art Therapy and Chairperson of the Department of Art Education. He is the author of Art on Trial: Art Therapy in Capital Murder Cases, and co-editor of The Wiley Handbook of Art Therapy with Dr. Marcia Rosal, and Drawing Time: Art Therapy in Prisons and Other Correctional Settings with Dr. Evelyn Virshup. He is also the author of the Psychology Today blog, Art on Trial: Confessions of a Serial Art Therapist. He has published numerous articles and chapters and has lectured widely both nationally and internationally, focusing particularly on art therapy in forensic settings.

Whitney Hall, MA, LPC, ATR, CMHS

Paper (50 min.): Breaking Apart & Coming Together: A Tragicomedy for Art Therapists

A frank look at the experience of an art therapist who is initiated into the realities of community mental health and the greater system of suffering in the world. Humour, personal anecdotes and mythology interweave in this performance piece to inspire dialogue around themes of hope, despair and finding meaning.

Whitney Hall uses humour and creativity for personal and professional healing. While working in various community settings, Hall became fascinated with how humans experience joy and suffering. Hall’s background as a visual artist influences her use of art and narrative as pathways to connection and meaning-making.

Katharine Hanczaryk, MA (panel moderator)

Lucille Proulx, MA, RCAT, ATR

Helene Burt, PhD

Nadia Ferrara, PhD

Sharona Bookbinder, BSc, DTATI, OATR, RCAT, RP, MBA

Panel Presentation (80 min.): The Promotion of the Profession of Art Therapy at Hospitals

This panel presentation will identify benefits and issues with Canadian hospitals in adding art therapy to their services. This panel will include Art Therapists who have worked in hospitals, who can speak to the importance of integrating art therapy into hospitals. In this panel we will be discussing and establishing ways to collaborate with local officials and mental health boards. The plan is to encourage the development of art therapy services within hospitals across Canada.

Katharine Hanczaryk received her Bachelor’s degree at the Nova Scotia College of Art & Design in Interdisciplinary art. She later earned her Masters in Transpersonal Psychology in Art Therapy from Naropa University in Boulder, Colorado. She co-created the Naropa Community Art Studio International, which took art therapy graduate students on a service learning trip abroad. Katie has worked with a variety of populations, currently working with women who have been sexually abused in Halifax, and is a chair member of the Canadian Art Therapy Association for Marketing and Advertising.

Lucille Proulx — please see biography on page 12.

Helene Burt, Director of TATI, practicing art therapy for 32 years, completed her Doctorate of Arts in Art Therapy at New York University in 1991. President of CATA from 2002-2006 and editor of CATAJ for 11 years, she published the book Art Therapy and Postmodernism: Creative Healing Through a Prism in 2012.

Dr. Nadia Ferrara is the Senior Policy Manager at Indigenous and Northern Affairs Canada. Dr. Ferrara worked for 16 years as an art therapist, specializing in cross-cultural art therapy with Indigenous peoples in Quebec and Ontario. She holds a Master of Arts in Art Therapy, a Master of Science in Transcultural Psychiatry, and a Doctorate in Medical Anthropology degrees. Dr. Ferrara has published three books, Emotional Expression among Cree Indians, and Healing through Art. Her most recent, Reconciling and Rehumanizing Indigenous-Settler Relations, is a reflection on her work as an applied anthropologist and advocate for Indigenous peoples.
Sharona Bookbinder — please see biography on p. 5.

Heather Hennick, BA, RGD, DTATI

Paper (50 min.): Captured in Layers

This art-based research will demonstrate the use of varied art media and encaustic in developing themes, images and textures in a safe, therapeutic environment. Working with encaustic and layers is a therapeutic intervention that helps people connect to something more meaningful to improve quality of life. This novel and flexible art-based process serves as a means of releasing thoughts, feelings and emotions that would ordinarily be suppressed.

