



ANZATA NEWS

The Newsletter of the Australian and New Zealand Arts Therapy Association

AUTUMN 2014



Message from the President



Hello members,

I don't know about all of you but I have certainly experienced this 'Year of the Horse' to be galloping along at full speed! So far I am managing keep my focus on staying in the saddle, and it is certainly an exciting ride. It is already April and we are just

getting this first newsletter out to you, now but I assure you that we have all been very busy behind the scenes.

In February the committee had our first full meeting since the Sydney conference. We met in Sydney, which this time was the most cost effective option to get us all in one place. As well as the committee meeting, we held a meeting for our paid staff to be able to discuss their ANZATA work face-to-face. This is the first time they have all met in person, and this opportunity was invaluable for them to be able to talk about how our systems currently work, and to forward plan changes that will streamline and make more efficient the running of the organisation and the website. It was also excellent for the committee members and the staff to all get to know each other apart from being at the end of an email. During this time all the members of the ANZJAT executive were able to meet to discuss the next edition, and a report on this as well as submission details can be found on page 6.

We discussed many important issues during the committee meeting and a full report can be found on page 5. One of our main discussions was about reviewing all our systems of operation, including how our sub-committees function. We greatly appreciate those of you who have volunteered to be on a sub-committee, and if you haven't already, you will soon be contacted by the chair of the sub-committee with these updates.

The committee also discussed where our next events should take place, and have proposed that the 2014 symposium take place in Singapore. ANZATA has never held an event there, our Singapore members are making increasingly significant contributions to the organisation, and we were very impressed by the numbers who came to the Sydney conference. Committee member Adrian Lania and I are



The ANZATA Committee and staff

Front, left to right: San Leenstra (VIC), Janet McLeod (NZ), Sam King (NZ).
Back, left to right: Joanna Tan (Sing), Jill Segedin (NZ), Ken Wallace (NSW), Jo Kelly (NSW), Claire Guild (WA), Kirsten Meyer (VIC), Amanda Levey (NZ), Adrian Lania (NSW).
Absent – Romny Vandoros (NSW) and Liz Fitzgerald (NSW).

travelling to Singapore this month as we have been invited to facilitate some professional development events there, and we will hold talks with LASALLE College so that hopefully we can jointly host a symposium there late this year. We will keep you posted.

There have been some significant instances of ANZATA being involved in cross-disciplinary ventures recently. We have been in contact with the Institute of Creative Health

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who have been very active in the background development of, and advocacy for, the National Arts and Health Framework that has been endorsed by the Commonwealth, State and Territory Arts and Health Ministers in Australia. The Institute has been invited to be part of the Government Working Party that considers the roll out of the Framework and it has agreed to put forward ANZATA as one of the key resources in the Framework's resources section.

Vice president San Leenstra has attended the Victorian Allied Health conference as our representative, which is an important follow up from our meeting last year with Kathleen Philip, the Chief Allied Health Advisor for Victoria. We look forward to San's report on this conference. We are continuing work to refine our Memorandum of Understanding with ACATA and representatives from both committees will meet in Melbourne in July to discuss the possibility of a joint conference in 2015.

We were contacted by the Australian Society for Medical Research (ASMR) to send a representative to a gathering

which was an opportunity to receive a briefing on ASMR activities and initiatives. Committee member, Romny Vandoros attended on our behalf and reported that ASMR holds a congress every two years on behalf of their members and other interested and related groups, and the next one will be held in Melbourne from 16-19 November. The theme for this year's conference is Transdisciplinary Research - hence the invitation to ANZATA and other disciplines to attend the meeting. The organisers are very interested to hear if there is an arts therapist involved in research who perhaps could be accommodated to present a paper or workshop at this year's congress. Of special interest is a segment on Indigenous Health and Chronic Diseases.

I hope you are having a great start to the year and we look forward to hearing about your adventures as contributions to the next newsletter.

Amanda Levey, ANZATA President

News in Brief – Australia and New Zealand

ACC – Exciting news for NZ Arts Therapists



The Accident Compensation Corporation (ACC) of New Zealand have for many years provided counselling and psychotherapy services

to sexual abuse survivors in recognition that these events can be viewed under their legislation as something that is not the 'fault' of the claimant. As many New Zealand therapists will be aware, ACC has been undergoing a long consultation process with a view to changing the way that sexual abuse survivors receive assistance with counselling and psychotherapy going forward.

For those of you who have been involved with ACC in the past, the debacle that was the 2009 'Clinical Pathway' was a nightmare experience for both clients and therapists alike, resulting in significant decreases in service provision for clients in desperate need of help, and in many therapists walking away from ACC because of the multitude of ethical

and professional nightmares created by the so called research-based services ACC was offering to clients.

The good news, after many years of hard slog by some people, and some long and hard conversations over the last 18 months or so, is that ACC is now recognising that CBT is not the answer to all ills, and that there is a significant body of international research which points to creative therapies as being highly effective in working with people affected by trauma.

And the icing on the cake for those New Zealand arts therapists working with survivors of sexual violence is that at a recent Sensitive Claims Advisory Group meeting, ACC announced that they will now accept ANZATA as a recognised professional body for arts therapist/counsellors wanting to provide services to ACC. It has taken a lot of years to convince them, but finally, we can register with ACC without having to compromise and pay to join another professional body such as NZAC or NZAP as well as our own.

Seeking new sub-committee members

ANZATA is planning to redesign the association's website to increase functionality for all members. Jill Segedin and ANZATA's new web developer, Sam King, are working on researching the best way to go forward with the website. We need more members on the website sub-committee as

at present we have only three members. If you have an interest and any expertise in this field and would like to be on the sub-committee, please email Amanda Levey at president@anzata.org.



ANZATA Member Sonia Stace published in US Journal

ANZATA member Sonia Stace has just had an article published in the prestigious *Art Therapy: Journal of the American Art Therapy Association*. Sonia's article, *Therapeutic Doll Making in Art Psychotherapy for Complex Trauma*, appears in in Volume 31, Issue 1 of the journal.

Abstract of the article

Therapeutic doll making can hold diverse functions for clients in therapy, particularly for those clients who are working through complex trauma histories. Recent literature pertaining to the treatment of complex trauma suggests that talking treatments have their limits; supplementary therapeutic approaches that focus on sensory, physical, somatic, and body-oriented processes may be necessary. These include art therapy and various expressive modalities such as doll making. This article describes a series of six dolls created by a woman diagnosed with posttraumatic stress disorder resulting from child sexual abuse and family violence. The case illustrates significant therapeutic benefits of doll making in healing from complex trauma.

