

## ANZJAT's Editorial team



Associate Professor Sheridan Linnell (Chief Editor)

BA(Hons), MA ATh, PhD, AThR

Sheridan is Associate Professor of Art Therapy at Western Sydney University, where she is also the Director of Academic Program for Clinical Psychology and Therapy Studies in the School of Social Sciences and Psychology. Her work encompasses teaching in the Master of Art Therapy program, advising research students, and collaborative, arts-based and narrative research partnerships. Sheridan is a practising poet and she is passionate about socially just art therapy for a postcolonial, diverse world.



Dr Stacey Bush (Co-Editor)

BA(Hons), GradDip CAT, MACAT, ProfDoc, AThR

Stacey is an academic working at The MIECAT Institute, Melbourne, Australia. In this capacity, she is involved in teaching in the Masters program, co-ordinating practicum subjects in the program, and supervising doctoral students. Stacey has previously worked as an arts therapist with children experiencing grief and loss. Her current interests involve exploring emergent content in process of arts making and the intersubjective relationship between artist and materials. Within this, the collaborative relational aspect of engaging lived experiencing using multi-modal art forms to inquire into what is meaningful drives Stacey's work practice and research interests.



Dr Catherine Camden-Pratt (Co-Editor)

GradCertATh, AdvDipTransATh, MAppSc(Social Ecology), PhD, AThR

Catherine is a nationally-awarded arts-based experiential educator. An art therapist in private practice, she works with adults and children, and facilitates art therapy groups for Cancer Wellness Support. Catherine is a Lecturer in the Master of Art Therapy at Western Sydney University (WSU) with 35 years professional experience in creative education – 15 of these as Senior Lecturer in Social Ecology in the School of Education at WSU. Her areas are arts-based research and pedagogy with a focus on voice/silence, and education as social justice. Catherine's sole-authored popular press book from her art-based performative PhD shares the stories of women growing up in families with a mother with a mental illness. She co-authored the first social ecology text in Australia, is published in scholarly books and journals, as well as in poetry and narrative anthologies and has exhibited her mixed-media artworks in solo and community exhibitions.



Dr Deborah Green (Co-Editor)

BA(Hons)(Drama), MEd, PGDip(Adult Ed), MAAT(Clin), PhD, AThR

Deborah Green is Senior Lecturer in Arts Therapy for Whitecliffe College of Arts and Design. She worked as an applied theatre practitioner and HIV/AIDS/lifeskills/development educator and counsellor within the South African University, NGO and health sectors. She responded to the Canterbury earthquakes by providing group and individual arts therapy for the quake-affected of all ages through the *eARThquake therapy initiative* and the Canterbury District Health Board. Focusing on this work, she has published articles and book chapters, presented at conferences in Australia, Singapore and New Zealand, and gained her PhD.



Vic Šegedin (Arts Editor)

BA, MA, MFA

Based in Auckland, Vic has more than 20 years' experience working as a graphic designer and runs a design company called Dragonfly Design. She has managed ANZATA's communications since 2008, including coordinating and designing ANZJAT. She also does guest tutoring in design at tertiary level. She is well versed in academic writing and referencing and likes to write about art. Vic is also an artist and has completed an MFA with first-class honours from Whitecliffe College of Arts and Design.

## Contributors to this edition of ANZJAT



Amanda Brown

BCT

Amanda is a graduate of AUT's Bachelor of Creative Technologies programme in Auckland, New Zealand. Amanda's academic focus has been on the application of technology for social good. She has explored themes such as micro-payments in the donation and not-for profit space; mental health awareness; social networking-based volunteering programs; the impact of technology on self-perception; the application of technology on recycling materials in product manufacturing; and how digital tools can be used for profit-sharing and fundraising for impoverished children. Amanda currently works as a business analyst in the healthcare industry.



Anne Buckingham

BA(Hons) Psych, MA OrgDev, MAT, AThR

Anne is an art therapist and sandplay therapist working in independent practice in Sydney with a wide variety of children, young people and adults, both individually and in groups. This includes those living with mental illness, complex trauma, vicarious trauma, disability, eating disorders, dementia, and others. She also facilitates workshops with community groups and organisations. Anne brings her qualifications in psychology and organisational development to her work as a therapist and supervisor, with a particular interest in supervision and development of art therapists in their early careers. Her art is informed by her therapeutic and reflective practice. As an exhibiting artist, Anne explores the connection between audience, art and artist in the exhibition space and its relationship to client, art and therapist in the therapeutic space.



Joo Won (Sophie) Chae

BEd, BFA, DipCounselling, MMH ATh, AThR

Sophie completed her Bachelor degree in secondary teaching and fine arts in Seoul, South Korea. After emigrating to Australia, Sophie was a disability support worker at the Centre of Creative Art at Multicap while achieving a diploma in counselling. Finding 'art as therapy' has drawn her to learn more about art therapy in the Master of Mental Health degree at the University of Queensland. During her training in a community centre, Sophie was fascinated by efforts to strengthen and support parents and families using art. She also trained at the Lady Cilento Children's Hospital in the Child and Youth Mental Health Service, Adolescents Inpatient Unit, where she witnessed how art therapy created a safe place for young people. Sophie looks forward to beginning her real journey as an art therapist.