Heather Hennick is a professional art therapist, exhibiting and award winning fine artist and graphic designer. Her private practice includes working with children, adults and seniors focusing on recovery of wellness, mental health, compassion fatigue and burnout. She currently facilitates art therapy at the Mill Pond Gallery in Richmond Hill for adults using encaustic and mixed media and she offers art therapy to several retirement homes in the GTA.

Denise Hill, MAAT

Workshop (50 min.): African-American Grief

This presentation aims to bring awareness to topics related to grief as experienced by African-American individuals, highlighting the impact of the Trans-Atlantic Slave Trade and effects of policing, and incorporating professional research from the her Master’s level thesis. There will also be time for reflective writing and discussion.

Denise Hill is an emerging art therapist currently residing in Chicago, Illinois. Her main interest is working with individual adults affected by grief, loss and trauma. Through her presentation she hopes to highlight this important topic while speaking publicly about personal experiences with loss while drawing upon her professional research.

Joanne Humphrey, BFA, Dip AT

Paper (50 min.): Decreasing the Stigma of Addiction: What Art Therapists Need to Know

Addiction can affect any population. Clients may not disclose their substance use for various reasons. Art Therapists with an understanding of addiction are better equipped to respond to disclosures and develop more effective treatment plans for their clients. Client artwork will be used to demonstrate the complexity of addiction and hope for recovery.

Joanne Humphrey is a Professional Art Therapist who has worked in the field for nearly 20 years in the criminal justice system, violence against women sector and most recently at Addiction Services of Thames Valley in the London Drug Treatment Court as an Addiction/Mental Health Counsellor.

Shelly Kavanagh, RCAT, RP

Workshop (80 min.): Bringing Global Awareness to the Impacts of Sexual Abuse: Children and Youth Share Their Narratives through Communal Art Based Projects

This workshop will provide participants with the opportunity to develop skills in offering art-based interventions addressing sexual abuse trauma specific to children and youth, and offered a firsthand look at how children communicate and support one another through art-making. Participants will create an art-based response to the presentation material.

For over 20 years, Shelley Kavanagh has presented locally and internationally and is currently faculty at TATI, Humber College and a Consultant with the Toronto District School Board. Since 2003, Shelly has facilitated numerous art exhibits at the Gardiner Museum of Ceramic Arts, combining elements of mindfulness practice, art therapy, ceramics and community development.

Brianna Kestle, DTATI

Workshop (50 min.): Telling Life Stories through Comics

This workshop will explore sequential art therapy with individuals who experience marginalization, homeless and at-risk youth, and how art therapy identity and culture can be expressed through the power of comics. Brianna Kestle will share how sequential art and personal narrative were used for communication and self-expression by homeless and street-involved youth. You will also be guided through simple drawing exercises that will demonstrate how you can use comics to tell your own story!

Brianna Kestle completed her training at the Toronto Art Therapy Institute and has worked with clients with diverse and complex needs for the past 3 years. She is a passionate art therapist dedicated to facilitating healing and change for clients through the creative process. Brianna lives and works in the Hamilton area.

Jane Sang Hyon Kim, MAAT

Paper (50 min.): Talking in Church: Spiritual Narratives of Korean-American Women

This research study investigates the practices of sharing narratives and art making as forms of exploring identity politics and empowerment with Korean-American Christian women who have experienced spiritual disenfranchisement. The researcher will present how altered books were used to discuss the intersections of race/ethnicity, gender, and faith in identity.

Jane Sang Hyon Kim is a recent graduate from Master of Arts in Art Therapy program at the School of the Art Institute of Chicago. She has worked with pediatric oncology/hematology patients and with survivors of gender violence. Jane is interested in the role of storytelling and spirituality in healing.

Wendy Knight, DKATI, MSc (Psych), BSc (Hons), Adv. Dip. Child Development, Associate Mental Health & Addictions

Paper (50 min.): Finding Sanctuary, Finding Self; The Function of a Brief Parent Art Therapy Group Focused on Self-Care in Supporting the Development of an Authentic Parent Self

Wendy will share her experience of providing brief, group art therapy for parents focusing on self-care. She will share new perspectives on parenting, individuation and the intergenerational effects of supporting authenticity within the family system. Factors enhancing a brief model of art therapy, including practical applications, will be presented.