Sonia holds a Master of Art Therapy (UWS), a Bachelor of Social Work (University of Sydney), and a Diploma of Statutory Child Protection (TAFE).



She works as a Registered Art Psychotherapist, Accredited Mental Health Social Worker, and an Approved Counsellor in private practice with Oak Tree Therapy & Consulting Services in Leichhardt, NSW, Australia. Sonia also runs therapeutic doll making experiential workshops for professionals, and provides free therapeutic doll making groups for carers of children with disabilities.

You can access the article online by going to www.tandfonline.com/doi/full/10.1080/07421656.2014.873689#preview

UWS – Celebrating 20 Years of Art Therapy

In 2013 the University of Western Sydney celebrated 20 years of Art Therapy teaching and research. To mark the event we are compiling a book to showcase highlights and achievements of the department and those who have been, or are still, involved – both as staff and students.

If you have any photographs or stories that you would like to share as part of this project, we would like to hear from you. We are interested in your memories of any aspect

of your experience here, and how that has shaped your career. Please send photographs and stories via email to Kate Matthew at k.matthew@uws.edu.au by Wednesday 30 April 2014. Kate can also answer any questions you might have about the project.

If you know of anyone who might not have seen this notice, please send it on to them.

Kate Matthew

Exploring the healing ways of art with Aboriginal Communities.

To accompany a forthcoming exhibition *Healing ways: Art with Intent* (opening 29 May) the Dax Centre will be hosting an art making workshop to support building cross-cultural understandings of grief and loss. We all know the feelings of mad, sad, bad and glad, yet little is done to address the huge emotions that embraces all of these – grief and loss. Join artist Maree Clarke and artist/researcher Robyne Latham in an experiential workshop exploring art making for healing within both Aboriginal and non-Aboriginal cultures. Participants will be guided through a process of building and decorating clay head ware (Kopi) to support a deepened understanding of Aboriginal culture and the connections between arts and emotional wellbeing. The workshop will address 'Sorry Business', with the greatest respect. This workshop takes courage on the behalf of the participants and the facilitators. This workshop will be held 17-18 September at the

Dax Centre and places will be limited to 12 people. Please direct enquiries to kate.richards@daxcentre.org and keep an eye on the Dax Centre website for information about the forthcoming exhibition and public programs, which will include a two day symposium bringing together artists, art therapists, curators, community workers and leaders to discuss art for healing with Aboriginal communities. www.daxcentre.org.



Two Indigenous Conferences

World Indigenous Domestic Violence Conference – 8-10 December 2014

World Indigenous Health Conference – 15-17 December 2014

Indigenous Conference Services is proud to host two great world conferences the 2014 World Indigenous Health Conference and the World Indigenous Domestic Violence Conference. Both conferences will be held in the heart of tropical Queensland, Australia at Cairns Pullman International Hotel, gateway to the Great Barrier Reef. We wish to extend a formal invitation to you and your organisation to take part in this extraordinary chance to present on a national and international stage. Each conference is designed to be an excellent tool in network building, information sharing and thought provoking discussions as well as aim to provide a culturally safe environment that people from all walks of life can participate in a frank and open forum.

The 2014 World Indigenous Domestic Violence Conference is designed to be the largest international gathering of Indigenous and non Indigenous peoples with an interest in stopping Domestic Violence within Indigenous communities. Our goal in hosting this conference is to highlight positive outcomes of various community programs

that impacts Indigenous families on a day to day basis dealing with issues of domestic violence within our communities.

The 2014 World Indigenous Health Conference is based upon the principal belief that indigenous health must be approached from a holistic view, which encumbers body, mind and spirit; thus, leading to the fundamental rights of self-determination. The conference recognizes that treating our health must be done by treating the whole person, through mind, body, soul and culture. No matter what your culture is, if you are a First Nations person, statistics show, health, education or the justice system is monstrously weighted against indigenous people. In today's society, indigenous people have a varied lifestyle, ranging from inner-city to isolated communities.

All conferences will be held at the Cairns Pullman International Hotel in Queensland

For further information visit the event website:
www.indigenousconferences.com

Mental Health Foundation of Australia Art Competition 2014

Win a \$500 prize and have your artwork featured as the poster promoting Mental Health Week – 5-11 October 2014

Mental Health Week (MHW) is a program of the Mental Health Foundation of Australia (Victoria). The aim of MHW is to promote mental health and wellbeing, prevent mental illness and remove the stigma associated with mental illness.

The art competition supports community involvement of people living with mental illness. Entrants may submit up to two artworks. Artworks may be paintings, drawings, mosaics, photos, computerised images and other art mediums. Artworks must be suitable for photographic

reproduction on a poster and must be capable of being hung for exhibition. The judges will favour works with a positive message about mental health.

To enter please go to the Mental Health Foundation website – www.mentalhealthvic.org.au – to download an entry form or email admin@mentalhealthvic.org.au by 5.00pm, Friday 23 May 2014

Heart 2 Heart: Care Cards 4 Kids

Heart 2 Heart: Care Cards 4 Kids in Detention is an art therapy action project whose mission is to provide messages of hope and love in response to drawings of despair from children in immigration detention centres.

You are invited to make post cards for the children to help lift their spirits and show them that Australians hear them and care.

Attend and make cards on Wednesday 9 April from 2-4pm at aHa Studio, 311 Victoria St Brunswick, or send your cards via post.

Enquiries: Carla 0410 403 270 carlavanlaar@gmail.com



Report on February face-to-face

In February the ANZATA Committee met in Sydney for our first face-to-face meeting since last year's conference. We welcomed three new committee members: Romny Vandoros, an art therapist from Sydney, Kirsten Meyer, a dramatherapist from Melbourne, and Claire Guild, an art therapist from Perth. The committee met all together for a full day on the Saturday and then spent Sunday morning in smaller sub-groups.

