

## 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 Discipline Lead for Arts Therapy and Counselling in the School of Social Sciences. 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 coordinates the Professional Doctorate Course and supervises doctoral candidates, teaches in the Masters course, and coordinates practicum subjects within the program. Stacey has previously worked as an arts therapist with children experiencing grief and loss. Her current interests involve exploring emergent content in the process of arts making, and the relationship between artist and materials. It is the collaborative relational aspect of engaging lived experiencing using multi-modal art forms to inquire into what is meaningful that 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 who has 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 is senior lecturer at Whitecliffe College of Arts and Design. Following a career in the South African university and health sectors, she moved to New Zealand, gained her Master of Arts in Arts Therapy (Whitecliffe) and spent several years working with those affected by the Canterbury earthquakes (2010–11). She received her PhD (University of Auckland) for an autoethnographic arts-based thesis exploring this experience. She has published in books and journals, and presented at conferences in New Zealand, Australia, Singapore, Canada and the UK.



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 graphic design company called Dragonfly Design. She managed ANZATA's, then ANZACATA's communications from 2008 to 2019. She has coordinated and designed the last twelve editions of ANZJAT. She is well-versed in academic writing and referencing, and likes to write about art. She is the marketing manager and graphic designer for the Wallace Arts Centre in Auckland, and works on cycling advocacy campaigns in Auckland. 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



Dr Lucy Bolger

PhD, RMT

Lucy has been a music therapy practitioner and scholar since 2004. She has worked with people across the lifespan in community and institutional settings, in Australia, Bangladesh and India. She has particular interest in collaborative processes in music therapy, sustainability-oriented practice, participatory music work with communities and young people, and international development in music therapy. These interests inform her practice, research and teaching, underpinned by a belief that all people should have access to music as a resource for health and well-being. Lucy is chair of the Ethics committee for the Australian Music Therapy Association, a member of the Research and Ethics Subcommittee for the World Federation of Music Therapy, and a member of the University of Melbourne Education, Fine Arts, Music and Business Human Ethics Sub-Committee.



Jessie Brooks-Dowsett

BFA, GradDipGrDes, MThA, AThR

Jessie is an artist, educator and a therapeutic arts practitioner working in different-ability and chronic mental health services, where she offers psychosocial support through arts-based methods. She also runs a collaborative community arts studio that facilitates large-scale arts projects that focus on creating and connecting communities through collective arts-making processes. Jessie's work strongly references a social justice perspective and is informed by intersectional and feminist politics in a postcolonial landscape.



Dr Owen Bullock

BA(Hons), MA, PhD

Owen's research interests include semiotics and poetry, prose poetry, collaboration, poetic processes, creative arts therapies and well-being, and haikai literature. His scholarly work has appeared in *Antipodes*, *Axon*, *Journal of New Zealand Literature*, *Ka Mate Ka Ora*, *New Writing*, *Qualitative Inquiry* and *TEXT*. He has published three collections of poetry, a novella, *Work & Play* (2017), and five books of haiku, the most recent being *Summer Haiku* (2019). Owen teaches creative writing at the University of Canberra, and on many of the ARRTS programs.



Johanna Davies

BA(Hons)(Visual Arts), MA ATh, MRes, AThR

Jo is a practicing artist who has exhibited in both the UK and Australia. She brings her arts practice into community-based work including capacity building, and other programs such as bushfire recovery. Jo is currently a sessional staff member on the Master of Art Therapy program at Western Sydney University and her current research area is on the topic of embodiment.



Ian Drayton

BA, MEd

Ian is currently the Deputy Director Innovation & Development at the University of Canberra. He initiated the university's proposal for the Australian Defence Force Arts for Recovery, Resilience, Teamwork and Skills (ARRTS) program in 2015. He was awarded a Churchill Fellowship in 2016 to undertake research associated with the use of creative arts in assisting recovery from combat-related PTSD within the context of military and emergency services in the UK and USA. Ian remains the Project Manager for the ARRTS program, now in its sixth year, and is the President of the Australian Capital Territory Churchill Fellows Association.