Wendy Knight, DKATI, MSc (Psych), BSc (Hons), Adv. Dip. works with parents and helping professionals providing art therapy as self-care. She fuses an intentional relational approach with spontaneous art therapy. Wendy supports family and intergenerational healing through developmentally focused reparative art therapy experiences.

Deborah Kopeschn, MPS-AT (Candidate 2016), BA, CZT

Workshop (80 min.): The Phenomenology of Zentangle and the Implications for Art Therapy

This paper presentation will provide an overview of the study of the phenomenology of Zentangle and arts-based research, and the implications for using Zentangle within art therapy. Zentangle is a
fun and meditational abstract visual art activity. The workshop will introduce the study of the phenomenology of Zentangle, explore Zentangle as an art therapy technique and discuss the benefits of integrating mindfulness and art therapy techniques.

**Deborah Kopeschny** is a Masters of Psychotherapy and Spirituality—Art Therapy Specialization Student at St. Stephen’s College, Alberta, graduating 2016, and a Certified Zentangle Teacher and quilt artist who resides in Toronto. Deborah has experience working with seniors, LGBTQ2S population, adolescents, adults with chronic mental health and substance abuse issues, and individuals with brain illnesses.

**Erin Kuri, MA, RP, CCC-S, OATR**

**Paper (50 min.): Art Therapy with Pregnant and Parenting At-Risk Youth**

This presentation focuses on the use of art therapy with pregnant and parenting at-risk youth. Intersectional systemic barriers will be examined, illustrated through client artwork and field practice. Emphasis will be given to how clients may gain a sense of empowerment through their experience of art-making within a therapeutic relationship.

**Jennifer Laffier, PhD**

**Paper (50 min.): Empowering Bullying Victims through Artistic Expression**

This paper will highlight the research findings and recommendations from the author’s dissertation that explored the role of artistic expression in art therapy in the psychological empowerment of bullying victims. This case study involved four child participants that were part of a school based art therapy program in 2007.

**Dr. Jennifer Laffier** holds an M.A. in Counselling Psychology and Art Therapy and a PhD in Psychology. Her dissertation focused on art therapy and psychological empowerment. Dr. Laffier is a Senior Lecturer and Psychotherapist with the Faculty of Education (University of Ontario Institute of Technology), where she teaches and researches in the areas of mental health and bullying.

**Josee Leclerc, PhD, ATR-BC, ATPQ & Catherine-Emmanuelle Drapeau, MA, ATPQ**

**Paper (50 min.): Fostering Consciousness of Racist Discrimination through Response-Art: A Phenomenological Research Study**

This presentation will discuss the phenomenological analysis of participants’ experience in research workshops designed to foster consciousness of racist discrimination through response-art. Considerations of the research’s relevance to the realm of postmemorial work and clinical implications for art therapists will be discussed.

**Josée Leclerc, PhD, ATR-BC, ATPQ** is Associate Professor and Director of the Art Therapy Graduate Program at Concordia University, a board-certified art therapist, a registered psychotherapist and has published and lectured extensively nationally and internationally. Her recent research explores the use of response-art as a means to foster awareness of racism.

**Catherine-Emmanuelle Drapeau, MA** obtained her master’s degree in Art Therapy from Concordia University in 2014. She is currently a doctoral student in the clinical psychology program at the Université du Québec à Montréal in which context she is pursuing her research interests on response art and vicarious trauma.

**Sze-Chin Lee, MAAT, LPC**

**Paper (50 min.): Sharing Spaces and Stories: A Cross-Cultural Creative Expression-Based Men’s Group**

This session introduces a Men’s Group developed by two art therapy interns at a non-profit organization in Chicago to address the needs of Asian immigrants and other underserved communities. The presenter will share his experiences of co-facilitating, and focus on how to adapt this work for clients with similar needs.