Evaluations and feedback from the Birds of a Feather events in Melbourne last year were presented. Overall BOAF was very successful and was well received by everyone. The feedback is that the arts therapy community is very keen for more such events. We are keeping things low key this year to allow the organisers some breathing space and to do consider what we might do in the future. There are some points to for us to take in account: some members felt that there needed to be a stronger representation of ANZATA as an organisation, and that our presentation may have been more representative of our heritage than catering to new membership. Also more workshops will be welcomed at future events. It was proposed that several members of each committee meet Melbourne in July to form a working party followed by a social gathering in order to build on the momentum of past events and to invite people to join a planning committee to look at the viability of a joint conference in 2015.

It was proposed to hold our 2014 Symposium in Singapore. Joanna Tan, our Singapore committee member agreed to discuss this with Ron Lay, the director of LASALLE College's art therapy programme. Apparently LASALLE are celebrating their 30th year and are planning on having a celebration towards the end of year. As Amanda and Adrian are going to Singapore in April they will hold direct talks regarding symposium. Amanda and Adrian will also meet with Laurence Van de Borre from the Red Pencil, a humanitarian mission which raises money for art therapy internationally. In Singapore, the Red Pencil funds some art therapist positions and through the Red Cross arranges training for art therapists to respond in times of crisis. Laurence Van de Borre is committed to bringing Red Pencil to Australia and has asked for ANZATA support.

The committee discussed a plan to create documented systems of operation including a committee manual, conference planning guide, and 'job descriptions' for all committee members and staff. Those committee members who have been on conference planning committees will collaborate on creating a check-list for conference organisation that can be used for future conferences and symposia. We also planned a review of how the sub-committees operate, and created a plan for each chair to act upon. At the recent AGM, a motion proposing an annual research grant was proposed and passed, however there was not an existing sub-committee that could create the criteria for the grant and review applications. Since the role of the ANZJAT sub-committee has significantly changed since the new editorial team has taken over, it was proposed that current members of the ANZJAT sub-committee be asked if they are willing to be on a new sub-committee titled the Research Sub-committee to be responsible for all research matters including ANZJAT.

All grants and regional groups were discussed and the criteria for application and reporting are to be reviewed and systemised. It is planned that there will be online application forms and reporting for all grants. The committee will create a motion for AGM to cover supervision guidelines and training. The new simplified CPD guidelines were discussed and these are to be put on the website as soon as possible, as well as the audit process. A logbook is being designed to record CPD and supervision that members can fill in online. The succession plan for committee positions was discussed, as committee of management positions are only held for three years. Amanda and San will stepping down from their committee positions at the next AGM but will remain on committee in order to ensure continuity and handover.

ANZATA Committee



Submitting Articles and Advertisements to ANZATA NEWS

Articles: A full page article is approximately 500 words allowing space for a captioned image. Please include a headline and introduction text and captions for any images. Photos and images are encouraged. **News in Brief:** Brief articles should not exceed 300 words. Please include a headline and captions for any images. Photos and images are encouraged. **Advertisements:** It is free for ANZATA members to place ads on the Noticeboard. They must be no more than 100 words. A logo can be included. If you are providing finished artwork, ads must be 85mm wide and no more than 75mm deep. For non-members there is a fee to place ads on the Noticeboard. Rates are: \$250 – 85mm x 75mm, or 100 words, or 15 lines; \$200 – 85mm x 50mm, or 75 words, or 10 lines; \$150 – 85mm x 75mm, or 50 words, or 5 lines. Please note that all ads will also be posted on the ANZATA website advertisements. Please email your article or advertisement to Jill Segedin at newsletter@anzata.org. The articles should be in Microsoft Word. Any images should be sent in jpeg or gif format. Ads can be sent as text in Microsoft Word or in the body of an email, or for finished artwork, as a high res (300dpi) pdf.

Report from the ANZJAT Exec meeting in February

In February, the day before the ANZATA Committee had their Face-to-face meeting, the two editors, Sheridan Linnell and Toril Pursell, and Jill Segedin, who has taken over the role of Journal Co-ordinator, met in Sydney for a day of planning.

Many things were discussed, from conceptual issues of copyright and intellectual property and the internet, to production schedules for the next edition of our journal.



Journal Coordinator Jill Segedin and editors Sheridan Linnell and Toril Pursell.

One change that will impact ANZJAT in potentially very positive ways is the proposed restructure of the ANZATA Journal Sub-committee to become the ANZATA Research Sub-committee which will have a wider scope than before. Under the new structure, the ANZJAT Exec will be made up of the two editors, the chair of the Research Sub-committee and the journal editor. It will report to the Research Sub-committee on policy matters and to the ANZATA Committee of working matters such as budgets etc. It is hoped that the restructured Research Sub-committee will be able to offer expertise and advice on a range of areas including a proposed mentoring programme for aspiring authors.

The production schedule was set for the next edition with a closing date of Thursday 1 May for submissions (see information below about making a submission). It is planned that this edition will be ready for the proposed Symposium in Singapore, planned for the beginning of November.

ANZJAT online

All the articles in the latest ANZJAT are now available to members on the ANZATA website. Simply login as a member and go to the 'ANZJAT' page in the members menu.



Submission date for the next ANZJAT

Submission date: 1 May 2014

Send your enquiries and articles to:
journal@anzata.org

The submission date for the ninth edition of ANZJAT has been set. If you are interested in submitting a piece to the next ANZJAT, you will need to send this in to us by **5pm Thursday 1 May 2014**.

We have been adding many resources to our website to assist with the submission process. These can be found on the website at www.anzata.org/anzjat/. You will also find a number of other resources to help you with your submission including:

Style guide information

- The ANZJAT Submissions Guide
- The ANZJAT Style Guide
- The ANZJAT Style Template
- The ANZJAT Style Template Tutorial

Other resources

APA referencing

The Great APA Quiz Learn more about referencing using APA v6 by taking this fun ten question quiz.



APA v6 guide This is a comprehensive and easy-to-use guide to APA version 6.

Using images

Basic Photoshop guide Easy steps in Photoshop to help you follow the rules of submitting images to ANZJAT.

Useful articles etc

- Edwards, D. (2011). Once more, but with feeling: Further thoughts on writing about art therapy, *ATOL* 1(2)
- Taylor and Francis online guides
- The Peer-review process flow chart

If you have any queries about submitting a piece please write to journal@anzata.org.