### Bettina Evans

BA, MAAT(Clin), AThR

Bettina works as a lecturer, course coordinator and supervisor for Whitecliffe College of Arts and Design. She also works in private practice from a studio in Lyttelton and runs arts therapy workshops for a variety of health and mental health organisations. She came to arts therapy after working as an educator, teacher, community facilitator and community event organiser for NGOs in Canterbury. She trained and worked as a gardener for many years, often in community settings. Bettina's experience of the healing effect of nature on herself and others has influenced her practice as an arts therapist.



### Fiona Gardner

BFA, GradDipEd(Sec), MAAT, AThR, TRBWA

Fiona is a Western Australian-based arts therapist with a background in fine arts, education and art therapy. She has worked as a sculptor, teacher, arts therapist and academic. Currently, she divides her time between her clinical practice as an arts therapist at a school for adolescents with intellectual disabilities and working as an academic at Murdoch University, coordinating the Master of Creative Arts Therapies. Fiona's personal and professional life is underpinned by an ongoing exploration of the essential role of imagination, creativity and aesthetics in attachment development and the emerging self, with consideration of the importance of these in the experience of well-being and meaning in life.



### Lieutenant Colonel Geoff Grey

AssocDipMus, DipMusMgt, GradDipAppMus, GradCertRschMethodsDes

Geoff is a leading Australian conductor and wind ensemble practitioner with a 40-year professional career. After 6,000+ live performances, being invested in the Australian Honours List (1998) and receiving an ARIA Gold Record (2008), he continues his arts passion through creating groundbreaking indie ensembles for the professional performance of contemporary classical art music. Geoff is the founding Artistic Director (2015) of the ARRTS program, assisting Australia's wounded, injured and ill to re-find purpose and potential through creative writing, visual arts and music/rhythm-based creative engagement.



### Anita Lever

BFA, MArtAdmin, MA ATh, AThR

Anita is an artist and art therapist. She is also a collaborator and co-author in art, storytelling and performance as well as an educator within the Master of Art Therapy degree, Western Sydney University. In 2018, she designed and established an open-studio art therapy environment for a new private mental health hospital in Sydney, where she facilitates daily creative interactions for residential participants. In April 2019, Anita was selected for and experienced the inaugural New Course artist's residency at Arteles, in Finland, where she established an ongoing creative collaboration with the facilitator Dr Margi Brown Ash, from which grew the arts-based project 'The gathering'.



### Sarah Moore

MAAT(Clin), PGDip(Arts Therapy), BFA(Photography)

Sarah was drawn to creativity and the arts from a young age. She has a background in fine arts and completed her Master of Arts in Arts Therapy at Whitecliffe College of Arts and Design in 2018. Sarah is currently recovering from spinal surgery, which has led to a desire to creating a more holistic form of pain management for people suffering from chronic pain.



### Dr Kirsten Meyer

BA(Hons)(Drama and Psychology), PGDip(Dramatherapy), PhD, AThR

Born in South Africa and trained in the UK, Kirsten is a dramatherapist with 20 years' experience, spanning South Africa and Australia. She has worked in clinical, educational and community settings, with a particular interest in group work and the intertwining of the psychological, social and political dimensions of stasis and change. She co-founded the Zakheni Arts Therapy Foundation in South Africa, with the aim of working collaboratively across arts therapy modalities and within various communities. She completed her PhD in 2017 at Victoria University, Melbourne, and worked part time as the coordinator of the Creative Arts and Music Therapy Research Unit, University of Melbourne, from 2017 to 2019. She currently leads a team of creative arts therapists and counsellors in a community based organisation, working with children, young people and their carers who have experienced family violence.



### Michelle Morgan

MTAP, BHSc(Public Health)(Hons), BPC, AdvDipTransATh, AThR

Michelle is a registered arts therapist, multi-modal artist, spiritual-care practitioner and community singing leader, offering individual and group sessions in the inner north of Melbourne. She is passionate about creating gentle and supportive spaces that allow people to be as they are, bringing curiosity, compassion and a deep listening presence to the therapeutic encounter. She lives from core values of integrity, service, creativity, connection and compassion. Michelle also works in research and project roles in the area of spiritual care.