**Dr. Debra Linesch**

**Paper (50 min.): Conversations of Faith: Enhancing Dialogue with Imagery**

This presentation discusses the art therapy experiences of a group of women, identified as Muslim, Christian or Jewish. The women engaged in art-making to share their religious practices with each other. The work they created is testament to the untapped potential of art therapy practice and theory, and how imagery enhances awareness and enhanced interfaith dialogue. The intersection of psychological and spiritual theories to understand human experience will be explored.

**Lucy Lu, MA, RP, ATR, CCC**

**Robert Della-Pica**

**Workshop (3 hrs.): Journeying through Body-Mapping: Decolonizing Art Therapy and Research**

**Journey Women** is a project encompassing the creation and exhibition of “body maps” created by indigenous women about their healing experiences. The workshop offers an informative and experiential process of body mapping. Emphasis is placed on how it can be used as a decolonizing practice in art therapy and research.

**Lucy Lu, MA, RP, ATR, CCC** is an art therapist at Minwaashin Lodge, an Aboriginal Women’s Support Centre in Ottawa, Ontario.

**Felice Yuen, PhD** is an assistant professor in the Department of Applied Human Sciences at Concordia University in Montreal.

**Robert Della-Pica** is an active social justice advocate/activist focusing her energies on helping make communities safe, vibrant and healthy. Her heart, soul and spirit are expressed through the various women’s safety projects (such as Take back the Night) and indigenous women’s projects of empowerment such as the Journey Women project.
is a journey in search of artistic authenticity, and “to give voice” is to reject silence, “to find one’s own voice” through breath, movement, playful sounds and spoken language. In this workshop we will explore the literal and metaphoric voice.

**Workshop (80 min.): Giving Voice**

Catharine Marrion, MFA Performance, MEXAT (pending)

Workshop (80 min.): Giving Voice

In this workshop we will explore the literal and metaphoric voice through breath, movement, playful sounds and spoken language. “To find one’s voice” is to reject silence, “to find one’s own voice” is a journey in search of artistic authenticity, and “to give voice” is to express something publicly, often in the face of oppression. The power of the human voice is readily apparent in these idioms. How can we “give voice” to what is important in our lives, in our communities, in our world? How might these embodied experiences inform visual and other art making? This experiential workshop is intended to gently expand expressive play through a range of arts modalities.

**Catherine Marrion** is an expressive arts therapist in private practice in Toronto. A Master’s in Expressive Arts Therapy will soon be added to her MFA. in Performance. Catherine’s strong commitment to embodiment through all arts modalities is well supported by her somatic studies and her extensive theatre experience as an actor, coach and teacher, including 25 years teaching voice and movement in a theatre conservatory.
Nancy Olthuis Thygesen, MPS, Art Therapist

Workshop (3 hrs.): Envisioning Images in Nature Empowering Soul-Healing: A Grafting Place
This experiential workshop will offer an exploration of the VINES™ method (Visioning Images in Nature Empowering Soul-healing). Participants will journey through an expressive art-making session based on the theme of Grafting/Connections. Ritual, poetic response, and sharing circle round out the process for meaning-making on a personal, as well as group, level.

Nancy Olthuis Thygesen, MPS, Art Therapist is an artist, dancer, movement specialist, and photographer with over 20 years’ experience. Nancy has developed therapeutic interventions that integrate multiple expressive arts, encouraging others to reconnect to their creativity to promote healing of body, mind and spirit. Her strength in therapeutic and workshop settings is creating a safe place for healing and growth.

Luisa Ospina, MA

Paper (50 min.): Cultivating Artistic Sensibility and Artist Identity to Increase Self-Esteem
This paper presents thesis research on cultivating artistic sensibility and artist identity to increase self-esteem in Latino adolescents. This mixed-method study consisted of an open studio art therapy group that implemented a fine arts discourse. This study proposes this group model as an effective intervention with adolescents.