Regional groups and Grants update

Many regional groups have been getting off the ground in 2014 and most regions now have at least one active ANZATA Regional group. The past year this has especially been taking off in New Zealand, now with two groups and a third one in the making. Being well aware of the New Zealand culture, committee member Janet McLeod has been so kind to take over the advisory role in running these groups in her country, while I maintain the focus on Australian regional groups and committee member Joanna Tan does this in Singapore. In this way we can provide a guarantee that the advice given to Regional groups is aligned with and informed by what is useful within their country and culture while following the same ANZATA guidelines.

The Regional groups are set up to provide peer-support and Professional Development (PD) to our members, because working in our profession is so often experienced as isolated. Regional groups provide a peer support network and share PD opportunities, which not only provides

support, but will also assist with CPD points (Continuing Professional Development), necessary for maintaining ANZATA registration.

Cross-collaboration between several different associations (such as the CTAA, ACATA, music therapy and drama therapy) have also been on the agenda with some Regional groups actively enhancing ties.

The ANZATA conference in Sydney has been useful to assist linking members to start their groups or find more members for already existing ones. I have been in the process of actively seeking members for new starting groups to get their required starting number of three ANZATA members.

Here a list of the currently existing groups and the name of a contact person(s) in case you would like more information about a group in your region. If you are interested in starting a group, please don't hesitate to contact the Regional group subcommittee chair for more information or contact vicepresident@anzata.org to get pointed in the right direction.

Regional groups ANZATA 2014

Country	Name of group and region	Group leader/contact person(s)
Australia	1. GRAT, Group of Registered Regional Arts Therapists (Victoria) 2. WA Group 3. NECTA (drama, Sydney) 4. Melbourne Group 5. Sydney Group 6. Gippsland Group 7. ACT Canberra Group 8. Blue Mountains Regional Group	San Leenstra Lynette Beekwilder-Wild Joanna Jaanista Vicky Nichols Maralyn Nash Maya Fraser Kate Barker/Marquita Ruwette Annette Coulter
Singapore	Singapore Group	Joanna Tan
New Zealand	1. Northern Group 2. HOT (Hands-On arts Therapy), South Island Group (Christchurch)	Janet McLeod Bettina Evans/Deborah Green

There are still several grants available to support Regional groups in 2014 (max \$500 per application), so I would strongly encourage groups to apply.

We are in the process of simplifying the process and hope that in the near future you will be able to apply through an online process or via a downloadable form, but until that is ready, you will need to write an application following the grant guidelines on the ANZATA website and send this to the Chair: vicepresident@anzata.org.

There are currently four grant options:

1. RG-Regional Groups (10 available per year)
2. SG-Supervision group (part of the 10 above)

3. SP-Special Presenter grant (part of the 10 above)

And last but not least:

4. PR-individual promotion of Arts Therapy (3 available per year)

For 2014 there is still one PR grant available, there have already been two successful applicants this year.

Look forward to see the applications!

San Leenstra, ANZATA Vice-President and Chair Regional Groups & PR sub-committee.

ANZATA Retrospective Promotional Grant – 2013

As a Registered Art Therapist in Private Practice and Professional ANZATA member it is with much appreciation and great pleasure I wish to thank the ANZATA PR Subcommittee and Committee Chair San Leestra for awarding me the ANZATA Arts Therapy Retrospective Promotional Grant for 2013.

I was invited by Post Doctoral Research Fellow and Lecturer Dr Ju Li Ng from the School of Management Australian School of Business at the University of New South Wales to present a Guest Lecture on Art Therapy for the B.A. Commerce Students Liberal Studies Course: 'Critical Thinking and Analysis'.

The topic for this lecture was 'Is Critical Thinking and Analysis important in the Arts?' and I was selected to present the lecture because of my many years experience working as an art therapist in both public and private mental health and my more recent experience facilitating art therapy courses and workshops in the corporate sector as well as to the local business community.

The aim of the lecture was to reflect on some of the key processes/skills in how to apply critical thinking and analysis in therapy, consulting and arts with specific examples from my own experience.

The aspect of this lecture that Dr Ng was most excited about and was very well received by the students was our combined idea to provide all of the 60 business students with an opportunity to create not only an individual art making responses to the lecture but also create a series of group artworks as a team building exercise by dividing the students into six teams of ten students which was already formed from their semester tutorial groups.

I have attached several of the created team artworks for viewing and also saw my overriding aim for the lecture as an art therapist to be an enterprising public relations opportunity to raise the profile of art therapy in the business community via the business students and their lecturers to promote and enhance the vision and scope for future arts therapies employment in the corporate sector and/or business community.

Maralyn Nash

Examples of the works produced by the students in their teams.



Updates from Regional Groups

New Regional Group in Wellington

We invite all Wellington based Art Therapists to join our group meetings which are held on the first Friday of every month. The next meeting is scheduled for Friday 2 May at 9.30am and will be hosted by Mary Brownlow at the Home of Compassion, Rhine Street, Island Bay. Each month

the hosting member will present some of their current work. If you are interested in attending, please email sarah@artfix.info for further details.

Sarah Nightingale



ANZATA WA Regional Group



Our committee; Lynnette Beekwilder-Reid, Jan Telfer, Jackie Lewis, Sue Mader, Danita Walsh, Elly Hope, Harriet Sawyer and Dr Susan Mason are 'Keeping in Touch' with Western Australian ANZATA registered members and colleagues by presenting professional development/social events each year. Attendance certificates are provided. Invited guests from related fields are very welcome. Our aim is to bring, to the WA ANZATA membership, presentations and workshops across a range of art/s therapy practices exemplifying art, dance, music, movement and drama. A nominal door fee is charged to cover refreshments and materials. Held quarterly, at the Niche Conference Facility at Sir Charles Gairdner Hospital/Medical Centre, 11 Aberdare Rd, Nedlands, these events are always well attended and rewarding.

On 22 March, Jan Telfer presented our first event for this year. Journalling: the therapeutic potential of creative writing. Jan is an OT and art therapist works with the elderly in residential care. She is also a telephone counsellor for Lifeline. Her accomplishments in the area of the arts are many and her watercolour work is beautiful.

Again our afternoon was well attended with members from as far as Albany, Bunbury, Serpentine and Mandurah. Jan's



display was impressive and her presentation very informative. She explained that journalling and creative writing can be therapeutic for well-being, personal growth, healing

and social change. That expressing emotion in written words and language through creative writing helps in unburdening the pressures and stresses of life experiences and assists in laying foundations of positives outcomes. Her comprehensive display of books, art work and resources covered a variety of approaches including the Tree of Life, an inspiring approach to working with children, young people and adults.

