Forward looking and not back – ‘into the unknown’
Welcome to the thirteenth and last edition of ANZJAT in the current format

The ANZACATA Board

Looking out to the horizon,
Land still in sight,
Waves to ride or swirls to rest in,
Mountains to traverse or to gaze in awe.
We look forward not back,
Edged by the South Pacific Ocean, sweeping across the Southern Alps,
Heading into the unknown,
With wide eyes and an explorer’s spirit.

This bumper edition and last publication of ANZJAT under its current name and format includes a diversity of academic papers, creative images, poetic writings, interviews and reviews. Once again, its superb quality is reflected in the submissions of writers, peer reviewers, as well as the commitment of the editorial and production team. Immense thanks must go to Chief Editor Associate Professor Sheridan Linnell, and to Co-editors Dr Catherine Camden Pratt, Dr Stacey Bush and Dr Deborah Green. Marie Shannon and Margo White, the journal’s copy editors and proofreaders ensure the essential element of the quality of detail within the journal. The team is skilfully held together and coordinated by Vic Šegedin, Editorial Assistant, Arts editor, overall journal coordinator and graphic designer, with assistance from Rigel Sorzano who this year stepped in to help with the coordination.

The creative arts therapies community across the Asia Pacific region has been lucky indeed to have such a lively forum for academic research and practice-based papers. Over the past twelve years and under the guidance of past editorial teams, the journal has offered a valuable resource to professionals and trainees. It has contributed to the growing body of international knowledge and understanding of the arts therapies. Not only that, but in the past, with ANZATA having full editorial ownership of the journal, it has been able to create publication opportunities and encouragement for new and established authors within the Asia Pacific region and beyond to publish their work. In doing so, over this time, the journal has promoted a diversity of modalities, philosophical orientations, voices and genres.
The historic evolution and unification this year of ACATA and ANZATA into the new Australian, New Zealand and Asian Creative Arts Therapies (ANZACATA), now means the journal of which we have been rightly proud will also evolve. The Perth conference, at which this last journal will be launched, will also be the jumping-off point for a new, rebranded academic journal. We welcome the opportunity for our members to contribute ideas towards the shape, name and format, which are important to the wider creative arts therapy community. It is hoped that the new journal, like the new organisation, will continue to emphasise the important value of the creative process to life and well-being and, at the same time, bring forth new and innovative ideas for the future.

A professional journal is of vital importance to the development of an emergent profession such as ours in this region. The more creative arts therapists document their work, the greater understanding and articulation we have of our professional discipline. The documentation of what we do is seen in both evidence-based practice and, as importantly, practice-based evidence. Our profession is different to other therapies, accessing as it does the elusive creative impulse, and we need to capture both the evidence and the practice. As Albert Einstein commented: “Not everything that can be counted counts and not everything that counts can be counted”. This final ANZJAT publication represents a gestalt and symbol of ending and completeness. As ANZATA and ACATA have both morphed into ANZACATA we hope you enjoy this final edition. It might feel like we have left the security of the familiar behind and so, how can we be prepared for what is ahead?

As we stand looking forward into the unknown we need to take a moment to breathe and begin to notice what is around us. Where we are now is not at the beginning. We have already taken measured and considered steps towards the future.

When before I knew you, your strengths and values I could only see the difference in the smallest of things, whereas now I can see our commonalities. Your passion and fight for your voice and your clients’ voices to be heard. We are skilled creative thinkers and healers. Let’s find new ways together.

With respect, empathy, communication and a sense of wonder let’s explore this rocky terrain. As we come together at our inaugural conference ‘Convergence: Cohesion in diversity’ to make connections, trust that a path forward will emerge.

New Shoes
We have new shoes,
They are sturdy, reliable and comfortable,
They are supportive and robust,
They are fashionable yet practical,
We have broken them in,
Ready to walk long distances,
They fit like a glove.
We have a new-found confidence and excitement,
Where will we go in our new shoes?
Opportunity and exploration awaits,
Into the unknown...
Peer review

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 5, 9, 10, 15, 22 and 24 in edition one, and full length articles 11, 12, 16, 17 and 25 in edition two were double anonymously peer-reviewed.