Luisa Ospina was born in Medellin, Colombia. She received a B.A. in Psychology and Art from Florida International University. Luisa recently graduated with a M.A. in Art Therapy from the School of the Art Institute of Chicago. In her art therapy practice, she emphasizes cultural context, artist identity, mindfulness, and communication.

Michelle Pate, DAT, LPC, ATR-BC

Paper (50 min.): Integration of Arts in the Community
This presentation documents one community arts studio in Detroit and documented that people who participated in this community arts studio engaged in rebuilding their community. The documentary and presentation will highlight research findings and further implications for the field of art therapy.

Michelle Pate, DAT, LPC, ATR-BC was born and raised in Detroit, Michigan. She holds a Master degree from Wayne State University in Community Counseling and Art Therapy and a Doctorate of Art Therapy from Mt. Mary University. Dr. Pate currently is an Assistant Professor of Art Therapy at Lesley University.

Lucille Proulx, MA, ATR, RCAT

Paper (50 min.): Art: The Language Universal Cultural Sameness
This graphic presentation on trauma expression universally, will begin by covering the expression of scribbles, and present the artwork of traumatized children, parents and adults. A video of trauma caused by illness will conclude this paper.

Lucille Proulx is a registered art therapist and holds a master’s degree in art therapy from Concordia University in Montreal, Qc. She has several years of clinical experience in private practice and in the Dept. of Infant and Child Psychiatry at a The Montreal Children’s Hospital. She supervises and instructs art therapists nationally and internationally. She is an Honorary Life Member of ATPQ and CATA. She is the Director of the Canadian International Institute of Art Therapy (CiiAT), and the author of Strengthening Emotional Ties Through Parent-Child-Dyad Art Therapy (2002, Jessica Kingsley, London, Ach Publisher, Isreal).

Carmen Richardson, MSW, RSW, RCAT, REAT

Workshop (3 hrs.): Body-Focused Expressive Art Therapy for Traumatized Individuals
This workshop will introduce participants to a comprehensive expressive-arts based framework for treating traumatized children and teens. This resource oriented model is grounded in attachment theory, the psychophysiology of trauma, CBT and expressive arts. It is based on Richardson’s recently published book, Expressive Arts Therapy for Traumatized Children and Adolescents: A Four-Phase Model.

Carmen Richardson is founder of Prairie Institute of Expressive Arts Therapy and offers training, consultation and supervision. She is an Advanced Certified Trauma Practitioner and Certified Agency Trainer with the National Institute for Trauma and Loss in Children. Carmen brings over 28 years of clinical expertise to her private practice.

Marilla Saffery, BFA, DIPAT, RP

Paper (50 min.): There is No Reset Button: Homecoming for Veterans with PTSD
Once a soldier in a war zone has experienced shock, pain and loss, traumatic memories have been made and have hijacked his senses. He is changed and there is no reset button. How can a returning veteran with PTSD successfully integrate back into civilian life? How can art therapy help?

Marilla Saffery, BFA, DIPAT, RP has been practicing art therapy since 2004. She is President of OATA and is a registered member of CRPO. Her practice is run out of her studio in Cobden, Ottawa Valley. Previous art experience has been as a teacher, mural painter and theatre set designer.

Karen Shay, MA

Paper (50 min.): Affect, Aesthetics and Art Therapy: The Transformative Role of Emotion in Art-Based Treatment Approaches
Through the lens of emotion and aesthetic experience, the case of a 23-year-old forensic mental health client is discussed. The client gains insight by working with an art therapist and through the use of art materials. Theories of affect regulation and aesthetics underlie the treatment narrative.

Karen Shay is a Toronto-based art therapist in private practice who recently graduated from the master’s level training program at New York University. Her broad range of experience includes working
with clients who have physical and learning disabilities as well as people living with complex mental health issues.

Judith Siano, MA, RAT

Paper (50 min.): Holy Junk: Lost, Found, and Rejected Objects in Art Therapy in Working with the Outsiders of our Society
This presentation combines the creative and the intuitive facets of the profession with its academic and ethical aspects. The protagonists of the story are those same lost, found and rejected objects as they are presented in human culture. Metaphor and imagination create this adventure in observation, awareness, and healing.