Creative writing can open up ways for us to tell our stories, record events, communicate our values and feelings, express our personalities and also have fun. And have fun on that afternoon, we certainly did. We were each given handouts with diverse topics e.g. my bucket list, pearls of wisdom and a wooden spoon. There were images of mouth-watering cakes that triggered our humorous creative imagination. We produced an amazing amount of writings and then shared our work. The variety was impressive: poetry, verse, narrative, haiku and prose. Artwork was also an option. A great deal of enthusiasm surrounded these topics and more personal time was requested for actual journaling. This was a very rewarding afternoon.

Jan's presentation was followed by an overview, by our new WA State Representative Claire Guild, of the latest news from the recent ANZATA meeting, an update was given by our committee on our calendar events for the year that include music and dance experiential workshops and Jan and Jackie are planning our 'Off Site' event.

After more finger food, beverages and further discussion we finished at 5:30. Our next 'Niche' event is planned for June.

Lynnette Beekwilder-Reid

2013 'Off Site' excursion

Our 2013 'Off Site' excursion run by Harriet Sawyer was very successful taking our total of Professional Development events to five for the year.

This year's 'Off Site' is being planned by Jan Telfer and Jackie Lewis; possibly being held in a Nedlands heritage art centre. It will support a well recognised cause; The Uthanda (love) Doll Project of KwaZulu Natal (KZN), South Africa. The presentation will provide different proven approaches and hands-on skills. A valuable learning experience to look forward to.

Children in KwaZulu Natal are deeply affected by the impact of the HIV/AIDS pandemic there. This affects the lives of all children where parental, family and cultural support around them is missing or fragmented. Play therapy is proving positive results. Even-so, more dolls are needed and kits for making the dolls are available through their website.

Sydney Regional Group Update

The Sydney Regional Group continues to meet this year on alternating Wednesday and Thursday evenings each month in Glebe providing an enriching collegial networking and communal space with ongoing professional development opportunities for Professional and Associate ANZATA members in the Sydney area.

With a new committee on board comprising Maralyn Nash (Group Leader), Sally Swain, Linda Combe and Liz Fitzgerald our first meeting held in February 2014 to launch the year was co-facilitated by Sally Swain and Maralyn Nash.

Liz Fitzgerald announced our success in securing our 2014 ANZATA Grant and acknowledged our thanks. This was followed by Sally Swain's insightful and visionary reflections about our shared direction for this year to strengthen confidence and reinforce belief in the value of our work as Arts Therapists by providing a safe space for sharing joys and challenges of arts therapy practice with a view to the deepening and growth of our professional identity.

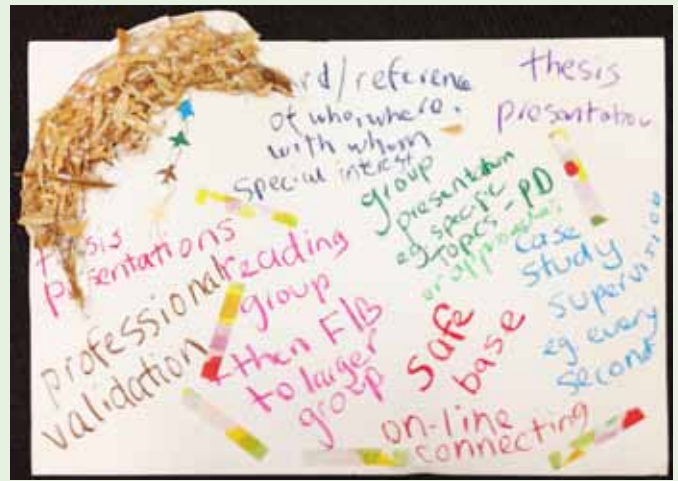
Linda Combe presented a wrap up of 2013 with her summary of our final meeting for last year with the renowned UK-based art therapist and author Caroline Case as guest speaker.

Caroline presented a warmly received unpublished case study written by her in 2009 entitled 'Gratitude and Recognition, Action and Enactment in a Child and Parent' with a reading from Pablo Neruda and related Klein writings on envy and gratitude strongly emphasising the deprivation of envy and the 'bliss' of feeling understood that is essential for every happy love relationship.

Sally and Maralyn commenced their co-facilitation presentation for the remainder of the meeting by encouraging a brainstorming of our collective vision and program planning for 2014 and choosing to make art making a central core part of this gathering to help us connect with our creative vitality to formulate our aims, benefits and outcomes to build a solid and sustainable practice as a model for ourselves and future arts therapists.

The dominant themes and imagery drawn, collaged and painted in this abundantly creative process brought our group together with renewed clarity as we collectively expressed notions of unravelling, interconnecting and interweaving threads as a shape shifting process of transitions and emergence from our isolation as arts therapists and coming together with renewed strength and vitality.

In March Liz Fitzgerald and Marg McIntyre co-facilitated a lively discussion and art making process on the topic of sustainability in Professional Practice which was preceded by a creative hat handover ritual by new committee members Sally Swain and Maralyn Nash acknowledging the contribution of inaugural members Margaret McIntyre, Julie Green, Linda Combe, Liz Fitzgerald and Fiona Fitzpatrick (absent).



Liz defined 'sustain' as in the use of a sustain pedal to prolong and maintain a note utilising the analogy of birds flying in a V formation to sustain the weaker members of a flock and just as birds need a secure base (nest) from which to 'fly off' we as arts therapists need the grounding and balance between our two wings of academic training, mentoring and supervision together with our practice of arts therapy.

In response we produced three diverse group art works emphasising a playful, collaborative, global vision with an awareness of the tension between building a rigorous theoretical foundation yet being threatened by outside predatory influences and utilising our regional group as a safe base and tactile 'nest' to explore and sustain our professional practice with supervision, readings and workshops.

From the suggestions and discussion at this meeting there arose a number of ideas for future follow up with special interest topics and readings to be collated and considered for our April meeting including Adolescence and Self-harm, Dissociative and Personality Disorders, Grief and Loss, Mindfulness and Creativity in Business.

Maralyn Nash

Our next meeting is scheduled for Thursday 8 May.
If you would like to be added to our mailing list
please email: atsyd111@hotmail.com.