Dr Jo Kelly

BEd(Hons), DipCounselling, MMH(Art Therapy), PhD, QMACA, AThR

Jo is the current president of ANZATA and has a PhD in Education in the field of art therapy in high schools. This research, located in schools, is the first at doctoral level published in Australia since 1985. She is a mother, artist, art therapist, counsellor and educator. She has lived and worked mainly in developing countries, including India, Bangladesh and Papua New Guinea. She has work experience with a wide population, including young parents with mental health issues, disability, and children and adolescents. She is currently working as a high school counsellor/art therapist and is developing her private practice in northern New South Wales. Jo is also a supervisor for students on the Master of Mental Health (Art Therapy) program at University of Queensland, and the Bachelor of Education program at Southern Cross University.



### Judy King

BA (Fine Arts), MA ATh, RN, AThR

Judy is an art therapist and practising artist. Her therapeutic work has encompassed early intervention, at-risk adolescents in the school system, children's palliative care, survivors of domestic violence and adults with mental health issues, chronic pain and palliative care. Her work is published in *Transgenerational trauma and the Aboriginal preschool child: Healing through intervention* (2015) and *Art therapy in the early years: Therapeutic interventions with infants, toddlers and their families* (2017). She works part-time with children with life-limiting illnesses and their extended families and has her own private practice.



### Louise Leotta

BEd, MACAT, AThR

Louise graduated from Concordia University in Canada with a Master of Arts Creative Arts Therapies. Currently, she works in Brisbane as an art therapist on the Acute Adolescent Inpatient Unit at the Lady Cilento Children's Hospital. She is a teacher and research supervisor for the School of Medicine, Master of Mental Health Art Therapy Program at the University of Queensland and is also employed at a community organisation working with children, young people, carers and parents involved with child safety. Louise has a special interest in the areas of trauma-informed practice and neuropsychotherapy and enjoys incorporating her dramatherapy and drumming skills into therapeutic work.



### Amanda Levey

BA(Hons)(Psych), MAAT, AThR

Amanda studied psychology at the University of Melbourne, and subsequently trained extensively in the Halprin Method in the USA. This model is an integration of movement/dance, visual arts, performance techniques and therapeutic practices. She gained her Master of Arts Therapy from Whitecliffe College of Arts and Design, and is the current Head of Department of the Arts Therapy programme there. Amanda is the former president and current secretary of ANZATA. She has published a number of times in *ANZJAT*, and has presented at conferences in Australia, New Zealand, Singapore, Korea, Italy and Poland.



### Kathrin Marks

Diplom-Pädagogin, BCounselling, MAAT (Clin)

Kathrin had an early interest in the arts, particularly creative writing and drama, as well as therapy, but she only entered the world of counselling after her move to Aotearoa, New Zealand in 2007. She completed a Bachelor of Counselling in 2013 and began her arts therapy studies in 2015. Kathrin works part-time as a therapist in the trauma and abuse field while completing the Masters programme at Whitecliffe in 2017. She is a lover of movies, tea, cats and glitter.



### Dr Stefan Marks

Diplom in Microinformatics, MSc, PhD

Stefan is a researcher and senior lecturer at Colab, the interdisciplinary unit at AUT in Auckland. His main areas of research are multi-sensory virtual reality and visualisation. He combines these interests in his function as Director of Sentience Lab, a facility for the development of immersive, multimodal and multisensory data visualisation and interaction. He has eight years of industry experience as a hardware and software developer, a Diplom of Microinformatics and a Master's Degree in Human-Computer Interaction from the Westfälische Hochschule, Germany, and a PhD from the University of Auckland. In his free time, Stefan enjoys hiking and photography.



### Claire Mckee

MAT, AThR

Claire completed her Masters of Art Therapy at LaTrobe University and went on to secure an art therapy role in Adelaide at Glenside Mental Health Services Inpatient Rehabilitation Ward. The past five years working in the allied health team in a hospital setting has given her experience with an extensive range of mental illness conditions, alongside co-morbid diagnosis within a socially marginalised consumer group. She takes on a humanistic approach to art therapy, predominantly providing an open studio in this environment. She is also interested in working in the perinatal and infant mental health ward. She has been on the ANZATA committee since 2015 and enjoys being able to contribute to the profession in this forum. Claire lives with her husband and three young boys and she is currently on maternity leave caring for the latest addition to the family.



### Antje Meyer

BA (Art Therapies), RN, AThR

Antje is a registered art therapist and artist with a background in mental health and general nursing. She has worked in a variety of medical, mental health services in Germany, the Netherlands and the UK. She is now based in Brisbane, where she worked as a trainer for Transpersonal Art Therapy as well as treating private clients. Antje works across a variety of media including mixed-media paintings, collages, ink-drawings, sculpting and photography. This diversity of materials and techniques, as well as her interest in body-awareness and meditation, allows her to offer her clients a wide range of creative tools.