Workshop (3 hrs.): Invitation to Another Holy Junk Workshop: Refugees & Immigrants: Is it Them or We?
This workshop will look at the lives of individuals who have had their lives dismantled because their home has become unsafe. Issues of identity will be touched upon, mainly through the language of art. This workshop will also use art-making to connect us to our own cultural complexity and vulnerability. Art therapy is discussed as a tool to strengthen our empathy and open our hearts towards refugees and immigrants.

Judith Siano is a registered art therapist-supervisor, Chair of the ICET Ethics Committee, advisor to the Ministry of Welfare on youth at risk, developed the DROP IN – WIN WIN project and lectures at the University of Haifa and internationally. She has published journal articles internationally and a new book HOLY JUNK, Lost, Found and Rejected Objects in Art Therapy.

Lucia Simoncicova, MA

Workshop (80 min.): A Creative Self-Reflection on Personal Cultural Identity
We live in a multicultural world, constantly exposed to various cultural influences. This workshop addresses the complexities of cultural identity and it aims to encourage more culturally sensitive therapeutic practice. In the creative self-reflective workshop, participants will create a visual art piece reflecting on their own unique Cultural Identity.

Lucia Simoncicova is a qualified Art Therapist (MA in Art Therapy, CIT, Cork, Ireland), Professional Member of CATA and IACAT. In her private practice she has been specializing in Loss and Grief Therapy and organized an art therapy conference on grief and loss with Monica Carpendale (March 2016, Cork, Ireland).

Olivia Statler, BSc, DTATI

Paper (50 min.): Can the Phototherapy Technique of Self-Portraiture Empower Marginalized Women?
The phototherapy technique of self-portraiture was used to empower and help bring about healing in the lives of the participating women. The presentation will focus on the Self-Portrait images and narrative stories of the participating women and discuss the challenges and outcomes of the project.

Olivia Statler has a BSc in Psychology from Queens University (Belfast) and is a graduate of the certificate program at the Toronto Art Therapy Institute. This project was her major project/thesis requirement for her TATI program. Ms. Statler has a history of working with marginalized and underprivileged persons.

Lee Ann Thill, MA, ATR-BC, LPC

Paper (50 min.): An Intersectional Justice Approach to Art Therapy
Overview of intersectionality, ecofeminism, and critical animal theory, and how these concepts can provide a framework for understanding, critiquing, and expanding art therapy theory and practice in order to promote social justice. Challenges and recommendations will be discussed, and participants will engage an expressive arts experiential to process presented concepts.

Lee Ann Thill is an art therapist with a private practice in Philadelphia. She is currently pursuing a doctorate in expressive therapies. Her research and practice interests include developing a model of art therapy practice rooted in critical animal theory, and the use of creative expression to promote empathy.

Suzanne Thomson, BA, DTATI, RCAT & Lynne Jenkins, MEd, CPysch

Paper (50 min.): Mixed Methods Research: An Unexpected Result
This paper will suggest a solution for the conflict art therapy students and professional art therapists encounter when undertaking research. Mixed methods research will be explored using a recently completed study on examining the impact of art therapy interventions on anxiety and hope in newcomer women using experimental and phenomenological data. Mixed methods research will be presented as a manageable and meaningful approach to methodical inquiry for art therapy researchers and art therapy students.

Sonya Thursby, BA, DTATI

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Sonya Thursby is a novice researcher who is enthralled with mixed methods research. She combines social action work in her community with private practice and by expanding on her thesis data she plans to develop an evidence-based practice to support the settlement and acculturation of newcomer women.