Sydney Regional Group Update (cont.)

Report on a Rite of Recognition

Almost all creativity involves purposeful play.

Abraham Maslow

In November 2013, I was delighted to join ANZATA's Sydney branch committee. Psychodrama teaches that it's important in the life of a community to acknowledge and celebrate achievements. Along these lines, I imagined a gratitude ceremony for our initiatory committee. This would comprise the group's catalyst, Marg McIntyre, plus hardworking-behind-the-scenes Liz Fitzgerald, Linda Combe, Fiona Fitzpatrick and Julie Green.

I contacted Maralyn Nash, also freshly on the committee.

We emailed to and fro:

Ping! 'How about an acknowledgement ritual?'

Ping! 'I'll put my thinking cap on.'

Ping! 'Thinking cap. That's it! Let's decorate a hat for each person.'

Ping! 'We can call them Handover Hats.'

Thus began our collaboration, fuelled by a desire to contribute to the arts therapy community, a deep valuing of our regional branch and a sparkling sense of creative play. I bought five hats from Vinnies. Maralyn and I decorated the hats in an art frenzy. Paint, sponges, feathers and sequins flew. The hats acquired names such as 'Ms Activist' and 'Ms Matisse'.

At the March meeting, we presented Handover Hats to our wonderful initiators. We were inspired by the regional group's sustaining role in our professional lives to choose 'Midnight at the Oasis' as soundtrack for our ceremony. We felt that Liz, our 'cool admin guru', required a special song. James Brown's funk accompanied her 'Ms van Gogh' hat presentation.



Back row from left: Marg McIntyre, Julie Green. Front row from left: Sally Swain, Maralyn Nash, Linda Combe and Liz Fitzgerald. Absent: Fiona Fitzpatrick.

And if this Festival of Valuing seems a little too colourful for some tastes, we are choosing to nourish our intellects with reflective reading groups in April. Viva la Balance of Right and Left Brain! And remember...

Play is the only way the highest intelligence of humankind can unfold. Joseph Chilton Pearce

Sally Swain



Caroline Case: A Prominent British Art Therapist comes to Sydney

On 5 December 2013, Caroline Case presented a seminar to the Sydney Regional ANZATA Group titled Gratitude and Recognition about the therapeutic process with a young boy over three years between the ages of 10-12, who was on the autistic spectrum.

The account of Caroline's work included: the issue of 'gift giving'; action and enactment in the therapy process; and the need to be flexible in the therapist role.

On the notion of 'gift-giving' Caroline acknowledged that a gesture of gratitude from parents can sometimes communicate ambivalence about her therapeutic relationship with their child. She also reminded us that to be blissfully happy in a love relationship it is essential to feel fully understood and that it is in this state of 'bliss' that moments of temporary deprivation can be tolerated, (Klein 1984).

Another aspect was Caroline's frankness about relinquishing her professional role in order to form a real relationship with

her client. I found this reassuring and refreshingly honest; that it is okay to allow traumatic moments from the child's past to be unconsciously acted out, validating the need to tolerate a child's anger and aggression in therapy because of verbal communication inability. Caroline detailed her use of art-making, musical rhythm, ball-play and the game of 'Hangman' as alternative ways to engage her client. She concluded with how this boy changed over the course of therapy to be able to protect more vulnerable children and to have an enhanced sense of self.

Twenty art therapist attended this paper, responding with questions and informed discussion. It was a night to remember.

Klein, M. (1984). *Envy and gratitude and other works 1946-1963*. London: Hogarth Press.

Annette Coulter

The Moodbank Project

A collaborative public participation project in Wellington

Several weeks ago I was invited to Wellington to see the realisation of a collaborative public participation project called the Moodbank and to join a cross-disciplinary round table panel discussion. I was given the address in the heart of the commercial district and went there on the day of the discussion to view it. There it was, amongst other shop fronts and banks, with very professional signage. Inside were attractive tables with coloured pencils and deposit slips, all tables were occupied by a variety of people engrossed in drawing.

I was greeted by a 'mood manager' who explained to me that the: "Moodbank is a pop-up bank where you can visualize, deposit and exchange feelings. You cannot withdraw mood, but you can take time to reflect on your emotions and see how everyone else is feeling". As well as a deposit slip she also showed me some bigger templates that I was welcome to fill in, including a 12 hour mood map. I completed a deposit slip, on one side my image with some words summarizing my 'current mood' and on the other side filled in my age, gender, occupation and current mood. I took it to the teller who stamped the 'data' side of the deposit slip with the words "Mood Acknowledged" and said to me "Your mood is acknowledged" and stamped the date and the image was added to that day's grid of 'deposits' on the wall. Many other visitors were looking at the vast range of images on the walls, some had returned with friends or family to show their drawings.

That evening I returned to the Moodbank for the round table discussion which had a very interesting eclectic mix of contributors from the worlds of design, philosophy, art and arts therapy. Sarah and Vanessa who discussed how the idea for the project developed out of their shared interests of domestic life of women, critical design and feminism. Sarah talked about her experience of BNZ using face recognition software to decide her level of comfort with debt in order to market credit cards to her. Vanessa explained about her art projects that were to do with making public what is often hidden, such as her messy laundry and that she often drew to help process personal feelings. They wanted the public to be able to express any mood and/or any combination of moods no matter how messy or hard to define they are. As well as the branch there was also an online site and an ATM machine. In discussion, Sarah and Vanessa said they were amazed at the material that was revealed in the deposits. There was a huge variety, some were clearly what I would call 'art as therapy' that is, just the enjoyment of creating an image, whereas many others were detailed and full of narrative and poignant feelings.

Sophie Jerrum represented Urban Dream Brokerage which works to link property managers and the creative industries, utilising empty buildings for projects such as the Moodbank.

She was very impressed by the professionalism and intentions of this project and congratulated them on their achievements to date. I related the project to psychological theory and arts therapy in particular. I was particularly interested in the public nature of the project as opposed to the usually very private world of therapy. It was evident in my visits to the branch and through discussions with people during and after the panel discussion that the Moodbank was providing a very real service, and that some significant therapeutic and artistic outcomes were indeed taking place within the project. Also I would guess that the vast majority of participants would not normally undertake either therapy or artistic expression. So lots of food for thought for our profession.