### Louise Morton

BA, PgDipTchg(Primary), MAAT(Clin)(Hons), AThR

Louise is a Wellington-based arts therapist who works in private practice, predominantly with survivors of trauma. She has a background in primary school teaching, inpatient mental health and sexual abuse support work. A keen printmaker, she has a special interest in the use of printmaking as a therapeutic tool, both for clients and within professional processing. Louise completed her Master of Arts in Arts Therapy at Whitecliffe College of Arts and Design in 2018.



### Kelly Reedy

MA AThR, MA Ed

Kelly Reedy believes in engaging with museum collections to promote community bonding and mental well-being. She has developed museum-based workshops in Singapore for over 16 years as an educator and art therapist. She currently teaches part-time at LASALLE College of the Arts, MA Art Therapy programme and offers private art therapy consultations through *ArtWorks*. She has worked with youth-at-risk, elders experiencing long-term mental illness and children with learning difficulties. Kelly's own mixed media artworks have been inspired by her research into the rich symbolism found in traditional Asian folk art practices and the therapeutic benefits attached to their ritual creation.



### Phillipa Tayler

BA, BSocStud, GradDipArt, MA(ATh), AThR

Phillipa has worked and volunteered for over 25 years in the health, welfare and education sectors. This has included social work; art therapy; community and committee work; Sydney-based, regional and interstate training; tertiary supervision; and the development of national support programs. She has worked with children, adolescents and families in social-skills, trauma-focused and psychosocial programs; in adoptions; with people living with cancer or other chronic health issues; grief and bereavement, and with mental health and associated issues. Along with bringing up three children, Phillipa has enjoyed an active and varied art practice, developing and curating community exhibitions and exhibiting in both private and public art gallery shows and prizes.



### Jody Thomson

MA ATh, BSS(Hons), DipFA, PhD Candidate, AThR

After ten years of private practice in cancer, end of life and palliative art therapy, Jody is currently completing a PhD at Western Sydney University, where she works as a casual academic. Her research explores the toll of working with death as an art therapist, and the development of a different theoretical lens for understanding art as dynamic matter that works with human actors, rather than art as secondary to psychotherapeutic processes in art therapy and in social research more broadly. Jody's work has been published in art therapy texts, in international journals and presented at conferences in the USA and the UK.



### Carla van Laar

MCAT, DTAP(completed), AThR

Carla is an Australian painter and art therapist. Since 1999, she has worked with people and the arts for well-being in community, justice, health, education and international disaster-relief contexts. Carla's book *Bereaved mother's heart* (2007) broke social taboos about maternal grief. From 2008 to 2018 she established and ran an independent art therapy studio in Melbourne. She is an art therapy educator in settings including MIECAT and IKON Institutes. In 2018 she received an Artist Fellowship at RMIT's creative research lab Creative Agency. Carla's completed doctoral research, *Seeing her stories*, (2019) continues the mission to make subjugated stories visible through art.



### Associate Professor Jordan Williams

BA, PhD

Jordan is an Associate Professor in the Centre for Creative and Cultural Research at the University of Canberra, and teaches creative writing in the Faculty of Arts and Design there. Her research centres around the effects of creative practice on well-being, particularly for people who have experienced or are experiencing ongoing trauma. She has extensive experience in working creatively with serving military personnel and veterans, as well as with drought-affected communities. Jordan's own creative practice involves combining poetry with textiles and digital media to explore the impacts of and answers to problems of social justice in modern urban life.



### Daniel Wong

MA AThR, MA ArtAdm

Daniel is an art therapist and researches the intersection between the arts, health, and well-being. He has worked in Australia, Thailand, and Singapore with diverse populations in long-term care and day settings for over fifteen years. He teaches full-time on the MA Art Therapy Programme at LASALLE College of the Arts in Singapore. A trained artist, he works primarily with discarded household material as he finds the unpredictability of these found materials inventive. Daniel has provided consultation to cancer centers and community-based agencies, and initiated several training programs on the use of found art and objects as therapeutic media.