Haley Toll, MA, CCC

Paper (50 min.): Current Research Initiatives and the Strategic Direction of the CATA-ACAT Journal
The participatory workshop engages in thoughtful inquiry about art therapy research and the direction of the CATA-ACAT Journal. Through practical tips, tools and resources, it hopes to help support
Canadian art therapist researchers by making the submission process/guidelines clear and accessible. Participants are invited to bring ideas for open discussion. (space limit 12)

Haley Toll, MA, CCC is an art therapist at the Cross Cancer Institute in Edmonton. Haley completed her MA in Art Therapy at Concordia University in Montreal. She is the CATA Communications Director and coordinates the newsletter, journal, website and marketing/promotion committees. She has experience with diverse clients in Alberta, Quebec, British Columbia and Botswana.

Jennifer Vivian, BFA, MA Art Therapy

Paper (50 min.): Full Circle: Towards an Aboriginal Model of Art Therapy
This will be a presentation of the Aboriginal model of art therapy developed by Jennifer Vivian, MA. The historical context of mental health of Indigenous populations in Canada will be discussed. Suggestions for the practical application of the model for practitioners working with Indigenous populations will be provided. The need for cultural competency in art therapy training will be explored.

Jennifer Vivian is an Inuit Art therapist who lives and works in Cape Breton, Nova Scotia. She graduated from Concordia University with her MA in Art Therapy. Jennifer worked at the Native Women’s Shelter of Montreal and is currently practicing art therapy at We’koma’q First Nations School in Cape Breton.

Shireen Yaish, MA Art Psychotherapy

Paper (50 min.): Trauma Informed Art Therapy for Orphans of Jordan
Art therapy with Orphans of Jordan presentation will reflect on the developmental trauma of a marginalized group of children and youth that grow up without support, love or security. These children are left to fend on their own at 18, most of them lacking high school diplomas or the education needed to support themselves. We provided 50 orphaned children, youth and their care takers with Trauma Informed Art Therapy Groups. The groups focused on building skills of empowerment, resilience and self-compassion to face abuse, and judgment from a society that is family oriented. Yet what does it take for Jordanians to embrace these children as their own instead of disown them for not having families? Are short term art therapy groups enough to help these orphans express difficult feelings that have become normalized?

Shireen Yaish is the founder of Kaynouna Arab Art Therapy Center, the first Art Psychotherapy Center in the Arab World. Kaynouna has facilitated Art Psychotherapy groups to over 700 Syrian and Palestinian refugees and has offered workshops to psychosocial teams on art therapy techniques and concepts. Shireen’s clinical skills are based on art psychotherapy and influenced by psychodynamic, Jungian approaches and also trauma informed art therapy and mindfulness techniques.

Dustin Ryan Yu, MA

Paper (50 min.): Reconstructing Narratives through Appropriated Video
Through a discussion and two short video screenings, a recent art therapy graduate presents his thesis research. Dustin Yu’s thesis proposes the potential therapeutic value in developing an online-sourced video collage intervention to help Asian immigrants resolve acculturation difficulties.

Dustin Yu was born in Toronto and grew up in Hong Kong. He received his BSc from the University of Toronto in 2014, with concentrations in Psychology and Visual Studies. Dustin recently graduated with a MA in Art Therapy at the School of the Art Institute of Chicago.

Esther Zeller Cooper, BA, DTATI, RP, RCAT, TWS

Workshop (80 min.): Living In The Present: A Fresh Approach for Older Adults with Dementia
Older adults with Dementia experience marginalization in society, both externally and internally, due to their erosion of self-worth. The objectives of this workshop are: to understand the benefits of focusing on the ‘present’ instead of reminiscing the past; to understand how art therapy can use humanistic, behavioural, and mindfulness approaches to rebuild self-worth; to develop and adapt a relevant directive for a group with individuals who have varying levels of dementia. This workshop will include didactic, experiential and discussion components that address these objectives.

Esther Zeller Cooper is a Registered Psychotherapist, Registered Art Therapist and Artist in private practice. She has lectured at Huntington and Laurentian Universities in Gerontology, and as TATI faculty, teaches and supervises. She is co-facilitator of Living With Dementia: Caring and Coping, accredited by the Sinai Health System Reitman Centre CARERS Program.
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