Amanda Levey



ANZATA NOTICEBOARD

ANZATA Northern Regional Group

The ANZATA Northern Regional Group was established in 2012 with the intention to connect arts therapists in the North Island of New Zealand. The first meeting was a collaborative workshop between ANZATA members and members of Creative Therapies Association of Aotearoa (CTAA). It gave us the opportunity to sign the Memorandum of Understanding between CTAA and ANZATA that aims to strengthen both organisations through greater collaboration. ANZATA Northern Regional Group is planning regular workshops and will email members when details are available.

For more information about the group or you would like to join, please email Janet McLeod – janmak@xtra.co.nz

ANZATA Sydney Regional Group

The Sydney regional group welcomes arts therapists to meet in Glebe monthly, on the alternating first Wed/Thurs nights of the month. This is a great opportunity to network with colleagues, share ideas and increase our understanding of how we work. Each meeting is facilitated by a group member and themes vary from month to month. This is also a place to share writing and research, and members are encouraged to think about using the group for feedback and continued professional growth.

Where: St Helen's Community Centre, 184 Glebe Point Rd, Glebe NSW 2037, next to Glebe Library

When: Thursday 8 May, 7-9pm (registration 6.45pm)

Bring: own art materials

Cost: gold coin or \$5 donation appreciated (for facilitator)

All participants receive a certificate of attendance, which can be used towards CPD requirement for ANZATA membership.

For further information or to add your name to the email list, please contact: atsyd111@hotmail.com



ANZATA WA Regional Group Arts Therapists / Psychotherapists

The WA Regional Committee are 'Keeping in Touch' with Western Australian registered members and colleagues by presenting professional development/social events each year at a nominal fee. Attendance certificates are provided. Invited guests from related fields are very welcome.

Our aim is to continue bringing, to the WA membership, successful presentations and workshops across a range of arts therapy practices and ideas exemplifying art, dance, music, movement and drama therapies.

Regular professional supervision sessions, at minimum cost, are currently being negotiated.

If you are interested in joining the group or attending our regular workshops please contact Jan Telfer at jtelfer@inet.net.au or Lynnette Beekwilder-Reid at a.th.clinicalpractice@bigpond.com



Group of Registered Regional Art Therapists

Who participates in GRAT?

GRAT is a support group for Arts Therapists Registered with ANZATA / ACATA or Arts Therapists who are in the process of registering.

What does GRAT provide?

GRAT provides a way for Arts Therapists to exchange professional knowledge and share expertise. At every GRAT meeting a member or guest speaker presents a topic/discussion on Arts Therapy. GRAT focuses on the theoretical side of Arts Therapy and further professional development for Arts Therapists. GRAT strives to create more public awareness around Arts Therapy.

When and where do we meet?

We meet four times a year. Meetings are usually held on a Sunday afternoon in Central Victoria. GRAT participation assists in meeting CPD (Continuing Professional Development) requirements necessary to continue registration with ANZATA, and also provides a solid support network for Arts Therapists.

Contact: San (Sun) Leenstra at fijne_dag@gmx.net



ANZATA Singapore Regional Group

The Singapore Regional Group is a new initiative started to connect arts therapists in Singapore.

Our shared vision was to build and belong to a supportive and trustworthy network of colleagues, a community where we can find support and inspiration to grow in our personal and profession well-being. Our main focus will be on the practice of art therapy and bringing those benefits into awareness and recognition.

For more info contact: Joanna Tan – jo@joannatan.com

ANZATA Wellington Regional Group

The ANZATA Wellington Regional Group is presently being established. If you live and/or work in the area and are interested in joining, please contact Sarah Nightingale at sarah@artfix.info.



Thinking of setting up your own ANZATA Regional Group?

ANZATA is encouraging all members to be involved in regional groups. It is a great way to keep in touch with other arts therapists in your region, and attending your group can be counted towards your CPD. ANZATA also grants \$500 pa to each group and groups can apply once a year. And ANZATA's public liability insurance will cover your group when hiring venues for your meetings.

If you would like to set up a group in your region please go to the Regional Groups page under the Professional menu on the website for more details.



Creative Communications – 2014 Programme for Deaf and Hearing Artists

Pilot Description

Creative Communications is a pilot programme in visual arts for a mixed group of Deaf and hearing artists who come together once a week for eight art-making sessions in a safe and supportive environment. Delivered by a team that has both Deaf and hearing facilitators and a New Zealand Sign Language interpreter, the programme is offered to artists who wish to develop their art making abilities and increase self-confidence as practising artists – and to artists who are interested in self-development through creativity.

When: Term 2 – Monday afternoons, 1.00pm to 3.00pm 5, 12, 19, 26 May and 9, 16, 23, 30 June.

Venue: Spark Centre, Rocky Nook Bowls Club, Fowlds Park, Rocky Nook Avenue, St Lukes, Auckland

Cost: \$120.00 Art materials provided.

For more information: Rachel Coppage, Art Therapist/
Facilitator – Spark Centre, Txt 021 0263 3932,
Email racentripisesltd@gmail.com

The Dramatherapy Centre Shining the light on Trauma

by Nat Warren-White, MA, RDT (USA)

A Dramatherapy Workshop applying Jungian Dream work to the healing of traumatic experience

2 Days:

Sat 19, July 2014

9 am – 5 pm

Sun 20, July 2014

9 am – 4 pm

For more information visit www.dramatherapy.com.au

Expressive Therapy Clinic

Expressive Therapy Clinic offers courses, weekend workshops and specific trainings to those interested in Mindfulness Meditation, Art Therapy, Dialectical Behaviour Therapy and Positive Psychology to attend. The training programs are especially helpful for health care professionals, teachers, school counsellors, social workers, occupational therapists, psychologists, counsellors, mental health nurses, art therapists and people interested in gaining skills to increase in their and others' general wellbeing.



Intensive Dialectical Behaviour Therapy – 4 day training

Facilitator: Megan Shiell

When and where: Monthly – in Tweed Heads, NSW and also in other States of Australia

Training in Art Psychotherapy in combination with learning the skills of Dialectical Behaviour Therapy and Positive Psychology

Facilitator: Megan Shiell

When and where: Monthly – in Tweed Heads, NSW

Art Therapy Introductory Course – Introduction to Art Therapy

This program covers the history and understanding of art therapy and how it can be used in many client groups. Experiential component included.

