



Welcome:

Ka mua, ka muri: Looking back in order to move forward

Claire Mckee *ANZATA Treasurer*

Vic Šegedin *ANZJAT Arts Editor*

This year the editors decided that it would be exciting to have a new and a not-so-new voice from ANZATA welcoming you to this the twelfth edition of *ANZJAT*. Claire Mckee has served on the ANZATA Committee since 2015 and, with her commitment to the Association and enthusiasm for the field of arts therapy research, was happy to accept the invitation to contribute to the welcome. Starting her working relationship with ANZATA in 2008, this is the tenth edition Vic Šegedin has worked on, and as such, can offer insight into the changing face of our flagship research publication.

As arts therapists we know all so well this concept of 'looking back in order to move forward' as a powerful tool for reflection. It can aid in producing a sense of *shift*, whether it be gaining a sense of achievement, mastery, or enabling a visual representation to see how the art-making can shape or mirror one's journey. Within this therapeutic review process we can "often increase understanding and permit re-examination of insights gained during therapy" (Haynes, 2001). So too can we reflect on how far we have come through the progression of *ANZJAT*'s twelve years. We found ourselves recalling that, in numerological terms the number twelve represents a full cycle of an experience in which one reincarnates with a higher consciousness, attracting what is needed and letting go of the negative as a learned experience which aids in achieving one's goals and aspirations.

So how has *ANZATA*'s journal changed over the years? Who are the people who have contributed so tirelessly to bring a peer reviewed

academic journal of such high standard to every member each year? And what does the future hold for *ANZJAT* and publication of the research and practice of the arts therapies in our region?

In many ways the growth and development of *ANZJAT* could be seen as a natural continuance of the growth and development of ANZATA itself. *Connections, reflections, conversations*, the image in the editorial by new co-editor, Stacey Bush, shows a fragment of glass reflecting the sky, providing a mirror to reflect, for her,

"what is important, and also what may no longer serve us. This process is one of exploring the uncertain and ever changing, of letting go, of being attentive and noticing, of finding ways back to place, to community, and to self" (p.8).

It could also serve as a way of looking at how *ANZJAT* mirrors ANZATA as an organisation and how it reflects the changes and development in the field of the creative arts therapies in our region. The most obvious indicator of this in this current edition is that, at 120 pages, it is the largest in its twelve years. The number of members is also at its largest in its history. And we can also see the geographical diversity of ANZATA reflected in the authorship, with writers from Australia, New Zealand and Singapore contributing to this edition. The range of subjects and approaches also reflects the growing diversity of methodologies and frameworks increasingly adopted by arts therapists.

Stacey's image might also be inviting us to 'reach for the sky' and to continue to strive for new and innovative ways of leading this flagship

anzjat

AUSTRALIAN AND NEW ZEALAND JOURNAL OF ARTS THERAPY

Editorial team

Chief Editor Sheridan Linnell

Co-Editors Stacey Bush, Catherine Camden-Pratt, Deborah Green

Arts Editor Vic Šegedin

Journal Coordinator and Editorial Assistant Vic Šegedin

Copy Editors / Proofreaders Belinda Nemec and Rigel Sorzano

Peer reviewers

Jan Allen, Lay Hoon Ang, Susan Begg, Tania Blomfield, Susan Calomeris, Annette Coulter, Karen Daniel, Jo Davies, Claire Edwards, Bettina Evans, Patricia Fenner, Esther Fitzpatrick, Fiona Gardner, Mark Geard, Jennie Halliday, Rainbow Ho, Jo Kelly, Adrian Łania, San Leenstra, Anita Lever, Amanda Levey, Annetta Mallon, Moata McNamara, Shaun McNiff, Kirsten Meyer, Julia Meyerowitz-Katz, Nikki O'Connor, Jean Parkinson, Joy Paton, Lynnemaree Patterson, Toril Pursell, Angie Richardson, Suzanne Scarrold, Sonia Stace, Sally Swain, Mariana Torkington, Carla Van Laar, Theresa Van Lith, Justine Wake, Jill Westwood, Sue Wildman, Daniel Wong, Amanda Woodford

The editorial team wishes to thank all peer reviewers who have generously contributed their time and expertise to the peer review of this edition of *ANZJAT*.

ANZJAT is a peer-reviewed journal and as such all accepted submissions are reviewed by peer-reviewers well-versed and respected in the subject of the submission. Full length articles are double anonymously peer-reviewed – in this edition articles 6, 7, 8, 11, 12, 13 and 14.

Published by Australian and New Zealand Arts Therapy Association

ABN 63 072 954 388

PO Box 303, Glebe, NSW 2037, Australia

www.anzata.org

© Australian and New Zealand Journal of Arts Therapy, 2017

All rights reserved. No part of this publication may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopy, recording or any other information storage and retrieval system, without prior permission in writing from the publisher.

Opinions of contributors are not necessarily those of the publisher. The publisher makes no representation or warranty that the information contained in articles is accurate, nor accepts liability or responsibility for any action arising out of information contained in this journal.

ISSN: 1833-9948

Design and production Vic Šegedin

Printing Tender Print, Geelong, VIC, Australia