### Martin Roberts

DipFA, BA(Hons), MA ATh, AThR

Martin is an artist and art therapist who graduated from the Master of Art Therapy at Western Sydney University in 2017. He has an extensive career working in the arts and bringing creative therapies to the community sector, using a range of mediums including fashion, costume, textiles, painting and sculpture. His experience includes working as an arts therapist with young people experiencing mental health problems, running workshops in prisons, and working as a costumier at the Sydney Theatre Company. He is a practising artist who has exhibited in solo and group shows, and was co-curator of the *Art Nature Wellbeing* exhibition, which showcased artwork by staff and students in the Master of Art Therapy program at WSU in 2014.



### Jody Thomson

DipFA, BSS(Hons), MA ATh, AThR

Jody is an art therapist in private practice, specialising in cancer and end-of-life care. Her clinical work is divided between facilitating psychotherapy groups and volunteer work providing art-as-therapy groups for adult cancer patients. Her research interests focus on visual methods of enquiry and knowledge generation that consider the affective nature of the human and non-human agents and spaces in end-of-life art therapy practice. Jody is a published author with two forthcoming book chapters, and will be presenting her doctoral research methodology at the 2018 International Congress of Qualitative Inquiry in Chicago.



### Kristy Thornburn

BA, BSocWk, MMH, AThR, AMHSW

Kristy is in private practice at Ipswich Art Therapy in Queensland. She works as an art therapist and accredited mental health social worker working with children and young adults who have experienced trauma during early developmental years and working with those who have a disability. In 2011 she began an arts therapy program at Carole Park State School in Brisbane where she remained for six years and has since facilitated a number of school-based arts therapy programs in Queensland. Recently she commenced facilitation of a series of government-funded art therapy professional development workshops for behavioural specialists. Kristy has a special interest in the intersection between therapeutic art and expression through play-based processes and is currently working towards a Masters of Child Play Therapy at Charles Darwin University.



### Carla van Laar

MCAT

Carla has more than 25 years experience working with people and the arts for health and well-being and is currently completing her doctoral research into 'Seeing her stories'. She is the author of *Bereaved mother's heart* (2007) and a number of co-authored articles. She has held professional leadership roles in community organisations, justice, health and education contexts since 2000. She works as a sessional supervisor and lecturer with the MIECAT Institute and the IKON Institute in Melbourne. Carla is currently Principal Therapist with VincentCare, Victoria's young adults counselling service, where she loves working with young people experiencing homelessness.



### Sandra Versele

PGDE, BA(Hons), MA, CBE, MAAT, AThR

After having been a lecturer in languages and literature for more than ten years, Sandra became a perinatal counsellor and worked for NGOs across South East Asia. She set up her own company providing perinatal counselling and became interested in seeing how often children and parents were able to face challenges through the creative arts. Sandra specialised in dyadic work and therapy for women with postpartum depression. Energised by the results she was seeing, she decided to return to university in order to complete a Masters of Art Psychotherapy to deepen her practice and support children, teens and adults through life's challenges with more creative tools. Sandra has been in private practice supporting families and children since 2006. She has worked in psychiatric and residential care as well as in schools for children with special needs. She has a keen interest in analytical and depth psychology as well as art therapy and social action. In her own art practice, she enjoys sculpture, decoupage, gouache and textile art. Sandra has currently embarked on a long voyage to become a Jungian sandplay analyst through ISST. She speaks French and Dutch.



### Anita Vlasić Manaia

BASW, MAAT (Clin)

Anita is of Dalmatian, Scottish and Māori (Tainui) descent. She has a bicultural degree in Applied Social Work and a Masters in Arts Therapy (Clinical) from Whitecliffe College of Arts and Design. Her passion is working with Indigenous peoples to strengthen identity and build resilience using arts therapy. Her Master's thesis was entitled 'Te Puawaitanga – Seeds of social change: The restoration and reinforcement of identity using arts therapy'. She currently works as an arts therapist with Māori and Pacific Island clients who live in South Auckland in low socio-economic communities with high and complex needs. Her work involves acknowledging ancestral, spiritual and intuitive knowledge and using this as a resource when working with the impacts of colonisation. Anita also incorporates the making of traditional Māori cloaks (korowai) and the weaving of flax (raranga harakeke) in her therapeutic processes.



### Katherine R. Winlaw

BArts, Grad Dip Ed, CAHRI, MMH (Art Therapy), AThR

Katherine is a recently registered art therapist with more than 20 years' experience as a consultant, educator and strategic human resource practitioner. During her Masters of Mental Health (Art Therapy) she completed clinical placements in a community health centre and a school-based mental health service for adolescent refugees. Her work is divided between her role as Manager, Strategic Workforce, leading the Queensland public sector 'Be healthy, be safe, be well' framework and her private art therapy practice for individuals and groups dealing with stress, anxiety, grief and trauma. Katherine's particular interest is in using mindful art therapy to promote well-being and unlock personal and professional creativity.