Facilitator: Megan Shiell

When and where: Monthly – in Tweed Heads, NSW

All Programs approved for CPD with ANZATA, Australian Counselling Association, Australian Association of Social Workers, Australian Psychological Society and Australian Council of Mental Health Nurses.

Expressive Therapy Clinic – 7/133 Wharf St, Tweed Heads
For more info please contact Megan Shiell –
m.shiell@expressivetherapyclinic.com.au, or visit the website
www.expressivetherapyclinic.com.au.

ART – NATURE – WELLBEING

An exhibition of work by current students and recent graduates of the Master of Art Therapy program at UWS exploring the relationship between creativity, wellbeing and the natural world will be held at Verge Gallery, City Rd, Darlington from 28 May to 6 June 2014 (opening Friday 30 May).



Fifth Anniversary Expressive Therapies Summit – New York City

CALL FOR PROPOSALS NOW OPEN! (closing 20 April)

We are pleased to announce the Fifth Anniversary Expressive Therapies Summit to be held in multiple New York City venues, November 6-9, 2014. Last year, over 850 creative arts therapists and educators, arts professionals, and interested healthcare colleagues gathered together to learn, collaborate, and network.

We welcome papers, panels, workshops, as well as single- and multi-day classes featuring any of the creative arts therapies. We are especially interested in sessions that are multimodal, collaborative, and/or experiential. Single-discipline presentations are also welcome, particularly those with an emphasis on techniques and topics of interest to practitioners in other specialties.

For more info: www.expressivetherapiessummit.com

2014 Proposal Submission Site: www.cvent.com/d/g4qq7s
(The site contains all the information you'll need to know about submitting a proposal. Use the How to Submit or Click to Submit tabs to get to the online submission form.)

ANZATA NOTICEBOARD



Therapeutic Doll Making: Connections to the Self – Experiential Workshop

This experiential workshop is designed to provide practitioners with knowledge and experience of the therapeutic benefits of doll making. Practitioners will also make their own therapeutic doll to take with them at the end of the day.

Learning Objectives:

At the end of the workshop, participants will be able to:

- Explain benefits of doll making as a therapeutic technique
- Outline the key components of therapeutic doll making
- Identify which clients would benefit from therapeutic doll making
- Reflect on the experiential process of making their own doll in a professional workshop setting

Dates: Blue Mountains NSW: Monday 14 April 2014

Presenter: Sonia Stace, Registered Art Psychotherapist & Accredited Mental Health Social Worker

For further details and registration:

sonia@oaktreetherapy.com.au www.oaktreetherapy.com.au

STUDIO FOR LEASE – 3 days per week

The Melbourne Art Therapy Studio at the Abbotsford Convent is available for sub-lease 3 days per week (currently Sun, Mon & Tues negotiable). Very reasonable rates include art materials.

Suitable for groups up to about 8 or individual sessions. It's a beautiful space, great light and a stunning environment.

Contact Robyn for further information – info@melbourneartherapy.com.au



Julia Meyerowitz-Katz

ATHR, ANZSJA, IAAP, CAFPA, ANZATA, BAAT

Jungian Analyst • Art Psychotherapist

Psychoanalytic Psychotherapist • Couples Therapist

Working with Adults, Couples and Children

Julia currently has vacancies. She is an experienced clinician and supervisor with over 25 years' experience. Please don't hesitate to contact her to discuss Jungian Analysis, Art Psychotherapy, Psychotherapy, Couples therapy and Supervision, including small group supervision

14/79 Old South Head Rd, Bondi Junction, NSW 2022

T: 02 9389 8936 E: juliamkatz@hotmail.com

www.juliameyerowitz-katz.com.au

Looking for an Art Therapist

Looking for an art therapist with private practice for individual sessions with youth and adults with mental health issue and/or substance abuse in Sydney.

For more details please contact Elle Assoulin ATHR at email: elleassoulin@gmail.com

Maralyn Nash Dip. Vis Art.M.A(A.Th)ATHR

Art Therapist. Artist. Educator. Working with Adults & Children.

Facilitating creative, healing and empowering workshops in a nurturing environment. Available for conference presentations and motivational speaking events. Small group and individual supervision. Maralyn currently has vacancies. She is a qualified artist, registered art therapist and educator with over 20 years experience. Please don't hesitate to contact her to discuss visual arts, art therapy, conference and workshop presentations and supervision.

52 Eurimbla Ave, Randwick, NSW 2031

P: 0405 177 488

E: maralyn@maralynnash.com.au

www.maralynnash.com.au

Facebook : Maralyn Nash Art Therapy



Here's Looking at You Kid

A Workshop on Eating Distress



To be alive is to eat. We all do it. Yet for many of us the so called 'simple' act of eating is a daily minefield of anxiety and potential shame or guilt, often leading to physical signs and symptoms that are all too visible in our bodies.

Our eating patterns offer windows to our earliest attachment patterns with others, as well as our relatedness to ourselves. Our hunger can reveal both our desires and defences.

This one-day workshop for professionals wanting to learn about Relational Gestalt therapy and it's application to common eating/weight disorders; obesity, bulimia and anorexia nervosa

Dr Sally Denham-Vaughan is a Clinical and Counselling Psychologist and worked for many years in the British National Health Service leading a range of clinical services provided to Adults with Mental Health Problems. She is a Gestalt Psychotherapist, Supervisor, Trainer, Accredited Organisational Practitioner, writer and editorial advisor to the British Gestalt Journal.

Date: Wednesday 10th September

Fee: \$310 (incl GST)

Time: 9.30-5.00pm

P: 03 9489 6300

F: 03 9481 2792

E: gta@ozonline.com.au

333 Heidelberg Road
Northcote, VIC 3070

2014 Professional Development Calendar

April	Supervision Group for Therapists
May	Taste of Relational Gestalt Therapy
June	A Relational Approach to Working with Groups
July	Anxiety Therapy Group
Aug	Supervision group for group facilitator's
Sept	Eating Distress: Here's Looking at You Kid!
Oct	Understanding & Working with Addictions

Places still available in the 2014 training program.

For more information about any of our training program and PD calendar visit our website.

Application forms available for Advanced Certificate in Relational Gestalt Counselling training program, at www.gestalt.com.au



Centre for Relational Skills Training
and Psychotherapy Education